



FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

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A Message from the Chair...

With the arrival of the Solstice, we're starting to think about the arrival of warm weather, and my case, I start looking to the skies for the return of the Canadian Geese. For me, they signify a change of seasons, new beginnings, and hope for the future.

At WECAN Food Basket Society, we're starting to think about the future too. Here's your early heads up to mark your calendar for the in-person Annual General Meeting on May 27th beginning at 10:00 a.m. in the basement of the Moravian Church, 9540 – 83 Avenue.

We'll be bringing the latest information about our 30th Anniversary, recognizing our all-important volunteers, recapping the activities of our last year, and reviewing the slate of board members for 2023-2024. As our members, joining us at the Annual General Meeting gives you the opportunity to add your opinion and feedback so that WECAN Food Basket Society may continue to offer you the best possible service and products.

In the meantime, April 1st is just around the corner, and you all know what that means: time to renew your

annual membership. Please check your email for how to renew your WECAN account or you can go directly to wecanfood.com and logon from the home page. Memberships are still just \$5.00 annually.

I hope you're able to enjoy the warmer weather coming with the arrival of Spring. May it also give you the opportunity to look forward to the future with hope and new possibilities.

Be well.

Sandra McFadyen, Board Chair

Sprucewood Depot

Robert Hopgood - Coordinator



L to R: Carol Macleod (started in 2016-03), Brian Borschoa (started in 2022-12), Robert Hopgood – Coordinator, Frank Parker (started in 2014-11), and Diane Parker (started in 2021-11)

As I remember I joined the depot spring of 2010, then became a volunteer the middle of 2011, the coordinator at that time was Carla.

We were the original Alberta Avenue depot :)), then moved to

Crystal Kids for several years until they closed for Covid. After that, we moved to Bethel Community Church where we are currently located.

After the new Alberta Avenue Depot started, we changed our name to Sprucewood for the library located one block away. While at Crystal Kids our membership dropped to 4 for some months. We then rebuilt membership to mid teens, and in the last several months, we have seen membership rise to 24. January Of 2023 was our largest order with 30 meat and 32 produce.

Millwoods Depot

Sandy Germain and Ron Adams - Coordinators

For the last several years Millwoods Community Church has been helping WINGS, a women's shelter in our neighbourhood, and this included delivering bread twice a week.

When we learned about WECAN from Edmonton Moravian Church (Strathcona Depot) we wondered if we could help connect the residents at WINGS (and other neighbours) to the fresh produce and meat offerings. We have a small food pantry; however, it can only do so much. We really wanted to do something to address the larger issue of food insecurity than what we were currently offering, thus, the Millwoods Depot came to be.



L to R: Aaron Linville (Pastor), Sonja Freeman, Ken Germain, Sandy Germain (Coordinator), Ron Adam (Coordinator)

Pan-Seared Steak With Garlic Butter

Servings: 4

INGREDIENTS

- 2 lbs Beef Steak
- 1/2 Tbsp vegetable oil, or any high heat cooking oil like canola or extra light olive oil
- 1 1/2 tsp sea salt
- 1 tsp black pepper, freshly ground
- 2 Tbsp unsalted butter
- 2 cloves garlic, peeled and quartered
- 1 sprig fresh rosemary

INSTRUCTIONS

1. Thoroughly pat steak dry with paper towels. Just before cooking, generously season with 1 1/2 tsp salt and 1 tsp black pepper
2. Heat the cast iron pan until hot then add 1/2 Tbsp oil over medium-high heat, swirling to coat. Once the oil is very hot, add steaks to the skillet. Sear the steaks on the first side for 4 minutes until a brown crust has formed then flip and cook another 3-4 minutes. Using tongs, turn the steak on its sides to render the white fat and sear the edges (1-minute per edge).
3. Reduce heat to medium and immediately add 2 Tbsp butter, quartered garlic cloves and rosemary to the pan. Spoon the butter sauce over the steak, tilting the pan to get butter on your spoon. Continue spooning the sauce over the steak for a minute or until the steak is about 5-10 degrees from your desired doneness (the temperature will continue to rise another 5-10 degrees while steaks rest).
4. Transfer steak to a cutting board, loosely cover and rest 10 minutes before slicing into

1/2" strips to serve. Spoon extra butter sauce over sliced steak to serve.

