

The Wecan Food Basket Society News

JUNE 2011



Annual General Meeting

Fee Schedule: The general membership voted in favor of a price increase to \$25.00 per month (\$15.00 for meat, \$10.00 for produce). In accordance with this vote, our fees will be increasing as of **August 2011**.

Board Members: We welcome both returning and new members to our Board of Directors, who are: Suzanne Rigsby, Jennifer King, Maxine Charlton, Keith Kasha, Eryn LaBelle, Tien Nguyen, Carla Meyers, Lisa Wickens, and Carla Brenner.

Volunteers: We would love to tap into the creativity and talents of our members. Opportunities include: a committee to organize the Christmas luncheon and thank you event, a committee to work on promotion and presentations. We will also be looking for volunteers for our next casino, to be held in the first 3 months of 2012, which can be a fun event.

Personality Of The Month

Cathy Vereyken

Cathy Vereyken, along with Alicia D'Elia, founded Wecan in 1995 in response to a community need for fresh, nutritious food at the end of the month when financial resources were running low for many families.

Cathy's unrelenting passion for this cause, and her drive to improve the quality of life for all members of society, has been a major force behind the growth and success of the Wecan Food Basket Society.

After many years at the helm, and behind the scenes, Cathy has stepped away from Wecan and has embraced retirement. Although, retirement for Cathy means more gardening, more involvement with family, and more time for fun with her neighbours.

We will miss you, Cathy, and all your brilliant ideas, and we wish you well in all your future endeavours.

Tips:

When storing chops, steaks and burger patties in the refrigerator or freezer, place a double layer of waxed paper between them to make them easier to separate later on.

To maintain optimum flavor, store tomatoes at room temperature. Refrigeration will stop the ripening process and alter flavor and texture.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$2.67	\$5.50	\$2.89	\$3.24	\$4.00	\$3.00
800 g Boneless Pork Loin Chop	\$8.01	\$10.53	\$10.40	\$6.12	\$9.08	\$5.19
500 g Outside Round Steak	\$5.83	\$6.11	\$5.27	\$4.88	\$5.89	\$3.00
1 kg Bananas	\$1.48	\$1.72	\$1.74	\$1.70	\$1.70	\$1.54
4 Navel Oranges	\$1.56	\$1.60	\$1.60	\$1.56	\$1.92	\$1.00
1 Cantaloupe	\$0.97	\$3.50	\$3.50	\$1.46	\$1.97	\$1.33
5 Baker Potatoes	\$2.55	\$2.38	\$1.50	\$0.84	\$2.81	\$1.10
1 bunch Broccoli	\$2.69	\$1.49	\$2.49	\$1.98	\$1.97	\$1.29
1 Bag Coleslaw	\$2.49	\$2.49	\$1.99	\$1.68	\$1.50	\$1.30
Total	\$28.25	\$35.32	\$31.38	\$23.46	\$30.84	\$18.75

Some prices may be a sale, or a similar item, and are not the ongoing prices of this item; or it is a bulk price.

“Cooking With Your Wecan Food Basket” Menu

Hot Shot Burgers

- Reprinted from *Ground Beef Recipes* © Company's Coming Publishing Limited

Large egg	1	1
White (or brown) bread slice	1	1
processed into crumbs		
Finely chopped onion	1/4 cup	60 mL
Chili powder	2 tbsp.	30 mL
White vinegar	1 1/2 tbsp.	25 mL
Worcestershire sauce	1 tsp.	5 mL
Ground oregano	1/2—1 tsp.	2—5 mL
Salt	1/2 tsp.	2 mL
Pepper	1/2 tsp.	2 mL
Garlic powder	1/4 tsp.	1 mL
Lean Ground Beef	1 lb.	454 mL
Cooking oil	2 tsp.	10 mL
Hamburger buns, split	4	4

Combine first 10 ingredients in medium bowl.

Add ground beef. Mix well. Divide into 4 equal portions. Shape into 4 inch (10 cm) diameter patties.

Heat cooking oil in large frying pan on medium. Add patties. Cook for 5 to 7 minutes per side until fully cooked, and internal temperature of beef reaches 160°F (71°C).

Serve patties in buns. Makes 4 burgers

Broccoli Pepper Salad

- Reprinted from *Choosing Sides* © Company's Coming Publishing Limited

Broccoli Florets	5 cups	1.25 L
Coarsely grated carrot	2/3 cup	150 mL
Thinly sliced red pepper	2/3 cup	150 mL
Thinly sliced yellow pepper	2/3 cup	150 mL
Thinly sliced red onion	1/3 cup	75 mL
Olive oil	2 tbsp.	30 mL
Lemon juice	1 tbsp.	15 mL
Lemon pepper	1 1/2 tsp.	7 mL
Lemon juice	2 tsp.	10 mL
Pepper	1/4 tsp.	1 mL

Broccoli Pepper Salad—Cont.

Blanch broccoli in boiling salted water in large saucepan for 2 to 4 minutes until bright green. Drain. Immediately plunge into ice water in large bowl. Let stand for 5 minutes. Drain well. Transfer to separate large bowl.

Add next 4 ingredients. Toss.

Drizzle with olive oil and lemon juice. Sprinkle with lemon pepper. Toss.

Makes about 8 cups (2 L).

Simple Chops and Gravy

- Reprinted from *The Pork Book* © Company's Coming Publishing Limited

Bone-in Fast-fry pork loin chops (1/2 inch, 12 mm, thick), about 1 1/2 lbs. (680 g)	6	6
Seasoned salt	1/4 tsp.	1 mL
Garlic and herb no-salt seasoning (such as Mrs. Dash)	1/4 tsp.	1 mL
Pepper	1/8 tsp.	0.5 mL
Cooking oil	2 tbsp.	30 mL
All-purpose flour	3 tbsp.	50 mL
Water	1 1/2 cups	375 mL
Beef (or vegetable) bouillon powder	1 tsp.	5 mL
Pepper, sprinkle		

Sprinkle both sides of chops with seasoned salt, no-salt seasoning and first amount of pepper.

Heat cooking oil in large frying pan on medium-high. Add chops. Cook for about 2 minutes per side until browned. Remove to plate

Sprinkle flour into same frying pan. Cook on medium-low for about 1 minute, stirring constantly, until combined with drippings and browned. Slowly add water, stirring with whisk, until boiling and thickened. Add bouillon powder and second amount of pepper. Stir. Add chops. Cover. Simmer for about 10 minutes until chops are tender and desired doneness is reached.—Serves 4.

Thank you to the following businesses and organizations for their help and support:

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



Don't Forget! The deadline for your next Food Order is **July 8**. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: July 8, 2011
Next Pick-up Days: July 21 / 22