

Upcoming Events:

Deadline for next food order: **Dec 4th 2020**, Order pick-up:
Dec 17th & 18th 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 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

We are happy to add a new depot to our program, it is located off the yellowhead highway, we are sad to see Norwood depot close temporarily. Please check our website for latest updates.

Standard Practices of Food Handling

Let's continue learning about safe food handling, last time we discussed types of microorganisms, lets learn a bit more about each type of microorganism in this issue. We are sharing what we learnt from the Alberta Food Handler Certification.

There are 4 types of microorganisms: viruses, parasites, fungi (moulds and yeasts) and bacteria. Feed off humans and animals, live in or on body, and often excreted in feces. Range in size from tiny, microscopic single-celled organisms(protozoa)to multi-cellular worms (helminths) visible to the naked eye. Illness they cause can range from mild discomfort to serious illness and possibly death. Like viruses, parasites do not grow in food, they reproduce in the tissues of other organisms. Transferred through consumption of fecal-contaminated water and food. Parasites live longer than bacteria and therefore symptoms persist longer. Parasites, especially protozoa, are harder to remove from water than bacteria. **Cooking to proper temperatures and boiling untreated water for at least one minute is best way to control parasites.** Most parasites are transferred to humans through contaminated water or food washed with contaminated water or through eating undercooked meat from a contaminated animal or cross-contamination. We will discuss bacteria in our next issue, stay tuned ☺

Herb of the month – Caraway



Caraway (*Carum carvi*) is a hardy, biennial herb native to Europe and Western Asia. It is primarily grown for its fruit, or seeds, but both the roots and leaves are edible. Caraway is a member of the umbelliferous, aromatic plants along with anise, cumin, dill, and fennel. Like these spices, caraway is naturally sweet with a licorice flavor.

The leaves of caraway herb plants can be harvested throughout the summer and added into salads or dried for future addition into soups and stews. The seeds, however, can be found in many different cultures in pastries and confections and even in liqueurs. How to use caraway seeds from the garden? Incorporate them into poaching liquid for fish, pork roasts, tomato-based soups or sauces, warm German potato salad, or into coleslaw or cabbage lovers' favorite dish – sauerkraut.

Cooking with Your WECAN Food Basket

Hamburger Steaks with Gravy

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 pound ground beef
- 1 egg
- ¼ cup bread crumbs
- ⅛ teaspoon ground black pepper
- ½ teaspoon seasoned salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 1 cup thinly sliced onion
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- 1 tablespoon cooking sherry
- ½ teaspoon seasoned salt

Directions

- In a large bowl, mix together the ground beef, egg, breadcrumbs, pepper, salt, onion powder, garlic powder, and Worcestershire sauce. Form into 8 balls, flatten into patties.
- Heat the oil in a large skillet over medium heat. Fry the patties and onion in the oil until patties are nicely browned, about 4 minutes per side. Remove the beef patties to a plate, keep warm.
- Sprinkle flour over the onions and drippings in the skillet. Stir in flour with a fork, scraping bits of beef off of the bottom as you stir. Gradually mix in the beef broth and sherry. Season with seasoned salt. Simmer and stir over medium-low heat for about 5 minutes, until the gravy thickens. Turn heat to low, return patties to the gravy, cover, and simmer for another 15 minutes.

Roasted Chicken with lemon and Rosemary

-Reprinted with permission from *Allrecipes.com*

- 1 whole chicken, cut into 8 pieces
- 1 onion, cut into wedges
- 1 lemon, sliced
- 8 cloves garlic
- 4 sprigs fresh rosemary
- ¼ cup olive oil
- ½ teaspoon salt , ½ teaspoon ground black pepper

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Combine chicken, onion, lemon slices, garlic, and rosemary together in a large bowl. Drizzle olive oil and sprinkle salt and black pepper

over the chicken mixture; toss to coat. Spread chicken mixture out in the bottom of a baking dish.

- Bake in the preheated oven until no longer pink at the bone and the juices run clear, 45 to 50 minutes. An instant-read thermometer inserted into the thickest part of a thigh, near the bone, should read 165 degrees F (74 degrees C).

Mole Pork Chops

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

Ingredients

- 2 tbsp canola oil
- 1 tbsp packed brown sugar
- 1 tsp unsweetened cocoa powder
- 1 tsp ground chipotle chile pepper
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp salt
- 4 thick boneless pork loin chops

Directions

Combine all ingredients except pork in a heavy zip-lock plastic bag. Add pork and squeeze bag to coat pork with seasoning mixture and seal bag. Let stand for 30 minutes.

Meanwhile, preheat natural gas barbecue on low heat for 10 - 15 minutes.

Remove pork from bag, discard marinade.

Grill pork over low heat on natural gas barbecue until done, about 30 minutes for 3/4 inch thick chops.

Food Basket Item	No Frills	Save On	Superstore	Walmart	WECAN
Lean Ground Beef (ave. 500 g)	\$ 7.00	\$ 9.69	\$ 7.00	\$ 6.65	\$ 4.75
Pork Loin Roast (1.55 kg avg)	\$ 19.17	\$ 14.91	\$18.48	\$19.74	\$ 10.49
Bananas (1 bunch)	\$ 1.70	\$ 1.74	\$ 1.70	\$ 1.21	\$ 1.67
Oranges (3)	\$ 4.56	\$ 4.47	\$ 4.59	\$ 2.09	\$ 1.53
Apples, Royal Gala (4)	\$ 3.64	\$ 4.00	\$ 3.12	\$ 1.08	\$ 1.57
Broccoli (1 bunch)	\$ 2.97	\$ 2.69	\$ 2.98	\$ 3.94	\$ 2.88
Celery (1 stalk)	\$ 2.47	\$ 1.50	\$ 2.47	\$ 1.97	\$ 1.35
Carrots (2 lb bag)	\$ 1.97	\$ 1.99	\$ 2.98	\$ 1.65	\$ 1.88
TOTAL	\$43.48	\$ 40.99	\$43.32	\$38.33	\$ 26.12
Pork Alt: Whole Chicken (1.55 kg average)	\$ 10.85		\$ 17.02	\$ 18.35	\$ 10.00