

## Upcoming Events:

**Deadline for the next food order: May 7<sup>th</sup> 2021**  
**Order Pick-up: May 20<sup>th</sup> & 21<sup>st</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

What other nutrients do pathogens need to grow?. We are sharing what we learnt from the Alberta Food Handler Certification.

**Moisture:** Pathogens need water to grow. Water activity (Aw) measures the free water available in food for microorganisms to use. Foods with higher Aw (i.e. moist foods with low solutes) are at risk for rapid pathogen growth. Examples of foods that contain high Aw levels include meats, fish,dairy, eggs, cheeseand cut vegetables. Foods with lower Aw are less at risk for rapid pathogen growth. Examples of low Aw foods include baked goods, crackers, peanut butter, jams, beef jerky, dried fruit and powdered milk. Foods can be made safer if its free water available is lowered. For example ; Adding salts, sugars, and spices, Freezing, Dehydrating, Cooking Low Aw does not kill pathogens; it only keeps them from growing. Some pathogens (e.g. Salmonella) can survive in dry foods and become potentially hazardous when the food becomes wet.

**Temperature:** Pathogens grow very quickly in foods that are held in the Danger Zone between 4°C-60° (40°F-140°F). When working with high-risk foods at room temperature, work quickly and carefully. Keep hot foods hot and cold foods cold. Freezing may not kill bacteria, but does prevent their growth.

**Time:** Pathogens need time to grow. If foods are in the Danger Zone for two hours or longer, they will grow to levels high enough to potentially make someone sick. Time accumulates while food is held in the Danger Zone; the '2 Hour Rule' never resets. High-risk food must be thrown out if held at room temperature longer than two hours. We will discuss high risk foods in our next issue 😊

## Herb of the month – Tarragon

Tarragon is an herb. The parts of the tarragon plant that grow above the ground are used to make medicine. Some people call tarragon "mugwort". Be careful not to confuse tarragon with another plant called mugwort (*Artemisia vulgaris*).



Tarragon is used for indigestion (dyspepsia), poor appetite, nausea and vomiting after surgery, toothache, sleep problems, and other conditions, but there is no good scientific evidence to support these uses. In foods and beverages, tarragon is used as a culinary herb. Tarragon is a good source of potassium. It also contains ingredients that seem to be able to fight certain bacteria. Add it to scrambled or fried eggs. Use it as a garnish on roasted chicken. Toss it into sauces, such as pesto or aioli. Add it to fish, such as salmon or tuna. Mix it with olive oil and drizzle the mix on top of roasted vegetables.

## Cooking with Your WECAN Food Basket

### Kofta Kebabs

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 4 cloves garlic, minced, 1 teaspoon kosher salt
- 1 pound ground lamb
- 3 tablespoons grated onion, 3 tablespoons chopped fresh parsley
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- ½ tablespoon ground cinnamon
- ½ teaspoon ground allspice
- ¼ teaspoon cayenne pepper, ¼ teaspoon ground ginger
- ¼ teaspoon ground black pepper, 28 bamboo skewers, soaked in water for 30 minutes

#### Directions

- Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board. Mix the garlic into the lamb along with the onion, parsley, coriander, cumin, cinnamon, allspice, cayenne pepper, ginger, and pepper in a mixing bowl until well blended. Form the mixture into 28 balls. Form each ball around the tip of a skewer, flattening into a 2 inch oval; repeat with the remaining skewers. Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.
- Preheat an outdoor grill for medium heat, and lightly oil grate.
- Cook the skewers on the preheated grill, turning occasionally, until the lamb has cooked to your desired degree of doneness, about 6 minutes for medium.

### Fruit Muffins

-Reprinted with permission from *Allrecipes.com*

#### Ingredients

- 2 cups all-purpose flour
- 3 teaspoons baking powder, ½ teaspoon salt
- ½ cup white sugar
- ¼ cup shortening, 1 cup milk
- 1 cup apple - peeled, cored, and chopped

#### Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease 12 muffin cups.
- In a large bowl, sift together the flour, baking powder and salt.
- In a separate bowl, cream together sugar and shortening. Stir the flour mixture into the sugar mixture alternately with the milk. Fold in the fruit. Pour batter into prepared muffin pans.
- Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.

## Garlic Brown Sugar Thigh Chicken

-Reprinted with permission from *Allrecipes.co*

#### Ingredients

- 8 bone-in, skin-on chicken thighs
- salt and ground black pepper to taste
- 3 tablespoons unsalted butter, divided
- 4 cloves garlic, minced
- ¼ cup packed brown sugar
- 1 tablespoon honey
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ¼ teaspoon dried basil

#### Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Season chicken thighs with salt and pepper.
- Melt 2 tablespoons butter in a large oven-proof skillet over medium-high heat. Add chicken, skin-side down, and sear until brown, 2 to 3 minutes per side. Remove chicken to a plate.
- Melt remaining butter in the skillet. Add garlic; cook and stir until fragrant, 1 to 2 minutes. Remove from heat and stir in brown sugar, honey, oregano, thyme, and basil until well combined. Return chicken to the skillet.
- Bake in the preheated oven until chicken is no longer pink at the bone and the juices run clear, 25 to 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Food Basket Item	No Frills	Save on Foods	Superstore	Walmart	WECAN
Lean Ground Beef (500g)	\$ 7.00	\$ 7.00	\$ 7.00	\$ 6.65	\$ 4.40
Pork Tenderloin (900 g)	\$ 10.87	\$ 14.31	\$ 13.85	\$ 13.83	\$ 10.00
Bananas (1 bunch)	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.70	\$ 1.66
Orange (4)	\$ 5.16	\$ 2.36	\$ 3.84	\$ 3.08	\$ 2.36
Apple (4)	\$ 2.36	\$ 3.16	\$ 5.08	\$ 3.88	\$ 1.76
Broccoli (1 bunch)	\$ 2.97	\$ 1.81	\$ 2.98	\$ 1.97	\$ 1.34
Lettuce (1 bunch)	\$ 2.47	\$ 2.49	\$ 2.48	\$ 2.47	\$ 1.63
Cucumber (1)	\$ 1.47	\$ 1.99	\$ 1.68	\$ 1.47	\$ 1.27
Celery (1)	\$ 2.47	\$ 2.51	\$ 2.98	\$ 2.47	\$ 1.22
<b>TOTAL</b>	<b>\$ 36.47</b>	<b>\$ 37.33</b>	<b>\$ 41.59</b>	<b>\$ 37.52</b>	<b>\$ 25.64</b>
Chicken Thighs (1.25kg)	\$ 9.01	\$ 8.25	\$ 10.60	*	\$9.36
* Price was unavailable at time of comparison					