

## Upcoming Events:

Deadline for next food order : June 5<sup>th</sup> 2020, Order pick-up :  
June 18<sup>th</sup> / 19<sup>th</sup> 2020.

### Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1<sup>st</sup> to March 31<sup>st</sup>.

### 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.

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



**WECAN**  
Food Basket  
Society

12122-68 St. N.W.  
Edmonton AB T5B 1R1

Phone: 780-413-4525

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

Website:

[www.wecanfood.com](http://www.wecanfood.com)

**WECAN** accepts money donations from members, past members, friends and family of members, as well as businesses. A taxable charitable donation receipt will be issued. Please consider donating to your organization.

**Your  
Depot:**

Charitable Reg. #891381394RR00001

Issue: 20-05  
May 2020

## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN News

#### Order Delivery for next six months

We have received some great news; we have received funding from the Edmonton Community Foundation for temporary delivery of food baskets for those most at risk in our community. We will be starting this temporary delivery for the next six months, starting in June for those who cannot pickup their food baskets due to COVID-19. We are excited to give this option to those most vulnerable in the Edmonton area. If you are interested in the delivery of your food basket please reach out to Hira by email [info@wecanfood.com](mailto:info@wecanfood.com) or phone 780-413-4525.

#### WECAN Annual General Meeting 2020

The annual general meeting of the WECAN Food Basket Society of Alberta is scheduled for Saturday, June 27 at 10:00 am. It will be a virtual meeting keeping the safety of our members, board members and staff at forefront. This is in compliance with AHS recommendations and in compliance with our bylaws. Please stay tuned for more news on what technology will be used for this meeting in our next months newsletter. We will also cover what things will be needed to participate in this meeting, who to contact in case you need additional support to participate in this meeting or any other questions and concerns.

### Spice of the month - Star Anise

This spice is a member of parsley family, its shape resembles a Star with an average of 8 boat shaped points. The flavor, which is contained in both the seeds and the star itself, is very sweet and licorice-like, similar to aniseed (though the plants are not related). Despite its sweetness, star anise traditionally is used in savory recipes, particularly with meats. It often is added whole to soups, stews and braising broths, to which it adds a sweet-licorice-peppery flavor. Star anise can be used whole or ground. When whole, it usually is added to liquids destined for a slow simmer or braise. It usually is removed and discarded from the dish before serving.



## Cooking with Your WECAN Food Basket

## Slow Cooker Apple Cider Pot Roast

- Reprinted with permission from *Allrecipes.com*

### Ingredients

- 8 cups apple cider
- 1 tablespoon brown sugar
- ½ teaspoon ground cloves
- ½ teaspoon whole cloves
- ½ teaspoon ground black pepper
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 1 (3 pound) bottom round roast
- 6 carrots, cut in half
- 6 potatoes, peeled and quartered
- ¼ cup quick-mixing flour
- 1 tablespoon dry brown gravy mix
- salt and ground black pepper to taste

### Directions

- Whisk apple cider, brown sugar, ground cloves, whole cloves, pepper, ginger, and cinnamon together in a bowl; pour into a resealable plastic bag. Add the roast, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 24 to 48 hours.
- Stir carrots, potatoes, marinade, and beef together in a slow cooker.
- Cook roast in the slow cooker set to Low until meat is cooked through and tender, 8 hours.
- Transfer 3 cups of the cider broth from the slow cooker to a saucepan. Whisk quick-mixing flour into cider broth; simmer until gravy thickens, about 5 minutes. Stir brown gravy mix, salt, and pepper into cider gravy.
- Set roast, carrots, and potatoes on a serving platter; pour cider gravy over the top.

## Slow-Cooker Barbecue Ribs

-Reprinted with permission from *Allrecipes.com*

### Ingredients

- 4 pounds pork baby back ribs
- salt and pepper to taste
- 2 cups ketchup
- 1 cup chili sauce
- ½ cup packed brown sugar
- 4 tablespoons vinegar
- 2 teaspoons dried oregano
- 2 teaspoons Worcestershire sauce
- 1 dash hot sauce

### Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Season ribs with salt and pepper. Place in a shallow baking pan. Brown in oven 15 minutes. Turn over, and brown another 15 minutes; drain fat.
- In a medium bowl, mix together the ketchup, chili sauce, brown sugar, vinegar, oregano, Worcestershire sauce, hot sauce, and salt and pepper. Place ribs in slow cooker. Pour sauce over ribs, and turn to coat.
- Cover, and cook on Low 6 to 8 hours, or until ribs are tender.

## Coriander Carrot Soup

- Reprinted with permission from *Hall of Flame* by the ATCO Blue Flame Kitchen

### Ingredients

- 2 tbsp salted butter
- 4 cups sliced carrots
- 2 cups diced peeled russet potatoes
- 1 cup chopped onion
- 1 1/2 tsp ground coriander
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 5 cups canned chicken broth
- 1/4 cup chopped fresh cilantro

### Directions

- Melt butter in a Dutch oven over medium heat. Add carrots, potatoes and onion; sauté for 5 minutes.
- Add coriander, ginger and salt; cook, stirring, for 1 minute.
- Stir in broth. Bring to a boil, stirring occasionally. Reduce heat and simmer, covered, for 20 - 25 minutes or until vegetables are tender.
- Purée mixture in batches in a blender, filling blender no more than half full for each batch. May be prepared to this point and refrigerated for up to 24 hours. Reheat over low heat. Stir in cilantro.

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.03	<b>\$ 4.75</b>
Pork, Back Ribs (ave. 1.45 kg)	\$24.88	\$23.93	\$ 23.35	\$24.56	<b>\$10.86</b>
Bananas (1 bunch)	\$ 1.41	\$ 1.70	\$ 1.45	\$ 2.20	<b>\$ 1.67</b>
Oranges (3)	\$ 3.75	\$ 4.47	\$ 3.78	\$ 3.69	<b>\$ 1.92</b>
Apples (4)	\$ 3.64	\$ 3.52	\$ 3.68	\$ 4.00	<b>\$ 1.55</b>
Leaf Lettuce (1 pkg)	\$ 2.47	\$ 2.99	\$ 2.48	\$ 2.47	<b>\$ 1.77</b>
Broccoli (1 bunch)	\$ 2.97	\$ 3.95	\$ 2.97	\$ 3.17	<b>\$ 1.32</b>
Carrots (2 lb bag)	\$ 2.47	\$ 3.49	\$ 2.98	\$ 2.47	<b>\$ 1.86</b>
Pork Alt: Beef, Eye of Round Roast (1. k)	\$17.60	\$17.61	\$ 17.60	\$19.78	<b>\$ 9.99</b>
<b>TOTAL</b>	<b>\$48.59</b>	<b>\$51.05</b>	<b>\$ 47.69</b>	<b>\$48.59</b>	<b>\$25.00</b>