

The Wecan Food Basket Society News



November 2011

Get Ready for 2012

We have produced single-sheet calendars for the upcoming year with all the due dates marked on them that you can post for easy reference. It will be available in December. The dates for **2012** are:

	Fees Due	Pick-Up	
		Thur.	Fri.
January	6	19	20
February	3	16	17
March	2	15	16
April	5	19	20
May	4	17	18
June	8	21	22
July	6	19	20
August	3	16	17
September	7	20	21
October	5	18	19
November	2	15	16
December	7	20	21

What To Do If...

You have too many bananas:

- Make banana bread or banana muffins
- Freeze the bananas, whole with skins on. This is a perfect way to save bananas until you have enough to use for baking or smoothies.

You have too much broccoli (or other vegetable):

- Freeze the excess for future use. Blanch, cool, dry, and then freeze the veggies. Detailed instructions are available at www.atcoblueflamekitchen.com, or call our office.
- Make a broccoli casserole and freeze for use when you need a quick and easy vegetable for supper.

CASINO - MAKE THE COMMITMENT!

We still require volunteers to work a shift at our next Casino (February 22 & 23, 2012). To volunteer, please contact the office at 780-413-4525.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.02	\$4.99	\$3.80	\$3.34	\$4.00	\$2.75
500 g Pork Tenderloin	\$5.50	\$4.40	\$6.77	\$5.44	\$5.48	\$4.50
1 kg Outside Round Roast	\$12.54	\$8.13	\$12.00	\$9.48	\$9.63	\$6.99
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.70	\$1.64
1 kg Golden Delicious Apples	\$2.18	\$3.28	\$3.73	\$2.16	\$2.80	\$1.74
1 Cantaloupe	\$1.09	\$2.18	\$2.99	\$1.97	\$1.97	\$1.72
1 kg Russet Potatoes	\$1.33	\$2.18	\$2.84	\$2.14	\$2.14	\$0.88
1 Cauliflower	\$1.49	\$2.39	\$2.99	\$1.97	\$1.97	\$1.78
1 kg Red Peppers	\$8.80	\$5.49	\$8.80	\$6.55	\$6.55	\$2.23
Total	\$38.69	\$34.76	\$45.66	\$34.75	\$36.24	\$24.23

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item.
Some prices may be bulk prices.

“Cooking With Your Wecan Food Basket” Menu

Banana Bread

- Paige Nelson”

2 cups flour
 1/2 cup sugar
 1 tsp. baking powder
 1/2 tsp. baking soda
 1/4 tsp. salt
 3/4 cup butter or shortening
 1 egg
 2/3 cup mashed bananas (2)
 3 tbsp. sour milk

Cream shortening and sugar. Add egg. Add banana. Stir in dry ingredients alternating with milk. Bake in greased 4"x8" loaf pan at 350°F oven for 1 hour.

Oven Pot Roast

- Reprinted from *Casseroles*. © Company's Coming Publishing Limited

Pot roast	4 lbs.	1.8 kg
Medium potatoes, peeled and halved	8-10	2 - 10
Medium onions, quartered	4	4
Medium carrots, halved	8	8
Medium parsnips, halved	8	8

Place meat in large roaster. If there is hardly any fat showing, pour 1/4 cup (50 mL) cooking oil over top of meat. Add more later if needed. Cover. Bake in 300°F (150°C) oven for 4 hours.

Peel and cut onions in quarters. Peel carrots. Cut in half lengthwise. Peel parsnips and halve lengthwise. Pile vegetables around meat. Sprinkle salt and pepper if desired. Good either way. If very dry, add more oil over meat and 1 cup water. Cover. Bake in 325°F (160°C) oven for 1 1/2 hours. Serves 8



Saucy Stovetop Patties

- Reprinted from *30 Minute Pantry* © Company's Coming Publishing Limited

Large egg, fork beaten	1	1
Fine dry bread crumbs	1/2 cup	125 mL
Finely chopped onion	1/4 cup	60 mL
Montreal steak spice	1 tsp.	5 mL
Lean ground beef	1 lb.	454 g
Cooking oil	2 tsp.	10 mL
Sliced fresh white mushrooms	1 cup	250 mL
Prepared beef broth	1 cup	250 mL
All-purpose flour	1 tbsp.	15 mL

Combine first 4 ingredients in large bowl.

Add beef. Mix well. Divide into 4 equal portions. Shape into 1/2 inch (12 mm) thick patties.

Heat cooking oil in large frying pan on medium-high. Add patties. Cook for about 3 minutes per side until browned. Transfer to plate. Cover to keep warm. Reduce heat to medium.

Add mushrooms to same frying pan. Cook for about 4 minutes, stirring occasionally, until browned.

Stir broth into flour in small bowl until smooth. Slowly add to mushrooms, stirring constantly until boiling and thickened. Reduce heat to medium-low. Add patties. Turn until coated. Simmer, covered, for about 5 minutes until beef is no longer pink inside. Serves 4.

Time-Saving Tip:

Pre-cook where possible. Once you've planned and shopped, prepping can include cooking. Just store pre-cooked items like crisped and crumbled bacon or hard-cooked eggs in airtight, refrigerated containers until needed. Grains and rice are also ideal candidates for pre-cooking. When you're ready for them, just reheat and serve.

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



Expert advice for everyday life™

Don't Forget! The deadline for your next Food Order is **December 2**. You can submit your next payment when you pick up your November food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: Dec. 2, 2011
Next Pick-up Days: Dec. 15 / 16