



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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"Veggies on Wheels" (edited by Wolfgang W.) generally appears at the beginning of every month.

Dear Pfenning's Food Box Community,

Welcome to a beautiful month of October! So far, we have been truly caressed by mild and mostly sunny days. May it continue, although it does look like we may be looking at some noticeable cooling down as the month goes on. Local greens from the Pfenning's Farm look absolutely stunning at this time! Clearly, the cooler temperatures are bringing out the best in them – as you can see from these samples... → Take advantage of our local greens while they are available! Before the year is over, we will be back to depending on our southerly neighbours for fresh greens. Much appreciated, but just not quite the same.



Thanksgiving!

In barely two weeks we will be celebrating our **Thanksgiving**. No worries, we're still delivering that week, in case you were wondering. I had hoped to tell you that there still are a few fresh, local organic Turkeys from a trusted source available, but the latest update tells me that they are all spoken for. Next run will be for Christmas – order early if interested. **Wishing you all a very Happy Thanksgiving!**

Celery Juice

It seems to be turning into a craze, the recent interest for fresh **Celery Juice**. As we already recently mentioned in Almut's weekly **Store News and Specials Newsletter**, customers have been bringing it to our attention – to the point that we decided to try it ourselves for a while. Have a look at Almut's reflections on Celery Juice in her Sept. 18th Newsletter here: <https://tinyurl.com/y4crtvp5>. For my own comments, check out my Sept, 18th Weekly Order Reminder here (scroll all the way to the bottom below Almut's comments): <https://tinyurl.com/yyecmbre>.

Delving a bit further into this seemingly novel phenomenon reveals that **Celery Juice** has actually long been used in meals and for juicing. The recent Celery Juice renaissance has been attributed to Anthony William (*author of the best-seller Medical Medium*). While scientific proof is contested, Celery Juice – provided it is **ORGANIC** – appears to have certain health kicks, among them providing several beneficial vitamins and trace minerals (such as vitamins K, B2, molybdenum which assists in the detoxification of heavy metals, potassium, antioxidants and other substances which may provide anti-inflammatory and potential cancer-fighting benefits). A caveat has been offered that, due to the oxalates in Celery, drinking large amounts of Celery Juice daily may increase the risk for kidney stones. All in all, many benefits have been attributed to the regular drinking of Celery Juice, such as assisting in digestion, fighting infections, healing skin conditions, regulating blood pressure and sugar levels, assisting liver function and others. Impressive!

To learn more, check out Dr. Mercola's interesting take on Celery Juice: <https://tinyurl.com/y3tjbr93>.

What to do with Fennel!

This week, we are including **Fennel** in the **Local, Blender and Wild Baskets**. Up to me to extol the virtues and merits of this crunchy bulbous vegetable apparently popular in Mediterranean cuisine. Now and into the winter months is the time when Fennel, incidentally closely related to parsley, carrots, dill and coriander, is in season.

Anyone wanting to pinpoint the nutritional benefits of Fennel, read on – all you others who are already convinced can skip this and move on to Serving Suggestions (or move on altogether if you abhor this veggie).

Fennel is an excellent source of vitamin C. It also provides dietary fibre, potassium, molybdenum, manganese, copper, phosphorus and folate. In addition, Fennel is a good source of calcium, pantothenic acid, magnesium, iron and niacin. Alright then, go wild on Fennel!



Fennel – Some Serving Suggestions (taken from <https://tinyurl.com/856am>):

- You can eat the whole thing: bulb, stalk (*in soups, stocks and stews*) and leaves (*as herb seasoning*)!
- Fennel and Onions sautéed together make a wonderful side dish.
- Combine sliced Fennel with Avocados and Oranges for a delightful salad.
- Braised Fennel is a wonderful complement to Scallops.
- Consider adding sliced Fennel to sandwiches in addition to the traditional toppings of lettuce and tomato.
- Top thinly sliced Fennel with plain yogurt and mint leaves.
- Fennel is a match made in heaven when served with salmon.

Local Niagara Fruit done – next year with Andrea from Brookfront Farm

Sad but inevitable – the local sustainably-grown Fruit from **Palatine** down in the **Niagara Region** is coming to an end. Peaches are done, we still have Nectarines, Apples and Concord Grapes... and we will be dreaming again of next year's local soft fruit. In the coming year, Andrea from Brookfront Farm will continue to bring us the fruit from Ontario's south. Thank you, Andrea! We will be keeping you in our thoughts all throughout the winter.

Market Day at Pfenning's Farm – October 5th, 11-4

Join the folks at the Pfenning's Farm on Saturday, **October 5th from 11am-4pm** for a **Farmers' Market-style Fundraising Event!** Vendors, farm tours, and field activities - enjoy a day on the Farm – and bring some cash as the vendors will be offering their wares. Here's the **Pfenning's Farm FB** link with all the info: <https://tinyurl.com/yxlqq9gn>.



Meet some of the vendors supplying Pfenning's Organic & More, the STORE – such as **Sleger's** (*the Sprout Growers*), **Live Kombucha**, **Capella Meadows** (*the Goat Cheese People*), **Nith Valley Apiaries** (*the Honey People, Erika – our niece – and her hubby, Mike*) and more.

See you there!

**Wishing you all a wonderful autumn and a Happy Thanksgiving,
Wolfgang**