



Veggies on Wheels



Volume 22 – # 257 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX June 1, 2020

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: store@pfenningsorganic.ca – <https://www.pfenningsorganic.ca/>
"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.

Dear Pfenning's Food Box Community,

Moving On

Look at that, half of the year is almost done – and summer seems to be here at the flick of a switch. Time to move on and focus on what's coming in great strides: the local growing season, with Spinach already here and more greens on the way. While we have been engulfed by the events of the past few months, nature has awakened and farming activities have gone into high gear – with transplanting once again being the main activity. Hard to believe that these frail little transplants will be feeding so many people after only a couple of months. After some delays, our Jamaican migrant workers have been gradually coming up, some of them for already more than a decade, ready to work for the season on the Pfenning's Farm in New Hamburg – after absolving their mandatory 2-week isolation period.

At **Pfenning's Organic & More**, the Store, there is still a lot of activity around increased customer and Food Box numbers. However, we have been noticing that the initial frenzy has died down and everyone is becoming more relaxed and eager to see a return to more normality. Of course, anyone coming to our Store has been appreciative of our welcoming, accommodating and humane ambiance which we were striving to maintain all along. Almut especially is always eager to assist with helpful suggestions to any customers seeking advice.



Holiday Delivery Schedule

Summer holidays are coming up. Here is looking at our summer **Holiday Delivery Schedule**:

NO DELIVERIES during the **Canada Day Week** → **NO DELIVERY** June 29 + 30 + July 1

NO DELIVERIES the **first week in August** → **NO DELIVERIES** August 3 + 4 + 5 (*Civic Holiday and Family Vacation Time*)

Blackout Dates – Cancelling Orders for the Holidays

You can also schedule any "Blackout Dates" in your Pfenning's account to accommodate for your own vacation time as needed.

Floury Aspirations

As you know from our May Newsletter, flour was a hot seller in the past few months. People had started to bake at home – mostly bread, but pizza too. The only problem was that yeast was hard to come by for a little while. The yearning for yeast has subsided as it has become more readily available and baking ambitions may gradually be on the decline. We are once again well-stocked with Instant Yeast, which comes from our neighbour, Quebec, by the way. But should you ever run out of yeast or have a hard time finding it, there ARE yeastless ways to bake.

Irish Soda Bread

In the May 5th edition of the Ontario Farmer, we stumbled over the very simple recipe for **Irish Soda Bread**. This yeastless bread appears to have surfaced around the time of the Great Potato Famine (1845-49) which coincided with the introduction of commercial baking soda. This opened up the possibility to make an inexpensive food at a time when hunger was prevalent and nutrition hard to come by. The classic recipe calls for only four ingredients: Flour, Salt, Baking Soda and Buttermilk (or milk, soured with a little vinegar).

Recipe for IRISH SODA BREAD

2 cups unbleached all-purpose Flour
½ tsp Baking Soda
½ tsp Salt
1 cup Buttermilk or Soured Milk (1 tbslp White Vinegar or Lemon Juice and Milk to make 1 cup)

Preheat oven to 400° F = 200° C.

Lightly grease cake pan.

Combine Flour, Baking Soda and Salt, add Buttermilk to form a soft, sticky dough.

Place dough on floured surface and knead gently.

Shape dough into a round and place on cake pan.

Cut a cross into the top of the loaf with a sharp, wet knife.

Bake for about 18-20 minutes.

Bread is done when it sounds hollow when tapping the bottom.

Let it cool off before enjoying.

SOURDOUGH

People have also been asking about Sourdough, offering another yeastless possibility to bake. This is even simpler, although longer, requiring only two ingredients: Flour and Water.

To make your **Sourdough Starter**, as it is called, you can use All-Purpose Flour or a mix of All-Purpose and Whole-Grain Flour – or, according to Sally Fallon in “Nourishing Traditions,” use freshly-ground Rye Flour for best results.

You will need **2 cups of Flour, 2 cups of cold, filtered water, and 6 more cups of Flour.**

In a non-metal bowl, mix 2 cups of flour with 2 cups of cold water, stirring vigorously until combined into a smooth, soupy batter that looks like a sticky, thick dough. Scrape down the sides and loosely cover the bowl with a cheesecloth or clean kitchen towel secured with an elastic.

Place the container somewhere with a consistent room temperature of 21-23°C (like the top of the refrigerator) and let sit for 24 hours.

The next day and every day for a total of seven days, you can transfer the starter to another clean bowl (some recipes do not see this as necessary), and add 1 cup of Flour plus enough cold water to make a soupy mixture. Cover again and let sit at 21-23°C room temperature for 24 hours. Gradually, the starter will begin to bubble and develop a wine-like, pungent, yeasty aroma, while going through increasingly bubbly and frothy stages from day to day. By the seventh day, the bubbling will have subsided and the volume should have increased considerably. Your starter is now ready for breadmaking. You will use about ⅔ of this starter for baking and save the rest for future use. You can keep what you don't use in an airtight container in the fridge for a week. After that, take it out, discarding about half and feed it again with fresh flour and water, letting sit on the counter what you will need for baking.

If you would like to read in more depth about making Sourdough, you can check the 2 sources I referred to: Nourishing Traditions, by Sally Fallon, and How To Make Your Own Sourdough Starter in <https://www.thekitchn.com/>.

For info on how to go about baking Sourdough Bread with your starter, you can go to the kitchn site or find other recipes online or in your favourite cookbook. We also wanted to mention my sister-in-law's (Regina) **Honey-Salt-Bread** which is also yeastless, although not quite that easy to make. If you are interested to take on this ancient way of baking bread, you can find the recipe in our online **Recipe** section or here: <https://tinyurl.com/y7buq8kq>

Happy baking, and wishing you all a great start into summer,

Wolfgang