

# The Wecan Food Basket Society News

November 2013



## Wecan News

**Casino:** Wecan Food Basket Society's casino will be held on Saturday, March 8 and Sunday, March 9, 2014. Volunteers are required for both day and evening shifts for positions ranging from chip runner to cashier and count room staff. All our volunteers must be in place by December 31, 2013. If you are able to volunteer for this fundraising event please call the Wecan office at 780-413-4525. Be sure to specify whether you can work day or evening shift, the day you can work (March 8 or March 9), and the position you would like to fill. Please note that some positions have specific skill requirements so you may not get your first choice.

**Volunteer Appreciation:** Our "Christmas in November" volunteer appreciation event will be held Friday, November 29th at the Edmonton Moravian Church. Our event starts at 11:00 a.m. and runs until about 1:30 p.m. Lunch will be served and all attendees are invited to participate craft-making activities. Once again, we will have some door prizes to be won. Depot Coordinators are reminded to reply to Merlyn at the office with numbers attending from their depot.

## Strathcona Depot

Wecan's Strathcona Depot is hosted by the Edmonton Moravian Church at 9540—83 Avenue. This large depot serves a mixed community of seniors, university students, young families, and singles. The Coordinator, Maxine Charlton, is ably assisted by a devoted group of volunteers who ensure depot day is well organized and fun. Access to the church basement activity area is made easier for those with mobility issues by a wheelchair lift at the side door. The lift also makes it easier to unload the case lots of food on depot day.

An added feature at this depot, is the soup and sandwich lunch provided by church volunteers. Everyone who stops by is welcome and payment is by donation.

## Tips From The Kitchen

### Essential Cooking Utensils:

Whether you enjoy cooking or just need to get dinner on the table in a hurry, having the right cooking utensils on hand makes meal preparation easy and enjoyable.

**At least two cutting boards**— It is a good food safety measure to have at least two cutting boards for meal preparation—one for meat, poultry, and fish only and the other for grains, vegetables, and fruit only.

**Kitchen scissors**—Not only are scissors essential for quick jobs such as cutting open packages, they are perfect for quickly chopping fresh herbs, green onions, and canned tomatoes.

**Sharp Knives**—Sharp knives are essential for preparing fruits, vegetables, and meat for quick meals.

**Spatula and wooden spoon**— A heat resistant spatula is great for everything from scraping bowls and folding ingredients to stirring sauces and stir-fries. Wooden spoons are perfect for stirring sauces, without damaging non-stick cookware.

**Tongs**—Tongs easily grab food, but do not pierce it, making sure to avoid losing flavourful juices and drying out the food.

**Whisk**—This mixing tool is perfect for combining home-made salad dressings, sauces, and simply beating eggs.

**Vegetable Peeler**—A good vegetable peeler is essential for peeling vegetable and fruit with ease and speed.

**At least one non-stick pan**—Keeping meals low in fat is easier when you don't have to add extra fat to prevent the food from sticking to cookware.

**Measuring spoons and cups**— Especially for baking, using measuring cups and spoons can help to ensure the perfect results every time.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$4.38	\$4.84	\$3.02	\$4.75	<b>\$3.50</b>
1 kg chicken legs, backs att.	\$5.49	\$5.50	\$6.37	\$6.78	\$6.15	<b>\$5.78</b>
600 g ham steak	\$6.60	\$8.98	\$5.28	\$6.15	\$6.15	<b>\$6.00</b>
1 kg Bananas	\$1.70	\$1.94	\$1.70	\$1.28	\$1.70	<b>\$1.33</b>
1 kg Mandarin Oranges	\$1.76	\$2.84	\$2.84	\$2.16	\$1.75	<b>\$1.57</b>
1 Red Mini Watermelon	\$4.99	\$4.49	\$4.49	\$3.97	\$3.97	<b>\$2.11</b>
2 lb. bag Carrots	\$1.79	\$1.58	\$1.49	\$1.48	\$1.32	<b>\$0.95</b>
Garlic, cello 3 pack	\$0.69	\$0.68	\$0.69	\$0.57	\$0.57	<b>\$0.38</b>
5 lb bag Russet Potatoes	\$3.99	\$3.99	\$2.99	\$1.99	\$2.77	<b>\$1.81</b>
1 bag Parsnips	\$3.98	\$1.98	\$2.99	\$3.48	\$2.94	<b>\$1.37</b>
<b>TOTAL</b>	<b>\$35.83</b>	<b>\$36.36</b>	<b>\$33.68</b>	<b>\$30.88</b>	<b>\$32.07</b>	<b>\$24.80</b>

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

## Parsnip

Parsnips look like white carrots and have a sweet, nutty flavour. They provide vitamin C, fiber, and iron. Store in refrigerator in a plastic bag for up to two weeks. Boil and mash like potatoes, steam, add to soups and stews, or roast with rosemary and olive oil.

