

Upcoming Events:

Deadline for the next food order: August 6th 2021
Order Pick-up: August 19th & 20th

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.

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

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

Issue:21-07
Jul 2021

WECAN Food Basket Bulletin

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Standard Practices of Food Handling

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.

Temperature abuse of food is the number one cause of food-borne illness. Temperature abuse can include such things as leaving food out at room temperature to thaw, not cooling foods fast enough through the Danger Zone, not refrigerating food at the proper temperature, not thoroughly cooking foods, or not hot-holding food at the proper temperature. Controlling the temperature of hazardous food is the easiest thing a food handler can do to prevent the growth of bacteria.

THE DANGER ZONE:

The temperature range from 4°C-60°C(40°F-140°F)

Pathogenic bacteria multiply quickly in the Danger zone, especially 20°C-35°C

Keep hot food hot (60°C or above)

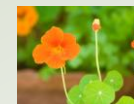
Keep cold food cold (4°C or below)

We will discuss common danger zone mistakes in our next issue.

Edible flowers – how to pick and eat

Edible flowers can be used to add a splash of colour to all kinds of foods, from salads to desserts to fancy cocktails. A single borage petal, carefully placed, can really enhance a slice of cake or an amuse bouche. Before venturing out to the garden to harvest a bunch of flowers for the dinner table, it's important to remember that some flowers are poisonous. Make sure to make a positive identification of each variety before using. Obviously, one should avoid flowers that may have been sprayed with pesticides or other chemicals. It's useful to either grow organic flowers, or harvest them from a location where no chemicals are used. Organic or not, all flowers should be shaken and washed in cold water prior to use, as they may be homes for insects.

Pick edible flowers in the morning, when they have the highest water content. Keep them on some dampened paper towel inside a sealed container in the refrigerator for as long as a week. Wilted flowers can be revived by floating them in some ice water for a few minutes. Prepare them for eating just before serving in order to prevent further wilting. Some edible flowers are anise hyssop, chervil, lavender and nasturtiums.



Cooking with Your WECAN Food Basket

Kent's Chicken Bog for a crowd

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 10 (8 ounce) bone-in, skin-on chicken thighs
- 3 (16 oz) rings smoked sausage, sliced
- 15 cups water
- 3 tablespoons salt, or to taste
- 3 teaspoons ground black pepper, divided, or more to taste
- 5 cups parboiled long-grain white rice
- 1 tablespoon hot sauce, or to taste

Directions

- Combine chicken thighs and sausage in a large stockpot. Add water, salt, and 1 teaspoon of pepper; bring to a boil. Reduce heat and simmer until chicken is no longer pink in the center, about 2 hours. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- Preheat the oven to 400 degrees F (200 degrees C).
- Remove chicken and sausage from the pot. Reserve the cooking liquid (stock). Skin and debone chicken once cooled. Transfer chicken and sausage to a large roasting pan. Sprinkle with remaining pepper. Cover with rice and stock.
- Roast in the preheated oven until liquid is absorbed, 60 to 90 minutes. Serve hot with hot sauce to taste.

Mona's Easy Refrigerator Pickles

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 ½ cups white sugar
- 2 tablespoons salt
- 1 cup white vinegar
- 6 cups peeled and sliced cucumbers
- 2 cups sliced onion

Directions

- Stir sugar, salt, and vinegar together in a plastic container with a lid until sugar is mostly dissolved. Place cucumbers and onion in the vinegar solution; stir to coat. Cover container and refrigerate for at least 2 days, stirring occasionally.

Elbows and Ground Beef

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 ½ pounds lean ground beef
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 (29 ounce) cans tomato sauce
- 1 (16 ounce) package macaroni

Directions

- Cook pasta according to package directions. Drain.
- In a Dutch oven, brown ground beef over medium heat. Add chopped onion and cook until onion is soft. Add green pepper and tomato sauce; cook until pepper is soft.
- Serve sauce over pasta.

Kiwi Wraps

-Reprinted with permission from *Allrecipes.com*

Ingredients

- 1 whole wheat tortilla
- 1 tablespoon peanut butter
- 1 tablespoon cream cheese
- ½ kiwi, peeled and thinly sliced

Directions

- Cut rounded edges from tortilla to form a square. Spread peanut butter on one half of the tortilla; spread cream cheese on remaining half.
- Place kiwi slices in a single layer over cream cheese. Starting with the cream cheese end, gently roll up the tortilla to form a log shape. Serve as a wrap or sliced into thick rounds.

| Food Basket Item | No Frills | Save on Foods | Superstore | Walmart | WECAN |
|-------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Lean Ground Beef (500g) | \$ 7.00 | \$ 7.00 | \$ 7.00 | \$ 6.65 | \$ 5.00 |
| Pork Loin Roast 1.5 kg | \$ 19.77 | \$ 19.20 | \$ 25.92 | \$ 19.74 | \$ 10.49 |
| Bananas (1 bunch) | \$ 1.70 | \$ 1.70 | \$ 1.70 | \$ 1.23 | \$ 1.66 |
| Kiwi (3) | \$ 2.01 | \$ 2.67 | \$ 2.34 | \$ 2.01 | \$ 2.01 |
| Apple (4) | \$ 3.08 | \$ 4.20 | \$ 4.60 | \$ 3.16 | \$ 2.08 |
| Broccoli (1 bunch) | \$ 1.97 | \$ 1.10 | \$ 2.98 | \$ 1.97 | \$ 1.49 |
| Lettuce (1 bunch) | \$ 2.47 | \$ 2.49 | \$ 1.26 | \$ 1.97 | \$ 1.65 |
| Cucumber (1) | \$ 1.47 | \$ 1.99 | \$ 1.48 | \$ 1.30 | \$ 0.54 |
| TOTAL | \$ 39.47 | \$ 40.35 | \$ 47.28 | \$ 38.03 | \$ 24.92 |
| Chicken Thighs (1.30kg) | \$ 8.52 | \$ 12.87 | \$ 5.64 | \$ 9.37 | \$10.00 |