



WECAN
Food Basket
Society

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-09
September 2022

A Message from the Chair...

Have you been enjoying the crispness in the air these days? It's certainly been a nice change from the heatwave. The leaves are starting to change and the flowers and grass are starting to dry out; incredibly, October is just days away!

Your Board has been busy planning 2022-2023 WECAN events and activities. Like many, the WECAN Board members know it's very, very easy to become engrossed in what I've taken to calling "stuff". We know it's easy for the stuff or busy-ness of life to quickly fill of our days. That's

why we turn to the WECAN three-year Strategic Plan to help us firm up our 2022-2023 priorities and I'm happy to report that plans are beginning to unfold. Keep an eye on the WECAN newsletter, the website, and social media for more details.

In the midst of all the busy-ness and stuff in our lives, it's good to remember that it takes real effort to carve out time and space for our priorities. Some (okay, I admit it) even insert free time in their calendar so that they can create that important space for spontaneity, reflection or

just quietness. Sometimes, that's where the real planning and creativity can take place.

I hope this new season also brings you a chance to set aside some of the "stuff" of life and make space for the preciousness of time. Imagine all of the great thoughts, ideas or even just rest and relaxation it might bring. Enjoy!

Sandra McFadyen

Sandra McFadyen, Board Chair

WECAN's Thanks-Giving 50/50 Raffle
Here until October 10th

Thanks Giving 50/50
to help purchase much needed depot equipment

WECAN IS THANKFUL FOR YOUR SUPPORT OF OUR MISSION TO HELP END FOOD INSECURITY!

ORDER YOUR 50/50 TICKETS NOW

YOU
could be a **WINNER!**

TICKET PRICES:
1 = \$5.00
3 = \$10.00
20 = \$20.00
100 = \$50.00

at <http://222.rafflebox.ca/raffle/wecanfood>

Spotlight on...



Keith Kasha - Director

I like...

Sci-Fi & Fantasy books, movies, and video games, playing RPG and Sims-style Games on my X-Box, Italian food, Chinese food, Rock music, Big Band and Jazz

I know...

Computers and technology (old gen), how to write (business style and creatively), how to talk to people and be understood

I couldn't do without...

Friends and family

In my free time...

I watch YouTube videos, movies, and TV shows on streaming services, and play video games on my X-box

My superpower is...

I am an Empath and Reiki Level 3 practitioner

GIVING TUESDAY

NOV 29

<https://givingtuesday.ca/partners/wecan-food-basket-society-of-alberta1>

Nick and Sarah's GINGER NOODLE SOUP

Submitted by Christine McVea

4 servings

INGREDIENTS

- 1 lb lean ground pork
- 1 onion, chopped
- 3 garlic cloves, minced
- 1/3 cup hoisin sauce
- 2 tablespoons chopped gingerroot
- 2 tablespoons soy sauce
- 4 cups chicken stock
- 1 carrot shredded
- ½ cup sliced mushrooms
- 5 oz rice vermicelli noodles
- 1 green onion, thinly sliced
- ½ cup bean sprouts
- 4 coriander sprigs.

INSTRUCTIONS

1. In saucepan, brown pork over medium-high heat, stirring to break up meat, 54 to 7 minutes.
2. Drain off fat.
3. Add onion, garlic, hoisin sauce, ginger and soy sauce; cook for 2 minutes.
4. Add chicken stock and bring to a boil
5. Add carrot and mushrooms; reduce heat and simmer for 10 minutes.
6. Stir in vermicelli noodles; simmer for 5 minutes or until noodles are tender.
7. Ladle into large soup bowls.
8. Garnish with sliced green onion, bean sprouts and coriander sprigs.

ONE AMAZING "ROUND ROAST" RECIPE

4 servings

INGREDIENTS

- 2 lb. bottom round roast or outside round, rump roast, eye of round
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon dried thyme or dried rosemary
- 1/2 teaspoon dried parsley
- 1/2 teaspoon Kosher salt or sea salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil

INSTRUCTIONS

1. Preheat the oven to 170 degrees Fahrenheit (77 degrees Celsius).
2. Remove the fully thawed roast from the fridge and remove it from the packaging.
3. Place the roast on a cutting board and let it rest for 10 - 30 minutes.
4. Brush the entire surface of the roast with olive oil or your choice of oil.
5. Combine all of the seasonings in a small bowl.
6. Rub the seasonings over the entire surface of the roast - top, bottom and all sides.
7. Insert meat probe into the thickest part of the roast.
8. Place the roast in the center of a roasting pan with the fat side up.

9. Cook for 2 hours per pound until you reach your desired internal temperature. When the internal temperature reaches around 125-130 degrees Fahrenheit (you've hit medium rare).
10. Remove the roast, tent with foil and rest for at least 10 minutes and up to 2 hours before you **reverse sear**.

REVERSE SEAR

1. About 20 minutes before your ready to eat, preheat your oven to 500-550 degrees Fahrenheit.
2. When your oven reaches the above temperature, remove the foil and place your roast in the oven for 10-12 minutes. Or when your roast is crisp and golden brown.
3. Remove from the oven, slice and serve it medium-rare. You do not need to let the roast rest when reverse searing.

RECIPE NOTES

Roasts under 3 pounds

Preheat oven to 150 degrees Fahrenheit (65 degrees Celsius).

Roasts over 3 pounds

Preheat oven to 170 degrees Fahrenheit (76 degrees Celsius).

Fat Side Up

Place the roast fat side up in the pan so it self-bastes.

Juicy Tender Roast

Roasts are 75% moisture. Cooking roasts on high heat forces the moisture out of the

roast into the pan or it evaporates completely. This results in a dense and dry roast. The low and slow method described above is the secret to the perfect roast.

Author: Kim Grabinski

Deadline for
the next food
order is
**October
7th**

Order pick-up:
**October
21st & 22nd**

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.72	1.96	2.40	2.00	2.00	1.67
Apples, Gala	7	6.93	9.68	4.20	8.82	4.20	4.27
Oranges, Navel	5	7.00	6.30	4.70	13.20	5.00	3.75
Broccoli	1	2.97	3.49	2.99	5.28	2.99	2.37
Cabbage, Green	1	2.14	3.73	4.39	3.70	1.74	1.60
Carrots	2lb	1.98	2.49	3.99	3.99	2.49	1.85
Produce Sub-total		22.74	27.65	22.67	36.99	18.42	15.51
Lean Grd Beef	500 g	6.47	7.30	7.00	7.00	7.00	5.25
Beef Roast	1 kg	21.98	24.23	19.82	24.00	19.82	10.99
Ground Pork	500 g	4.97	5.49	5.25	6.50	5.26	3.25
Lean Grd Beef	500 g	6.47	7.30	7.00	7.00	7.00	5.25
Beef Roast	1 kg	21.98	24.23	19.82	24.00	19.82	10.99
Ground Turkey	454 g	6.97	6.49	8.00	9.48	8.00	3.79
Meat Order Sub-Total		33.42	37.02	32.07	37.50	32.08	19.49
BASKET TOTAL		56.16	64.67	54.74	74.49	50.50	35.00
No-Pork Meat Sub-total		35.42	38.02	34.82	40.48	34.82	20.03
NO-PORK TOTAL		58.16	65.67	57.49	77.47	53.24	35.54

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