



Veggies on Wheels



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"Veggies on Wheels" (edited by Wolfgang W.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

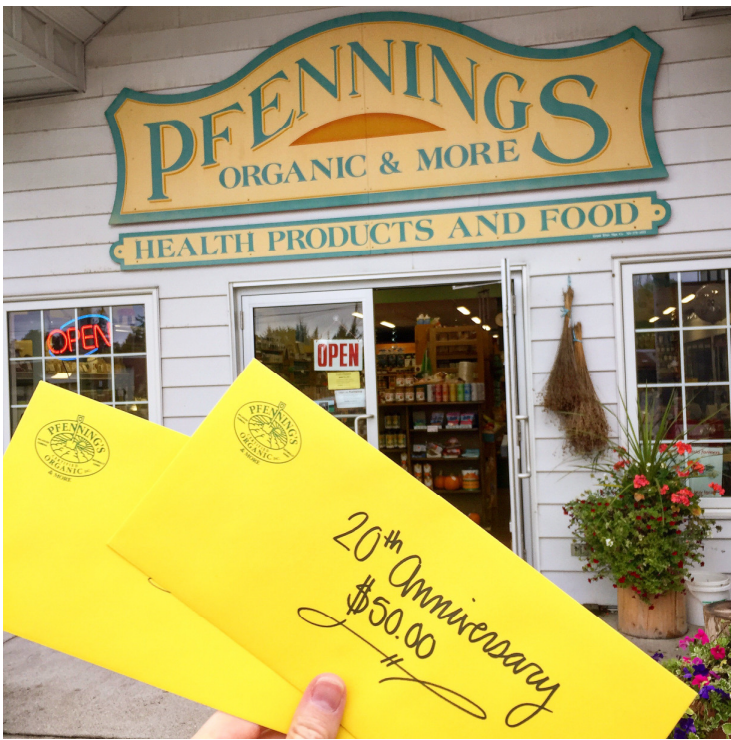
Dear Pfenning's Food Box Community,

What a great day it was for the Farm Tour last Saturday! Sunny, mild, with a cool wind and a hint of fall in the air. We had mentioned it in our **Blog** and our weekly **Store News and Specials Update** and weekly **Order Reminder**. If you missed any of that, you can always subscribe to the weekly **Store News and Specials Update** as well as this **Newsletter**, if you would like to receive it in your inbox once a month. Always interesting news and updates there all around the Store, Farm and Home Delivery. For a weekly **Order reminder** (which also includes the updates), just email me (store@pfenningsorganic.ca) and I can put you on the list.

Packing Away...

Ever wonder who packs your **Food Baskets**? Well, we know that Almut and Wolfgang pack the pre-packed Baskets. But what about all those Custom Boxes and Add-Ons? Last month, Almut, Andrea and Kacy were at the **CHFA (Canadian Health Food Association)** Show in Toronto. The paparazzi were there and nailed them with an on the spot shot. These are the girls who do their magic when they pack and prepare all your Custom and Add-On orders for you. They usually start packing dry goods and non-perishables on Friday and Saturday to get a head start. At the same time, they can check the orders for anything that might be out of stock and needs to be ordered in, or contact you for a possible substitution. Packing is then wrapped up on Monday and Tuesday. I'm sure it will be welcomed by all our customers if I extend a very heartfelt **"Thank you"** to the three of you – Kacy, Andrea and Almut – for all the effort and commitment (dare I say love?) that goes into packing your Baskets. Some of you will know them personally from your Store visits or from a phone chat when they contact you for order clarifications. Don't hesitate to give them a pat on the back for all their efforts for you! Keep on packing, girls...





Twenty Years, already?

It was **twenty years** ago that we moved to our present Store location in St. Agatha – and it was also twenty years ago that we started our **Home Delivery Service**. Time to celebrate! Anyone making it to the Store in the past week will have noticed the festive decoration, the enticing in-Store Specials (ending October 6th) – which you can also see throughout our online Catalogue and when you check out our Bargain Corner – and the **20th Anniversary Draw** that you too can take part in. How? Visit our **Instagram Page** for instructions:

<https://tinyurl.com/y8en35h5>.

In fact, we have been around way longer than 20 years. On our **About Us** page you can read a bit about how we started and since when we have been doing it: <https://www.pfenningsorganic.ca/About-Us.htm>.

We truly have our origins down on the Farm, although I do try to keep my boots clean when I'm out delivering your Baskets.

Keto Korner

Sounds kind of cute, doesn't it? Although we have had only very little response to our question from the last Newsletter about any interest in offering a **Keto Box**, for now we will continue to cater to anyone wishing to get such a Basket by simply accommodating the Wild or Local Basket to satisfy Keto needs. The Keto world is big and continually growing. From time to time, we may touch on Keto issues that come up and may also be of interest to you – under this heading: **Keto Korner**. For example, to accommodate Keto demands in this week's **Wild Baskets**, we are taking out the Carrots and in the Large Wild also the Beets, seeing that they are too high in carb content. The question arises whether Eggplants and Cranberries fit the Keto diet. Answer? After some research, it turns out that Eggplants have, as it is called, a moderate net carb count, so can be eaten without any problems in moderate amounts. How about Cranberries? While they are fruits, they have very low sugar content, so are compatible with a Keto diet, as long as you don't add any sugar when preparing them. Do a search for Keto Cranberry Sauce and you will find lots of interesting recipes for no-sugar Cranberry Sauce. Nothing in the way of a Keto Thanksgiving (just skip those mashed potatoes).

Coconut Cashew Yogurt – Dairy-Free and sooo simple!

Recently, the talk came to probiotics and how best to procure them. Then Almut came across a do-it-yourself dairy-free **Coconut Cashew Yogurt** (by Julie Daniluk) which we tried and are sharing here with you.

2 cups Water (filtered)
 1 cup Cashews (raw)
 ½ cup Coconut (dried & shredded, no sugar)
 1 tsp Probiotic Powder (contents of 1 capsule)

Makes 3 cups and keeps in fridge for up to 4 days.

- Mix Cashews, Coconut Flakes and Water, soak overnight or for at least 8 hrs. in a glass jar.

- After soaking, blend on high speed until smooth; add Probiotic Powder and pulse till well mixed.
- Put in 1 large glass container, leaving some space on top, cover loosely with lid or towel.
- Let ferment on countertop for 8-12 hrs. until mixture thickens and tastes a bit sour.
- After fermentation, refrigerate immediately to stop further fermentation.

**Happy Thanksgiving and pleasant October,
 Wolfgang**