

## Upcoming Events:

**Deadline for the next food order: April 8<sup>th</sup> 2021**  
**Order Pick-up: April 22<sup>nd</sup> & 23<sup>rd</sup>**

**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.

Thankyou to the following businesses and organizations for their help and support:



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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# WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

## Standard Practices of Food Handling

We will elaborate further on why someone would get sick. We are sharing what we learnt from the Alberta Food Handler Certification.

There are many reasons that can make a person who eats contaminated food sick: immune status, how many organisms you ate and type of organisms you ate. But what do bacterial pathogens need to grow? They need a few things to grow: Food, Acidity, temperature, Time, Oxygen and Moisture.

**Food:** Pathogens need nutrients to grow. These nutrients come from water and protein in food. Foods high in protein include animal products such as meat, chicken, dairy, eggs, and cheese. Unprocessed, whole foods are also high in protein. Pathogens can also use carbohydrates as a source of energy. Foods high in carbohydrates include potatoes, rice, and pasta.

**Acidity:** Pathogens grow best in foods with little or no acidity. The pH scale ranges from 0 (acidic) to 14 (alkaline). A pH of 7 is neutral. Each rise or fall in the pH scale by an interval of 1 is equal to 10 times (1 log). For example, a food with a pH of 5 is 10 times more acidic than a food with a pH of 6. Foods with a pH between 4.5 and 7.5 is ideal for pathogens. Foods in this range include fish/seafood, meat, chicken, egg yolks, milk, and tofu. Sour or acidic foods have a pH below 4.5. This includes most fruits. Pathogens will not grow in foods in this range. Be careful when home canning foods. A boiling-water canner does not kill bacterial spores during the canning process. Other protective measures should be taken to ensure spores do not grow in the canned food (e.g. Acidification). We will continue with details of other nutrients that pathogens need in our next issue 😊

## Gardening - How to grow herbs

Most herbs thrive in typical garden soil, as long as it has good drainage. However, some herbs, such as rosemary, lavender and bay, are woody plants native to the Mediterranean. These herbs prefer gritty, sharply drained soil. Good drainage is crucial because the roots of Mediterranean natives are likely to rot in moist soil. If your garden soil is heavy, grow these herbs in raised beds or planters.

Most herbs thrive in full sun (six or more hours of direct sunlight per day). If you have a garden that receives less sun, choose herbs that don't need as much. Good choices include: Mint, chives, parsley, cilantro, shiso, tarragon. Like other plants, herbs can become stressed in windy or exposed sites. Growing herbs in beds near the house or next to other buildings or walls provides a warm, sheltering microclimate and increases a gardener's chances of success with tender perennials like rosemary, which is hardy only to Zone 8. Even if you grow rosemary in containers and bring it indoors for the winter, it's still a good idea to set it out in a sunny, sheltered area.



## Cooking with Your WECAN Food Basket

### Easy Tangy Pork Loin Chops

-Reprinted with permission from *Allrecipes.com*

Surprisingly, simple recipe. Do not use diet soda. Serve with au gratin potatoes and broccoli. Its unusual ingredients make very tender and delicious pork chops!

#### Ingredients

- 2 tablespoons canola oil
- 1<sup>1/2</sup> pounds pork tenderloin, sliced 1<sup>1/2</sup> inch thick
- 1 cup ketchup
- 1 cup cola-flavored carbonated beverage (such as Coca-Cola®)
- ground black pepper to taste

#### Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat canola oil in a large skillet over medium heat. Cook pork tenderloin slices in hot skillet in batches until browned on each side, about 10 minutes per batch. Arrange chops in a 9x13-inch baking dish.
- Pour ketchup into a bowl. Slowly drizzle cola into ketchup, whisking until combined (mixture will foam). Pour ketchup mixture over pork and season with black pepper. Cover dish with aluminum foil.
- Bake in the preheated oven until the juices run clear and an instant-read meat thermometer inserted into the middle of a chop reads at least 145 degrees F (65 degrees C), about 45 minutes. Let rest for 5 minutes before serving.

### Crispy and Tender Baked Chicken Thighs

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 1/3 cup Stir-Fry Sauce
- 1 tablespoon dry sherry
- 1 teaspoon cornstarch
- 1 pound ground pork
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/4 cup coarsely chopped cilantro leaves
- 1/2 teaspoon Oriental sesame oil
- Iceberg lettuce leaves

#### Directions

- Combine stir-fry sauce, sherry and cornstarch; set aside.
- Stir-fry pork, onion and garlic together in hot wok or large skillet over high heat until pork is no longer pink; drain excess fat. Add stir-fry sauce mixture; cook, stirring, until pork is evenly coated with sauce. Remove from heat; stir in cilantro and sesame oil. To serve, place desired amount of meat mixture in lettuce leaf and wrap to enclose.

## Party Potatoes

-Reprinted with permission from *Allrecipes.co*

These aren't your ordinary mashed potatoes! You can also make the mashed potatoes the day before, refrigerate overnight, then bake them the next day.

#### Ingredients

- 9 large potatoes
- 8 ounces cream cheese
- 1 cup sour cream
- 2 teaspoons onion salt
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter

#### Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish, and set aside.
- Bring a large pot of lightly salted water to a boil. Cook potatoes in boiling water until tender. Drain, and transfer to a large mixing bowl. Mash until smooth. Stir in cream cheese, sour cream, onion salt, salt, and pepper. Beat until light and fluffy. Transfer to the prepared casserole dish, and dot with pieces of butter.
- Bake for 30 minutes in the preheated oven, or until heated through.

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.65	\$ <b>4.40</b>
Pork Loin Chops per Kg	\$ 12.62	\$ 19.08	\$ 11.86	\$ 13.20	\$ <b>10.18</b>
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.21	\$ <b>1.66</b>
Kiwi (3)	\$ 2.31	\$ 2.96	*	\$ 2.31	\$ <b>1.56</b>
Pears, Bartlett (4)	\$ 4.20	\$ 2.96	\$ 2.96	\$ 3.48	\$ <b>1.56</b>
Broccoli (1 bunch)	\$ 2.97	\$ 3.96	\$ 2.98	\$ 2.47	\$ <b>1.02</b>
Lettuce (1 bunch)	\$ 2.47	\$ 2.99	\$ 2.58	\$ 2.47	\$ <b>1.66</b>
Potatoes (5lb)	\$ 3.97	\$ 4.99	\$ 8.90	\$ 3.97	\$ <b>2.86</b>
<b>TOTAL</b>	<b>\$ 37.24</b>	<b>\$ 45.64</b>	<b>\$ 37.98</b>	<b>\$ 35.76</b>	<b>\$ 24.90</b>
Whole Chicken (1.5kg)	\$ 9.53	\$ 10.81	\$ 10.92	\$ 10.73	\$10.00
* Price was unavailable at time of comparison					