## Best Parsnips

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

*Looks yummy with little pools of butter on top.*

Parsnips, peeled and cut	2 lbs.	900 g
Salted water		
Granulated sugar	½ tsp.	2 mL
Butter or margarine, softened	2 tbsp.	30 mL
Salt, sprinkle		
Pepper, sprinkle		

Cook parsnips in salted water and sugar until tender. Drain. Mash well. Spoon into shallow dish. Spread evenly. Make indentations with back of spoon all over the top.

Dab butter in each indentation. Sprinkle with salt and pepper.  
- Serves 6 to 8.

## Parsnip Cakes

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

*Make mashed parsnip or use leftover for this versatile cooking.*

Egg	1	1
Cooked mashed parsnips	2 cups	450 mL
Butter or margarine, softened	2 tbsp.	30 mL
Granulated sugar	½ tsp.	2 mL
Salt	1/8 tsp.	0.5 mL
Pepper, Sprinkle		
Fine crumbs, bread, cornflake or cracker	1/3 cup	75 mL
Paprika	½ tsp.	2 mL

Beat egg with fork in bowl. Add next 5 ingredients. Mix well. Taste for salt and pepper.

Mix crumbs and paprika together.

Shape parsnip into patties or roll into logs. If too sticky or mushy, lay on crumbs as you shape, allowing some crumbs to work into patty or log to thicken a bit. Coat well. Bake in 375°F (190°C) oven until browned, or fry in well greased pan until browned. These are a better color when deep-fried.

- Serves 3 to 4

## Ham Casserole

- Reprinted from *The Pork Book*© Company's Coming Publishing

Medium egg noodles	8 oz.	225 g
Boiling water	12 cups	3 L
Salt	2 tsp.	10 mL
Frozen peas	2 cup	500 mL
Cubed (or chopped) cooked ham	1½ cups	375 mL
Can of condensed cream of mushroom soup	10 oz.	284 mL
Milk	½ cup	125 mL
Grated sharp Cheddar cheese	½ tsp.	2 mL
Prepared mustard	1 tsp.	5 mL
Worcestershire sauce	½ tsp.	2 mL
Onion powder	¼ tsp.	1 mL

### Topping:

Hard margarine (or butter)	2 tbsp.	30 mL
Fine dry bread crumbs	1/3 cup	75 mL
Grated sharp Cheddar cheese	1/3 cup	75 mL

Cook noodles in boiling water and salt in large uncovered pot or Dutch oven for 5 to 7 minutes until tender but firm. Drain.

Combine next 8 ingredients in large bowl. Add noodles. Stir. Turn into ungreased 3 quart (3L) casserole.

**Topping:** Melt margarine in small saucepan. Add bread crumbs and cheese. Stir until well mixed. Sprinkle over noodle mixture. Bake, uncovered in 350°F (175°C) oven for about 45 minutes until heated through.

- Serves 6

## Simple Chicken Crisp

- Reprinted from *Chicken, Etc.*© Company's Coming Publishing

Chicken parts	3 lbs.	1.36 kg
Italian salad dressing	½ cup	125 mL
Finely crushed corn flakes	1 cup	250 mL

Dip chicken in salad dressing and coat with crumbs. Arrange skin side up in a greased baking pan large enough to hold in single layer. Bake without turning in 350°F (175°C) oven for 1 to 1¼ hours until tender.

- Serves 4 to 6

## For More Information About Wecan Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

Like us on **Facebook:** Wecan Food Basket Society of Alberta

Or **Email us:** [info@wecanfood.com](mailto:info@wecanfood.com)

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



**Don't Forget! The deadline for your next Food Order is December 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: Dec. 6, 2013**

**Next Pick-up Days: Dec. 19 / 20**