



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: store@pfenningsorganic.ca – <http://pfenningsorganic.ca/>
"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,

Days are getting shorter and colder... eventually. Before we come to experience that time of the year again, we can look back at the historic heat wave we just came through, still vivid in our memories, with one day after the other breaking all kinds of temperature records. Many of us simply rejoiced in the opportunity to catch up on some of the heat units we seem to have missed out on in August. When in the midst of the sweltering marathon of torridity, brother-in-law **Wolfgang Pfenning** however commented that the fall crops were coming all at once – creating logistical challenges and crop timing issues. Takes a farmer to bring you back down to reality.

Now that temperatures are a bit more on the habitual side for this time of the year, the situation has become more agreeable to handle. Some of the items currently coming from the Farm are Carrots, Squash, Potatoes, Parsnips, Cauliflower, Kale, Broccoli and Spinach, as well as some off-the-Farm crops such as Cranberries, Peppers and the first Ontario Yams (actually Sweet Potatoes, as we all know) – all items that go very well with the upcoming Thanksgiving festivities.

Chicken List... and Thanksgiving Turkeys!



The **Chicken List** for the rest of this year is still up – with two more dates for **fresh Chickens** to arrive at the Store: **October 27th** and **November 24th**. This is a great opportunity to stock up for the winter on superior quality Chickens. You can get on the list by ordering in the Catalogue – <http://tinyurl.com/y9r4t4qs> – or by giving us a call at the Store: 519-725-4282.

With **Thanksgiving** coming up, you may have missed out on our fabulous **Turkeys** from **Yorkshire Valley Farms** (still some smaller sizes around 12-13 lbs available). While it appears too late for next week's delivery, we may still be able to deliver a Turkey to you THIS week if you contact us as soon as possible. Send us an email or – for Wednesday deliveries – give us a call at the Store to see what is possible.

Coffee anyone?

Every work day on the Farm coffee is served around 9 o'clock. Well, not only coffee, but also tea, and I thought I had it figured out according to which system our Jamaican migrant friends took either coffee or tea on their breaks. Coffee on warmer days, tea when it's cooler. Well, it's back to the drawing board, as they did not at all choose their coffee beverages according to the expected hypothesis during the recent heat wave. So much for trying to figure out the Jamaicans.

More importantly, I thought it as mentionable that cutting-edge research is making us rethink the consumption of **coffee**, once again. Where we have been told for years to cut back on coffee or, better yet, avoid it altogether, scientists now say it might actually be good for you. Not only is it healthy when consumed in moderation, it seems to be even better for people older than 45. In fact, a recent 10-year study showed that people who drank four cups of coffee per day had a 64 percent decrease in their risk of dying from any cause. If you are intrigued, you can read more about these astounding findings right here: <http://tinyurl.com/ycvhu5jt>. Our times never cease to keep us guessing from one new finding to another. Whatever the case may be, it will be nice to enjoy coffee without a bad conscience – until the next study comes out.

Kids and Energy Drinks

So coffee has finally advanced to the status of being healthy – something which can not be said of **sports and energy drinks**. Although the industry has been ardently promoting these supposedly harmless, energizing beverages, the **Canadian Pediatric Society (CPS)** has just published a report (read it here: <http://www.cps.ca/en/documents/position/energy-and-sports-drinks>) definitely advising children, actually anyone under 18, to stay away from these drinks. Reports have pointed to kids, six years old and younger, turning up in hospital with abnormal heart rhythm, seizures and dangerously high blood pressure because they consumed energy drinks – which contain caffeine and high dosages of sugar, far more than is healthy for children. The CPS not only recommends children under 18 do not consume sports and energy drinks, but that the industry introduce a voluntary ban on the sale of these drinks to minors. It suggests that the best replacement fluid for children and adolescents is... water. We stand enlightened!

Palatine Fruits & Roses

A few weeks ago, while the fruit harvest was at its peak, we ventured into the **Niagara Region**, parked our car and took off on our bikes to discover the Niagara-on-the-Lake back country. One of our stops was – of course – **Palatine Fruit and Roses**. This is where most of your local fruit has been coming from throughout the summer – brought to us by **Heather** from the **Good Peach**. We could see their fresh peaches, nectarines, plums and concord grapes right on site. René and Eva were happy to show us around a bit and tell us about their operation. They too have about eight Jamaicans helping them with their operation. It is hard to imagine anyone who is more fatherly towards his fruit trees and flowers than René (*on the right with his roses*) and can back up his paternal care with decades of experience and knowledge going all the way back to his origins in Switzerland. The local fruit season for 2017 is now over, but René and Eva summed it up as the “year we dodged the bullet.” All but forgotten by us were those precarious days in spring when the temperatures dropped dangerously low, potentially damaging the precious buds of the fruit trees. Alas, thankfully it did not come to pass and we were assured a bountiful fruit season. Thanks again, René and Eva, for all your efforts – and thank you **Heather** for taking on all that annoying traffic and bringing us all that great fruit.



Plastic in Food Baskets

We have been seeing more and more customers who are requesting that we use as little plastic as possible in our Food Baskets. We are aware of our society generally overemphasizing the use of plastic packaging. Much of the packaging used in organic farming is made out of biodegradable plastic which eventually disintegrates under the influence of sunlight and the elements. Of course, there are a lot of vegetable and fruit items that are packaged in plastic to keep it fresh. In our Food Baskets we also use plastic bags, especially to keep greens and all sorts of veggies fresh until we delivery them to you. We have been asked by some customers to eliminate the use of plastic in their Baskets as much as possible. They generally seem to be willing to deal with the loss of some freshness if no plastic is used. Since we understand these concerns, we would like to extend this possibility to any of our customers who feel the same way. Please, just let us know if you would like us to eliminate the use of plastic in your Food Baskets and we will do our best to accommodate your request.

Wishing all our customers a very pleasant and Happy Thanksgiving,

Wolfgang