

## A Message from the Chair...

With yesterday being Valentine's Day, I've been thinking about those people in my life who I see either on a daily, weekly, or even occasional basis. These are the folks I chat with in the hallway of the apartment building I live in, the man whose dog I pet when we run into each other on a walk, or the lady I smile and wish a good day to as she's pushing her baby stroller to the bus stop. Some other people in my life I'm fortunate enough to see on a regular basis when I meet them in a WECAN meeting to talk about ways we can raise awareness about the things that WECAN does and the difference it's making in our lives. These are the individuals that I'm grateful for as they give me a chance to have a quick word or chat about what's going on in their lives and share a bit about mine as well. They mean a lot to me and are my community.

I guess what I'm trying to say is, the people who I think are my Valentines, don't necessarily need to live with me or be related to me, although I'm blessed to some of those in my life and am so very grateful for each of them. The name Valentine comes from a Latin word meaning "strength." The people who I interact with and share space with I like to think of as giving me strength because they care enough about me to have a few words when we see each other. That encourages me and helps me feel better about myself. They are actually giving me strength to keep going and keep believing in what I do for myself and others every day. They are my Valentines.

Now the challenge for me comes with remembering that I can't just think about my Valentines on one day of the year, using Valentine's Day to tell them they matter to me. The challenge is to use those times I meet or run into those people and actually be vulnerable (and brave) enough to say: "Thank you, you made a difference in my day."

How about you? Are you ready to say those words to those people in your life who give you strength, your Valentines? I have a feeling doing that will not only give you strength, but them too!

Take care and be well. And oh, by the way: **Thank-you!**  
You made a difference in my day as I spent time thinking about you.



### Announcing the GRAND OPENING of the MILLWOODS DEPOT!

There is a new WECAN Food Basket Society Depot in town and it's opening this month in the South of Edmonton.  
We hope you check us out!

Location: **Millwoods Community Church**  
**2304-38 St Edmonton, AB.**

Distro Date/time: **3<sup>rd</sup> Thursday of the  
month, between 12-2pm**  
order at: [www.wecanfood.com](http://www.wecanfood.com)

# CAULIFLOWER & WHITE BEAN SOUP

4 Servings (8 cups)  
From: [forksoverknives.com](http://forksoverknives.com)

## INGREDIENTS

### For the Seasoning:

- Thinly sliced scallions
- Freshly ground black pepper
- ½ cup chopped parsnip
- 4 cloves garlic, minced

### Other Ingredients:

- 4 cups cauliflower florets
- 2 large russet potatoes, peeled and cubed (4 cups)
- 1 white onion, chopped (1 cup)
- 4 teaspoons white miso paste
- 1 can reduced-sodium cannellini or great northern beans, drained and rinsed
- lemon wedges

## INSTRUCTIONS

1. Combine the potatoes, onion, parsnip, miso, garlic, and 4 cups water in a large pot. Bring to a boil over high heat; reduce heat to medium-low. Cover and simmer for 25 minutes or until the vegetables are tender; cool slightly.
2. Working in batches, transfer the mixture to a blender. Cover and blend until smooth. Return the puréed mixture to the pot. Stir in the cauliflower and beans. Return to a boil over high heat; reduce heat to medium-low. Cover and simmer for 12 minutes or until cauliflower is tender.
3. Top each serving with scallions and pepper. Serve with lemon wedges for squeezing.



# OVEN BAKED PORK & APPLES

4 Servings  
(From: [cookinglight.com](http://cookinglight.com))

## INGREDIENTS

- cooking spray
- 1 tablespoon unsalted butter
- 4 (6-ounce) pork chops
- 2 large apples, cored, each cut into 12 wedges
- 1 red onion, cut into 12 wedges
- 1 teaspoon chopped fresh thyme
- ½ cup unsalted chicken stock
- 3 tablespoons cider vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

## INSTRUCTIONS

1. Preheat oven to 425° F. Coat a jelly-roll pan with cooking spray.
2. Heat a large nonstick skillet over medium-high heat. Add butter; swirl until butter melts. Add 2 pork chops to pan; cook 3 minutes on each side or until browned. Remove from pan. Repeat procedure with remaining 2 pork chops. Transfer pork to center of jelly-roll pan; scatter apple, onion, and thyme around the pork chops. Combine stock, vinegar, and oil; drizzle over meat and vegetables. Sprinkle with salt and pepper. Roast at 425° for 25 min. or until apples are golden brown and pork chops are desired degree of doneness.

Deadline for the next food order is

**March 10<sup>th</sup>**

Order pick-up:

**March 23<sup>rd</sup> or 24<sup>th</sup>**

# CAULIFLOWER'S SUPERPOWER!

Cauliflower is part of the cruciferous family. Doctors & nutritionists highly recommend making it a part of your daily diet for the following reasons:

**1. It's high in Fiber** with 3 grams coming inside just 1 cup (10% of your daily needs)! Fiber is extremely important because it helps feed the healthy bacteria in our gut, reducing inflammation and promoting digestive health. Studies have shown that fiber-rich diets lowers risk of severe illness like cancer, heart disease and diabetes.

**2. Cauliflower provides a significant amount of antioxidants**, which are beneficial for reducing inflammation and protecting against several chronic diseases by fighting free radicals.

The vegetable is particularly high in glucosinolates and isothiocyanates, two groups of antioxidants that have been shown to slow the growth of cancer cells. It also contains high amounts of Vitamin C, and carotenoid and flavonoid antioxidants.

**3. BONUS: It's versatile and easy to add to your diet!**

Cauliflower can be consumed raw, which requires very little preparation. You can enjoy raw cauliflower florets as a snack dipped in hummus or even make it into a vegetable dip. Cauliflower can also be cooked in a variety of ways, such as steaming, roasting or sautéing. It makes an excellent side dish or can be combined with dishes like soups, salads, stir-fries and casseroles.

Three cheers for powerful but inexpensive super-foods!  
From: [Nutritionfacts.org](http://Nutritionfacts.org) & [healthline.com](http://healthline.com)

Price Comparison (\$)		Walmart	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.50	1.74	1.70	1.74	1.67
Oranges, Navel	4	4.92	2.96	7	4.08	2.24
Kiwi	2	2.37	1.98	1.98	1.98	1.2
Apple, Gala	4	3.96	5.52	5.04	4.6	2.52
Lemon	1	0.79	0.99	0.99	0.99	0.39
Broccoli, Bunch	1	3.47	4.49	5.28	3.49	1.94
Celery, Stalk	1	2.97	3.99	4.45	3.99	1.72
Cauliflower	1	4.97	5.99	4.49	5.99	3.44
Produce Sub-total		24.95	27.66	30.93	26.86	15.12
Beef, Grd Lean	600g	9.29	7.00	9.90	8.40	6.30
Pork, Chop	2 kg	21.92	22	22	23.32	14.98
Meat Pork Sub-total		31.21	29	31.90	31.72	21.28
Chicken, Whole		15.48	11.28	18.36	14.96	13.50
Meat Non-Pork Sub-total		24.77	18.28	28.26	23.36	19.80
BASKET TOTAL		56.16	56.66	62.83	58.58	36.40

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