

Annual General Meeting

Wecan Food Basket Society will be holding our Annual General Meeting on Friday, **May 27, 2011** at the Edmonton Moravian Church. Pancake breakfast will be served at 9:00 a.m. and the meeting will start at 9:30 a.m. All members are welcome to attend.

Business discussions at the AGM will include the issue of our prices. As food prices continue to rise, this needs to be resolved as quickly as possible.

Other items on the agenda will include the make-up of our Board of Directors and the Annual Report from our Chairperson.

Please confirm your attendance by calling our office at 780-413-4525. As we are serving breakfast, we need to know how many will be attending to properly plan our event. Thank you for calling the office to confirm your attendance.

Depot News

Did you know?

- Wecan Food Basket Society started in 1995.
- The first Wecan Food Coop depot was started in the Abbotsfield community.
- The cost of the first food basket was \$15.00 per order. In 2001, the price was increased to \$20.00 per order.
- The first food baskets also contained pasta and rice. Member feedback let to these items being discontinued.
- Wecan Food Basket supplies over 650 food orders each month to our members.
- Wecan currently has 28 depots serving Edmonton and the surrounding area.



Cooked to Perfection

To cook your meat or poultry to perfection, cook it to the following temperatures (as supplied by ATCO Blue Flame Kitchen)

Beef, Lamb, Veal (roasts, steaks)

Rare 140°F (60°C)
 Medium 160°F (71°C)
 Well done 170°F (77°C)

Pork (roasts, chops)

Medium 160°F (71°C)
 Well done 170°F (77°C)

Ground Beef or Poultry

Ground Beef 160°F (71°C)
 Ground Poultry 175°F (80°C)

Chicken/Turkey (Whole) 180-185°F (82-85°C) Chicken/Turkey (Pieces) 170-175°F (77-80°C)

| Food Basket Items | Safeway | Save-On Foods | Sobey's | Real Canadian Superstore | Walmart | Wecan Food Basket Society |
|-------------------------|----------------|----------------|----------------|--------------------------|----------------|---------------------------|
| 500 g Lean Ground Beef | \$3.00 | \$3.00 | \$3.75 | \$3.00 | \$3.30 | \$3.00 |
| 1 kg Chicken Legs/Backs | \$6.49 | \$7.69 | \$6.49 | \$5.49 | \$5.47 | \$4.49 |
| 500 g Beef Sausage | \$3.89 | \$4.49 | \$3.47 | \$3.29 | \$3.79 | \$3.45 |
| 1 kg Bananas | \$1.74 | \$1.71 | \$1.74 | \$1.70 | \$1.70 | \$1.54 |
| 5 Royal Gala Apples | \$2.18 | \$2.18 | \$1.73 | \$2.28 | \$2.80 | \$1.55 |
| 1 Cantaloupe | \$2.98 | \$1.77 | \$2.99 | \$1.99 | \$2.27 | \$1.10 |
| Long English Cucumber | \$0.99 | \$1.29 | \$1.79 | \$0.88 | \$0.88 | \$1.10 |
| 2 lb. Carrots | \$2.49 | \$2.37 | \$2.29 | \$2.49 | \$1.32 | \$1.42 |
| 500 g Tomatoes | \$2.24 | \$2.75 | \$2.29 | \$2.07 | \$2.27 | \$1.28 |
| Total | \$26.00 | \$27.25 | \$26.81 | \$23.19 | \$23.80 | \$18.93 |

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

CHICKEN ADOBO

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| | | |
|---|-------------|--------|
| Coarsely chopped Onion | 1 1/2 cups. | 375 mL |
| Water | 1 cup | 250 mL |
| Rice Vinegar | 1/2 cup | 125 mL |
| Ketchup | 3 tbsp. | 50 mL |
| Soy sauce | 3 tbsp. | 50 mL |
| Garlic cloves, minced | 3 | 3 |
| Bay leaves | 2 | 2 |
| Sesame oil (for flavour) | 1 tsp. | 5 mL |
| Whole cloves | 3 | 3 |
| Dried crushed chillies | 1/4 tsp. | 1 mL |
| Chicken legs, back attached (11-12 oz., 310-340 g, each) | | |
| Skin removed | 4 | 4 |
| Water | 1/4 cup | 60 mL |
| Cornstarch | 2 tbsp. | 30 mL |
| Sesame seeds, toasted | 2 tsp. | 10 mL |

Combine first 10 ingredients in Dutch oven or large pot. Bring to a boil on medium. Reduce heat to medium-low.

Add chicken. Simmer, covered, for about 45 minutes, turning chicken at halftime, until chicken is tender. Transfer chicken with slotted spoon to serving platter. Cover to keep warm. Discard bay leaves and cloves. Carefully process sauce with hand blender or in blender until smooth.

Stir water into cornstarch in small cup. Add to sauce. Heat and stir on medium for about 2 minutes until boiling and thickened. Pour over chicken.

Sprinkle with sesame seeds. Serves 4.

To broil burgers, place patties on a greased broiler pan on centre rack in oven.

To pan-fry burgers, heat 2 tsp. (10 mL) cooking oil in a large frying pan on medium.

MUSHROOM BURGERS

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

| | | |
|------------------------------------|------------|--------|
| Large egg | 1 | 1 |
| Chopped fresh white mushrooms | 1/2 cup | 125 mL |
| Fine dry bread crumbs | 1/2 cup | 125 mL |
| Grated part-skim mozzarella cheese | 1/4 cup | 60 mL |
| Tomato sauce | 1/4 cup | 60 mL |
| Dried oregano | 1 tsp. | 5 mL |
| Lean ground beef | 1 lb. | 454 g |
| Cooking oil | 1 tsp. | 5 mL |
| Sliced fresh white mushrooms | 1 1/2 cups | 375 mL |
| Lemon juice | 2 tsp. | 10 mL |
| Salt | 1/4 tsp. | 1 mL |
| Pepper | 1/4 tsp. | 1 mL |
| Hamburger buns, split | 4 | 4 |

Combine first 6 ingredients in large bowl.

Add ground beef. Mix well. Divide into 4 equal portions. Shape into 4 to 5 inch (10 to 12.5 cm) diameter patties. Preheat gas barbecue to medium. (for other cooking methods, see below) Cook patties on greased grill for 5 to 7 minutes per side until fully cooked, and internal temperature of beef reaches 160°F (71°C). Transfer to large plate. Cover to keep warm.

Heat cooking oil in medium frying pan on medium-high. Add second amount of mushrooms. Heat and stir for about 2 minutes until mushrooms start to brown. Reduce heat to medium.

Add next 3 ingredients. Cook for about 5 minutes, stirring often, until mushrooms are browned and liquid is evaporated.

Serve patties, topped with mushrooms, in buns. Makes 4 burgers.

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 **June 3**. You can submit your next payment when you pick up your March food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: June 3, 2011
Next Pick-up Days: June 16 / 17