



# 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,

**Back to school month for some**, NOT back to school month for others – thinking of all you home-schoolers out there (*we did that too for a little while*). Welcome to **September** and what one may easily feel inclined to call the height of the harvest season. Carrots, potatoes, onions, beets, squash, all the lettuces and greens, local fruits such as peaches, nectarines, plums, soon apples, pears, grapes ... What a cornucopia! Not to forget our local poultry production: the "**Chicken List**" is out! Seasoned local meat bird raisers are making their fall birds available to all our customers. Raised organically with sunshine, grass and bugs, you will be hard-pressed to find any better-quality **Whole Fresh Chickens**. You have two dates to choose from when the birds arrive at the Store: **September 10<sup>th</sup>** and **October 25<sup>th</sup>**. You can order online – <https://tinyurl.com/y83h2hb9> – or contact us at the Store – **519-725-4282**. Oh yes, while we are mentioning meat birds, you may want to set your sights on a **Thanksgiving Turkey**, with our national harvest feast just over a month away. Same procedure: order online – <https://tinyurl.com/ydbe8u3s> – or give us a call at the Store. An email to Wolfgang – [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – will also work.

## Almut & Wolfgang

Just the other day, Kacy (check her out on our **Instagram Page**: <https://www.instagram.com/pfenningsorganicandmore>) grabbed us and, informing us that we needed to update a picture with us, did just that. The result was posted on **IG** – and now exclusively here in **Veggies on Wheels**.

Wolfgang (yup, me) wasn't all that smiley-faced past week when he was faced with an early morning unexpected now-you-take-that-and-deal-with-it flat tire. To make things more interesting, the spare tire underneath the van was seized and couldn't be lowered. Check out that **IG Page** for the exciting conclusion of the story as presented by Kacy.

Needless to say, as all our happy customers that day can attest to, despite the calamity, we were still able to deliver all your Food Boxes on that morning with no more than about half an hour delay.

Ooohh, does that feel good!



## Catching on to Keto

Not really new to us, the principles of **Ketogenic Nutrition** have nonetheless sparked new interest at Pfenning's Organic & More. So what's behind that? As Kim, a Food Box customer from Cambridge who follows a ketogenic diet, informed me, there are 1100 people in the area on a Keto Group, a lot of whom may welcome the idea of a "**Keto Basket**."

That number really surprised me, as it seems to point to a distinct nutritional "subculture" which may well be much more than simply a fringe movement. So where and when did the Keto diet originate? With just a little research, you will find out that it has been around since the 1920s and was developed to treat... epilepsy.

Doctors at the Mayo Clinic in Minnesota noticed that some epilepsy patients who had low blood sugar – or were "starving" – had fewer seizures. So they created the **Ketogenic Diet**, meant to trick your body into thinking it is actually starving.

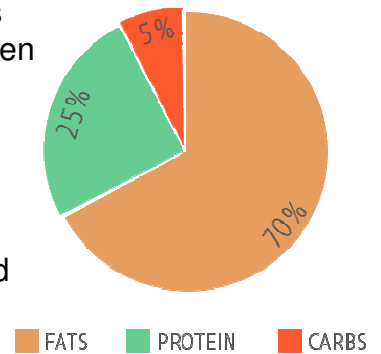
**Here's how it works:** Patients follow a meal plan including 60-75% fat, 15-30% protein, and 5-10% carbs which sends their body into a state called ketosis. In this state, the body breaks down fat into organic compounds called ketones which it then uses for energy. Without its first choice for energy – carbs – the body believes it is starving and draws upon the fats, stored body fats as well. So essentially, it's all about minimizing your carbs and upping your fats to get your body to use fat as a form of energy.

Not only did this have a beneficial effect on epilepsy, it was soon discovered that **Keto** also induces weight loss, can help to control Type 2 Diabetes due to reduced blood sugar and insulin levels, and generally lowers blood pressure, which should lead to a reduced risk of heart diseases, stroke, kidney failure and other related illnesses. Sounds good so far.

The major difference between **Keto** and **Paleo** (which we also looked into back in 2014: see the Newsletter <https://tinyurl.com/ycmitwpw>) is that **Keto** focuses on manipulating the three macronutrients: fat, carbs and protein. It also strictly eliminates high-starch veggies, such as potatoes, carrots and beets and favours low-sugar fruits, such as avocados and berries. The **Paleo Diet** is more about the food choices and concentrates on eliminating dairy, grains and processed foods, whereas the macronutrients can be consumed at leisure and in any proportion.

Just to round out the nutrition picture, the very hip **Mediterranean Diet** involves lots of whole grains, vegetables, beans, nuts, olive oil, fish and smaller amounts of dairy, poultry and even a little red wine if you so feel inclined.

## KETO MACROS



## Keto Basket, Yes or No?

Regardless of what your personal choice of diet may be (*and there are many we have not even touched here*), now that you know a bit about it, we would like to throw the question at you: Would you be interested in a **Keto Basket**?

Let us know, get back to us, do some more probing of your own. Check out the **Keto Facebook Page** (<https://www.facebook.com/groups/1923100704620632>) for more info – and then please let us know if you would welcome a **Keto Basket**. Email us, call us or just let me know when you see me.

## Pfenning's Organic & More Hiring

Are you interested, or know anyone who would be, in **working at our Store**? Check out our **Employment Opportunities** – <https://www.pfenningorganic.ca/Employment-Opportunities.htm> – just under the **Contacts** link on our site.

Looking forward to some of those crisper September morns,

Wolfgang