

## Upcoming Events:

Deadline for next food order: **Feb 5<sup>th</sup> 2021**, Order pick-up:  
**Feb 18<sup>th</sup> & 19<sup>th</sup> 2021.**

**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

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[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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# WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

## WECAN News

The WECAN board and staff would like to wish you a very Happy New Year!

## Standard Practices of Food Handling

Let us start from where we left off, what is bacterial intoxication! We are sharing what we learnt from the Alberta Food Handler Certification.

Bacteria cause food borne illness in two ways, bacterial infection (discussed in last issue) and bacterial intoxication. Sometimes it is not the bacteria itself that makes a person sick, but what the bacteria produces. All bacteria produce a waste product, but some can be toxic to humans called toxin.

Toxin can come from bacteria growing in food or from bacteria on a food handler. Illness is caused by eating food contaminated with toxin or toxin-producing bacteria. Not all toxin is destroyed by cooking, **so temperature-abused food needs to be thrown away.** Start of symptoms is very quick (1-6 hours), illness can last up to 2 weeks. These illnesses can be very serious. Vomiting and nausea are most common symptoms. Other symptoms can include paralysis, respiratory failure, and death. Examples: botulism (home-canned veggies), Staph aureus (ex. ham), Bacillus cereus (ex. rice, gravy).

We will discuss spores and 'who gets sick' in our next issue, stay tuned 😊

## Herb of the month – fennel



There are two types of fennel. One is treated as an herb and the other is treated like a bulb type vegetable. The herb type grows 3-5 feet tall with fine textured foliage resembling dill. Flat topped clusters of yellow flowers appear in late summer. Stems, leaves and seeds of this type of fennel are harvested and used. Florence fennel is shorter with darker green foliage and is grown for its large, flat thick rosette of petioles at the base often referred to as a "bulb." Both forms have an anise or licorice flavor. Leaves have a sweetish flavor, particularly good in sauces for fish, also useful with pork or veal, in soups and in salads. Seeds have sharper taste. Sow groups of 3 or 4 seeds in midspring, ¼ inch deep and 18 inches apart. Thin established seedling to strongest of each group.

## Cooking with Your WECAN Food Basket

### French Onion Beef meatballs

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 1 pound ground beef
- 1 cup dry bread crumbs
- 1 small finely chopped onion
- 1 tablespoon minced garlic
- 1 (1 ounce) package dry French onion soup mix
- 2 large eggs
- ½ cup Italian dressing
- 1 tablespoon olive oil, or as needed

#### Directions

- Combine beef, bread crumbs, onion, garlic, and soup mix in a large bowl. Knead the mixture with your hands until well blended; it will be quite dry. Add eggs and Italian dressing and mix. Allow mixture to sit in the refrigerator 10 minutes.
- Pinch off just enough of the meatball mixture to fit comfortably inside your palm, then roll to form a ball. Repeat with the remaining mixture.
- Cover the bottom of a skillet lightly with olive oil and heat to medium-high. Add meatballs. Cook on one side for about 4 minutes, then turn and continue to cook until browned and no longer pink in the centers, about 4 minutes more. You may need to cook these in batches depending on how large your skillet is.

### Pork Tenderloin with Apples and Onions

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 2 (1 1/2 pound) pork tenderloins
- 2 teaspoons vegetable oil, divided
- 1 teaspoon sea salt
- 2 tablespoons vegetable oil, divided, or more as needed
- 3 Granny Smith apples - peeled, cored, and sliced into eighths
- 2 medium sweet onions, sliced vertically
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, divided
- ¼ teaspoon ground black pepper, or to taste

- 1 cup chicken stock
- 1 tablespoon butter

#### Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Trim all silver skin from tenderloins; pat dry using paper towels. Rub 1 teaspoon vegetable oil over the surface of each tenderloin and rub with sea salt.
- Heat 1 tablespoon vegetable oil in a large, oven-proof skillet over medium heat until it shimmers, about 1 minute. Place tenderloins into the skillet and cook, rotating to brown all sides, about 10 minutes. Transfer pork to a large plate.
- Add remaining tablespoon oil to any drippings in the skillet. Cook apples and onions in the hot oil, stirring occasionally, until onions begin to turn translucent, about 5 minutes, adding a bit more oil if skillet gets dry.
- Meanwhile, spread Dijon mustard evenly over browned tenderloins using a pastry brush. Sprinkle 2 teaspoons thyme leaves over pork. Sprinkle remaining thyme over apple mixture and add black pepper; stir gently to combine. Nestle tenderloins into the skillet with apple mixture.
- Roast, uncovered, in the preheated oven until an instant-read thermometer inserted into the center of the tenderloins reads at least 145 degrees F (63 degrees C), about 15 minutes.
- Remove skillet from the oven and place pork onto a plate. Cover with aluminum foil and let rest.
- Meanwhile, pour chicken stock into a saucepan and cook over medium-high heat until reduced by 1/2, 8 to 10 minutes. Add to the skillet containing apple mixture.

#### Step 9

Heat over medium-high heat until boiling about 5

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef	\$ 7.00	\$ 7.00	\$ 7.00	\$ 4.96	\$ <b>4.40</b>
Pork Tenderloin/kg	\$ 12.08	\$ 22.50	\$ 15.39	\$ 15.37	\$ <b>10.00</b>
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.21	\$ <b>1.66</b>
Oranges (3)	\$ 3.75	\$ 4.20	\$ 3.90	\$ 3.12	\$ <b>1.77</b>
Apples, Royal Gala (4)	\$ 1.28	\$ 5.07	\$ 1.56	\$ 2.04	\$ <b>1.60</b>
Broccoli	\$ 2.97	\$ 2.63	\$ 1.97	\$ 2.47	\$ <b>1.85</b>
Greenleaf lettuce	\$ 2.47	\$ 2.99	\$ 2.48	\$ 2.47	\$ <b>1.64</b>
Onions (3lb bag)	\$ 1.88	\$ 4.29	\$ 2.47	\$ 1.97	\$ <b>1.99</b>
<b>TOTAL</b>	<b>\$ 33.13</b>	<b>\$ 50.38</b>	<b>\$ 36.47</b>	<b>\$ 33.61</b>	<b>\$ 24.91</b>
Pork Alt(eye of roast beef)	\$ 12.96	\$ 20.90	\$ 13.09	\$ 17.58	\$10.00