

The Wecan Food Basket Society News

June 2012



Annual General Meeting

Our Annual General Meeting was held on Friday, May 25th with about 25 members attending. Our achievements of the past year were reviewed and annual reports were presented by our Treasurer, Maxine Charlton, and by our Program Coordinator, Christine McVea.

Our new Board of Directors was elected. The members are: Suzanne Rigsby, Maxine Charlton, Keith Kasha, Carla Brenner, Lisa Wickens-Westcott, Paige Nelson, Tien Nguyen, and Katie Dartnell. Thank you to these members for agreeing to sit on our Board and congratulations on being elected for the coming year. Also, a big thank you to Karen Metcalfe and Paige Nelson for volunteering to be our internal auditors/reviewers for our next fiscal year 2012/13.

We would like to thank the Edmonton Moravian Church for allowing us to use their meeting space and their kitchen for our meeting. Also a big thank you goes to Alberta Meter Exchange Services Ltd. for supplying the pancakes and sausages for our breakfast. We are grateful for the support we receive from community groups and local businesses.

Reminder

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

Stretching Your Food Budget

A simple way to make your food dollar go further, besides buying from Wecan Food Basket, is to buy fruits and vegetables when they are in season. For example, June is a good time to buy locally grown salad greens, herbs, broccoli, asparagus and new potatoes. Most garden vegetables are in season through the summer months and into the early fall. Most fruit is more readily available and more economical from late July to mid-September.

This month we have included two recipes for using pork chops. "Celery-Sauced Chops" uses whole pork chops and will serve 6 at one pork chop each. If you cut your pork chops into cubes for the "Goulash with Beans", you can stretch the same amount of meat to feed many more people.

For those Wecan members receiving the "no pork" substitution of chicken legs with backs attached, removing the bones from the chicken before you cook it will allow you to boil the bones to make a stock for soup—another way to stretch your budget.

Carefully wrap and save your leftovers in the refrigerator for use within the next few days. Or, freeze any leftovers for use at a later date. Be sure to accurately label your frozen packages and include the date they were frozen to ensure use before the quality of the dish deteriorates. Small amounts of cooked vegetables are a flavorful and nutritious addition to homemade soups and stews

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.40	\$3.00	\$4.00	\$3.44	\$3.75	\$3.50
375 g Turkey Sausages	\$5.79	\$4.99	\$4.00	\$3.44	\$3.75	\$3.39
1 kg Boneless Pork Chops	\$14.09	\$8.80	\$9.48	\$9.49	\$11.36	\$6.99
1 kg Bananas	\$1.94	\$1.74	\$1.94	\$1.70	\$1.74	\$1.47
1 kg Spartan Apples	\$3.73	\$4.39	\$3.28	\$3.26	\$2.37	\$2.12
500 g Mandarin Oranges	\$1.45	\$1.52	\$1.45	\$1.08	\$1.45	\$1.12
1 kg Russet Potatoes	\$1.33	\$1.74	\$1.18	\$1.14	\$1.14	\$1.17
1 Greenleaf Wrapped Lettuce	\$1.49	\$1.49	\$1.29	\$1.46	\$1.49	\$1.17
1 Celery bunch	\$1.29	\$1.29	\$1.00	\$0.98	\$0.88	\$1.37
500 g Beets	\$1.87	\$1.44	\$1.84	\$2.16	\$1.60	\$1.10
1 Bunch Radishes	\$0.79	\$0.79	\$0.99	\$0.58	\$0.89	\$0.80
Total	\$38.17	\$31.19	\$30.45	\$28.73	\$30.42	\$24.20

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

“Cooking With Your Wecan Food Basket” Menu

Celery-Sauced Chops

- Reprinted from *4 Ingredient Recipes* © Company's Coming Publishing

Red baby potatoes, larger ones cut in half	2 lb	900 g
Boneless pork loin chops about 1 1/2 lb., 680 g) trimmed of fat	6	6
Montreal chicken spice	1/2-1 tsp.	2-5 mL
Cans of condensed cream of celery soup (10 oz., 284 mL, each)	2	2

Put potatoes into 4 to 5 quart (4 to 5 L) slow cooker. Sprinkle with salt and pepper.

Arrange pork chops on top of potatoes. Sprinkle with chicken spice and a pinch of pepper.

Combine soup and 1 can of water in medium bowl. Pour over chops. Cover. Cook on Low for 8 to 10 hours or on High for 4 to 5 hours. Remove chops and potatoes to large serving platter. Process sauce, in slow cooker with hand blender or in blender or food processor, until smooth. Serve with chops and potatoes. Serves 6.

Goulash with Green Beans

Pork	2 lbs	900 g
Onion, chopped	1	1
Cooking Oil	2 tbsp	30 mL
Tomatoes	1 lb	454 g
Green Beans, sliced	2 lbs	900 g
Paprika	1 tsp	5 mL
Water		
Salt		

Cut the pork into cubes and brown them in the oil. Add the chopped onion and brown with the meat. Peel and quarter the tomatoes and cook them slowly with a little water until tender, rub through a sieve. Add them and the sliced beans to the meat. Season with salt and paprika and cook slowly in a covered pan for 1 1/2 hours. Serve with mashed potatoes.



Scratch Beets

- - Reprinted from *Vegetables* © Company's Coming Publishing

Medium size fresh beets	4	4
Butter, margarine or bacon drippings	3 tbsp.	50 mL
Salt, sprinkle		
Pepper, sprinkle		

Peel raw beets. Using medium size grater, grate and place into frying pan. Add butter. Fry, stirring and turning frequently. Sprinkle with salt and pepper to taste. When tender (taste a shred or two) spoon into serving bowl. Serve hot. Makes 4 servings

Note: Cooked beets can be diced and sautéed in the same manner.

Country Hash Skillet

- Reprinted from *Ground Beef Recipes* © Company's Coming Publishing Limited

Cooking oil	2 tsp.	10 mL
Lean ground beef	1 lb.	454 g
Chopped onion	1 cup	250 mL
Chopped celery	1/4 cup	60 mL
All-purpose flour	2 tbsp.	30 mL
Beef bouillon powder	1 tbsp.	15 mL
Celery salt	1/2 tsp.	2 mL
Onion powder	1/2 tsp.	2 mL
Water	1 1/4 cups	300 mL
Frozen hash brown potatoes	2 cups	500 mL
Frozen mixed vegetables	1 1/2 cups	375 mL

Heat cooking oil in large frying pan on medium. Add ground beef, onion and celery. Scramble-fry for about 10 minutes until beef is no longer pink. Drain.

Add next 4 ingredients. Stir. Add water. Heat and stir for about 1 minute until boiling and thickened.

Add potatoes and vegetables. Cook for about 10 minutes, stirring occasionally, until heated through.



Add a salad to any meal for a delicious, nutritious side dish. Salads are easy to make, easy to serve and a cool, refreshing dish for hot summer days.

Thank you to the following businesses and organizations for their help and support:

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
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Don't Forget! The deadline for your next Food Order is July 6. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: July 6, 2012
Next Pick-up Days: July 19 / 20