

## Upcoming Events:

Deadline for next food order: Oct 9<sup>th</sup> , 2020, Order pick-up:  
Oct 22<sup>nd</sup>, 23<sup>rd</sup> 2020.

### Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator or online 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

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## FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

### WECAN News

#### WECAN Turkey Trot Fundraiser

You are invited to WECAN's virtual Turkey Trot, a fun run event, it will be held on Saturday, October 10, 2020 at 9 AM. The fundraising campaign will be launched on Monday, September 21. For more details check our website, Facebook, or contact the office.

#### WECAN Member Satisfaction Survey

We will be handing out member satisfaction surveys to better understand your thoughts and opinions about our program. The survey responses will be kept in strict confidentiality. We look forward to hearing from you. Survey is also available online at <https://wecanfood.com/member-survey/>

#### How to sign up and make a payment online

Dear members as you know our online ordering is up and running. It is really simple to use. You create an account by placing your first order. The first order is the membership. After clicking checkout, you enter your name, address, email and phone. Then you enter your email address and select a password for WECAN and also choose a depot that works best for you. You then place your order. After doing this you will have created your WECAN account. You can go ahead and add produce and meat orders as you prefer.

#### Herb of the month - Oregano

**Oregano** is a flowering plant in the mint family. It is perennial herb, growing from 20-80 cm tall, with opposite leaves and purple flowers. It is native to temperate Western and South western Eurasia and the Mediterranean regions. Oregano is high in antioxidants, which can help prevent damage by neutralizing disease-causing free radicals. Test-tube studies have found that oregano and its components may be effective against certain strains of bacteria. Carvacrol and thymol are two compounds found in oregano that have been shown to decrease the activity of viruses in some test-tube studies. Oregano is used for flavoring and is a staple herb of Italian American cuisine. In the United States, it gained popularity following World War II as soldiers returned home with a desire for the "pizza herb". Though you may think of oregano as a topping reserved solely for pizzas and pasta dishes, this versatile herb can be used in many ways. Try mixing whole oregano leaves into other greens for a nutrient-packed salad or sprinkling the leaves into chili, soups or stews. You can also use it to make fresh pesto or salad dressing, season meat dishes or kick up the flavor of homemade sauces. Oregano is available fresh, dried or as an oil, making it super easy to add to your diet. You can easily grow it indoors and enjoy it fresh all year round.



## Cooking with Your WECAN Food Basket

### Banana Orange Swirly Goodness

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 2 medium (7" to 7-7/8" long)s frozen bananas, peeled and cut into chunks
- 1 orange - peeled, segmented, and seeded
- 1 (8 ounce) container raspberry yogurt
- 1 ½ tablespoons honey
- ½ teaspoon ground nutmeg

#### Directions

- In a blender, blend the bananas, orange, raspberry yogurt, honey, and nutmeg until smooth. You have a yum-a-licious breakfast treat or snack!

### Saucy Smoked Sausage Sandwich

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- ¼ medium onion
- 1 large carrot
- 2 stalks celery
- 1 (14 ounce) package Turkey Sausage, diagonally cut into 1/4-inch slices
- ½ cup ketchup
- 1 ½ tablespoons Worcestershire sauce
- 2 tablespoons dark brown sugar
- 6 slices Cheddar cheese
- 6 eaches brioche or hamburger buns

#### Directions

- Cut onion, carrot and celery into equal size pieces and pulse in a food processor until finely chopped.
- Heat a large non-stick skillet over medium heat and cook smoked sausage until brown. Add the onion, carrot and celery and cook until veggies are soft, about 5 minutes.
- Add ketchup, Worcestershire sauce and brown sugar and cook for 6 - 7 minutes, stirring occasionally.
- Spoon filling onto buns with cheese, and serve.

### Tuscan Roast Pork

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

#### Ingredients

- 1/4 cup chopped fresh rosemary
- 8 cloves garlic, crushed
- 1 tbsp kosher salt
- 1 1/2 tsp freshly ground pepper
- 8 lb (3.5 kg) boneless centre-cut double-loin pork roast
- 2 tbsp all-purpose flour
- 1/2 cup dry white wine
- 2 cans (10 oz/284 mL each) chicken broth
- 1/4 tsp salt

#### Directions

- Preheat oven to 425°F.
- Using a mortar and pestle or mini food processor, grind rosemary, garlic, kosher salt and pepper until mixture forms a paste. Pat rosemary mixture onto all sides of roast. Place roast on a rack in a large roasting pan. Let stand for 30 minutes.
- Roast for 30 minutes. Reduce temperature to 350°F and continue roasting until a meat thermometer registers 160°F, about 1 1/2 - 2 hours. Transfer roast to a platter and cover with foil. Let stand for 15 minutes before carving.
- Meanwhile, to prepare gravy, skim fat from drippings in pan. Set pan over low heat. Whisk flour into pan drippings until blended and cook, stirring, for 1 minute. Gradually whisk in wine and broth. Bring to a boil over medium heat, scraping to loosen browned bits.
- Reduce heat and simmer, stirring frequently, until gravy is slightly thickened. Stir in salt. Carve roast and serve with gravy.

**Tip:** A boneless centre-cut double-loin pork roast is made up of two single loins tied together.

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 8.09	\$ 7.00	\$ 6.00	<b>\$ 4.75</b>
Turkey Sausage (1 pkg.)	\$ 5.47	\$ 5.19	\$ 5.00	\$ 4.97	<b>\$ 3.99</b>
Pork Loin Roast (ave. 1 kg)	\$13.18	\$12.32	\$17.28	\$ 9.85	<b>\$ 6.00</b>
Bananas (1 bunch)	\$ 1.96	\$ 1.70	\$ 1.96	\$ 2.20	<b>\$ 1.67</b>
Oranges (3)	\$ 4.56	\$ 6.18	\$ 4.56	\$ 2.76	<b>\$ 1.58</b>
Apples, Royal Gala (4)	\$ 2.36	\$ 3.52	\$ 3.68	\$ 3.16	<b>\$ 1.96</b>
Leaf Lettuce (1 pkg)	\$ 1.47	\$ 2.49	\$ 1.98	\$ 1.97	<b>\$ 1.53</b>
Broccoli	\$ 1.65	\$ 3.95	\$ 2.97	\$ 2.97	<b>\$ 1.28</b>
Carrots (1 bag)	\$ 2.47	\$ 2.49	\$ 2.48	\$ 2.47	<b>\$ 1.98</b>
Pork Alt: Chicken Drumsticks (ave. 8	\$ 5.77	\$ 6.62	\$ 5.82	\$ 6.38	<b>\$6.39</b>
<b>TOTAL</b>	<b>\$40.12</b>	<b>\$52.55</b>	<b>\$46.91</b>	<b>\$36.35</b>	<b>\$24.74</b>