<https://natashaskitchen.com>

Carolina BBQ Rub

Use as a dry rub on pork, chicken, beef, lamb, and vegetables.

INGREDIENTS

- 1/4 cup paprika
- 2 tablespoons salt
- 2 tablespoons white sugar
- 2 tablespoons brown sugar
- 2 tablespoons ground cumin
- 2 tablespoons chili powder
- 2 tablespoons freshly ground black pepper



INSTRUCTIONS

1. Gather the ingredients.
2. In a small bowl, combine paprika, salt, white sugar, brown sugar, ground cumin, chili powder, black pepper, and cayenne pepper. Make sure that the rub has a fine consistency and that the brown sugar leaves no clumps.
3. To apply the rub, gently pat it on all surfaces of the meat and cook as directed.

Tip

- For ease of applying the rub on meat, put it in a spice shaker and shake it all over the meat's surfaces.

<https://www.thespruceeats.com>

Deadline for the next food order is

Thursday, April 6th

Order pick-up:

April 20th or 21st

DARK GREEN VEGETABLES

Dark green leafy vegetables are great sources of nutrition. Salad greens, kale and spinach are rich in vitamins A, C, E and K, and broccoli, bok choy and mustard are also rich in many of the B-vitamins. These vegetables also contain an abundance of carotenoids-antioxidants that protect cells and play roles in blocking the early stages of cancer. They also contain high levels of fiber, iron, magnesium, potassium and calcium. Furthermore, greens have very little carbohydrates, sodium and cholesterol.

The dark greens supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects. Folate is also necessary for DNA duplication and repair which protects against the development of cancer. High intakes of folate may lower the risk of colon polyps by 30 to 40 percent compared to low intakes of this vitamin. Also, diets low in folate may increase the risk of cancers of the breast, cervix and lung.

The vitamin K contents of dark green leafy vegetables provide several health benefits including protecting bones from osteoporosis and helping to prevent against inflammatory diseases.

Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Studies have shown that eating 2 to 3 servings of green leafy vegetables per week may lower the risk of stomach, breast and skin cancer. These same antioxidants have also been proven to decrease the risk of heart disease.

Perhaps one of the most appealing benefits of dark green leafy vegetables is their low calorie and carbohydrate contents which help to facilitate achieving and maintaining a healthy body weight. Adding more green vegetables to a balanced diet increases the intake of dietary fiber which, in turn, regulates the digestive system and aids in bowel health and weight management. These properties are particularly advantageous for those with type-2 diabetes.

<https://www.ars.usda.gov>

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Oranges, Navel	4	5.68	5.44	5.96	7.00	7.68	2.24
Apples, Gala	3	2.97	3.56	4.05	2.52	3.45	1.89
Bananas	1 kg	1.72	1.90	2.00	1.70	2.00	1.67
Kiwi	2	3.00	1.98	1.98	1.98	1.58	1.20
Broccoli	1	3.47	4.49	3.34	5.28	3.99	1.94
Carrots	2 lbs	1.26	2.89	2.99	2.99	2.99	2.18
Celery	1	2.97	4.49	3.99	4.45	3.99	1.72
Leaf Lettuce	1	2.97	3.99	3.99	3.49	3.49	1.97
Produce Sub-total		24.04	28.74	28.30	29.41	29.17	14.81
Lean Grd. Beef	1 kg	15.50	9.91	14.00	15.40	14.00	10.50
Beef, In. Rd. Stk	0.5 kg	10.99	11.01	13.22	12.10	12.12	9.49
Meat Sub-total		26.49	20.92	27.22	27.50	26.12	19.99
BASKET TOTAL		50.53	49.66	55.52	56.91	55.29	34.80

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