

Upcoming Events:

Deadline for next food order : Jul 10th 2020, Order pick-up :
Jul 23rd / 24th 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 1st to March 31st.

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

Website:

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

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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN News

Notes from Annual general Meeting 2020

The Annual General Meeting of the WECAN Food Basket Society of Alberta was held on 27th June 2020. In addition to recognizing the long service of many of our volunteers, WECAN presented Irene Meglis, Coordinator of Terwillegar Depot, with the Lynn Mulvaney Coordinator of the Year Award for the excellent work she has done this past year. Congratulations Irene.

A major item on the agenda was the election of a new Board of Directors. Continuing to sit on the board are Sandra McFadyen (Chair), Christine McVea (Vice-Chair), Dawn Arnold (Secretary), Chelsea Yarmuch (Treasurer), Keith Kasha (Director), Sacha Deelstra (Director), Paige Blaney (Director), and Steven Lack (Director). Joining them on the Board are new members Madison Cory (Director) and Pamela Kawulich (Director). Congratulations to everyone elected.

We will be sharing some standard practices of food handling we learnt during Alberta Food Handler Certification with all our members on a regular basis. This month we want to highlight the importance of **avoiding cross contamination of food**. Some things to remember are:

- Keep raw meats, poultry, and fish away from other foods during storage and preparation
- Thoroughly wash all produce before you eat or cook it
- Always keep foods covered unless they are being prepared or served
- Prepare food quickly and serve it immediately.

Herb of the month – Cayenne peppers

Cayenne peppers are a type of chili pepper. They are closely related to bell peppers and jalapeños. Cayenne peppers are a popular spice used in many different regional styles of cooking, and they have been used medicinally for thousands of years. These peppers boast an impressive nutrition profile, which includes a variety of antioxidants that are beneficial for your health. Capsaicin, the active ingredient in cayenne peppers, is what gives them their medicinal properties. The capsaicin in cayenne peppers has metabolism-boosting properties, may reduce your hunger, helping you eat less and feel fuller for longer.



Cooking with Your WECAN Food Basket

Easy Korean Ground Beef Bowl

- Reprinted with permission from *Allrecipes.com*

Ingredients

1. 1 pound lean ground beef
2. 5 cloves garlic, crushed
3. 1 tablespoon freshly grated ginger
4. 2 teaspoons toasted sesame oil
5. ½ cup reduced-sodium soy sauce
6. ⅓ cup light brown sugar
7. ¼ teaspoon crushed red pepper
8. 6 green onions, chopped, divided
9. 4 cups hot cooked brown rice
10. 1 tablespoon toasted sesame seeds

Directions

1. Heat a large skillet over medium-high heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain excess grease.
2. Add garlic, ginger, and sesame oil, stirring until fragrant, about 2 minutes. Stir in soy sauce, brown sugar, and red pepper.
3. Cook until some of the sauce absorbs into the beef, about 7 minutes. Add 1/2 of the chopped green onions. Serve beef over hot cooked rice; garnished with sesame seeds and remaining green onions.

Orange Glazed Carrots and Parsnips

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

Ingredients

1. 1 cup (250 mL) orange juice
2. 1/4 cup (50 mL) butter
3. 2 tbsp (25 mL) sugar
4. 1 1/2 tbsp (22 mL) grated fresh ginger
5. 4 cups (1 L) thin ribbon-like carrot strips
6. 2 cups (500 mL) thin ribbon-like parsnip strips
7. Salt
8. 1/2 cup (125 mL) diagonally sliced green onion

Directions

1. Combine orange juice, butter, sugar and ginger in a large nonstick frypan. Bring to a boil over medium heat; add carrot and parsnip strips. Reduce heat and simmer, covered, for 3 minutes.
2. Uncover and simmer, stirring frequently, until liquid is reduced and carrot and parsnip strips are tender and glazed, about 10 – 15 minutes. Season to taste with salt. Sprinkle with green onions.

Pork Tenderloin Diablo

-Reprinted with permission from *Allrecipes.com*

Ingredients

1. 1 (1 pound) whole pork tenderloin
2. salt and freshly ground black pepper to taste
3. 2 teaspoons vegetable oil
4. ½ cup chicken broth
5. 2 tablespoons heavy cream
6. 1 tablespoon extra-hot prepared horseradish
7. 1 tablespoon Dijon mustard
8. ¼ teaspoon cayenne pepper
9. 1 tablespoon cold butter
10. 1 teaspoon chopped fresh chives

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Season pork with salt and pepper.
2. Heat oil in an ovenproof skillet over high heat. Cook pork until browned on one side, 3 to 4 minutes. Turn over pork and transfer the skillet to the preheated oven. Cook until pork is browned and still slightly pink in the center, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Transfer pork to a plate.
3. Remove any excess oil from the skillet and place it over medium-high heat. Pour in chicken broth and bring to a boil, scraping any browned bits off of the bottom of the pan. Whisk in cream, horseradish, Dijon mustard, and cayenne pepper. Continue cooking until the mixture is reduced to a thick sauce, 3 to 4 minutes. Remove from heat and whisk in cold butter. Stir in chives.
4. Slice pork into 1/2-inch slices and serve topped with sauce.

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 8.00	\$ 7.00	\$ 7.35	\$ 4.75
Pork Tenderloin (ave. 1 kg)	\$12.08	\$10.56	\$17.48	\$10.87	\$ 10.00
Bananas (1 bunch)	\$ 1.96	\$ 1.70	\$ 1.96	\$ 2.20	\$ 1.67
Oranges (4)	\$ 6.08	\$ 7.04	\$ 6.12	\$ 4.92	\$ 2.03
Apples, Royal Gala (3)	\$ 2.73	\$ 2.64	\$ 2.76	\$ 1.77	\$ 1.44
Leaf Lettuce (1 pkg)	\$ 1.97	\$ 1.99	\$ 1.27	\$ 1.97	\$ 1.67
Carrots (2 lb)	\$ 2.47	\$ 3.49	\$ 2.98	\$ 2.47	\$ 1.75
Green Onions (1 bunch)	\$ 0.97	\$ 1.29	\$ 0.68	\$ 1.27	\$ 0.54
Cucumber, Long English (1)	\$ 0.97	\$ 1.99	\$ 1.38	\$ 0.67	\$ 1.02
Pork Alt: Beef, Outside Round Roast (ave. 1 kg)	\$17.57	\$28.50	\$29.88	\$19.78	\$9.99
TOTAL	\$36.23	\$38.70	\$41.63	\$33.49	\$ 24.87