



Veggies on Wheels



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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,

The general consensus is that we have all had it with winter! It really is hard to find anyone who would like this to just keep going on. Most people are ready for spring – including those people who grow our food (such as farmers). Seeds have been ordered and will be arriving soon, and early seedlings have been growing in local greenhouses for some time already. Sights are set on planting in less than two months' time.

Home Planting

Want to do your own planting? At home? First, have a look at our **Garden Seeds** in our online Catalogue: <https://tinyurl.com/ybfjmtmd>. Next, you may want to try an innovative, yet so simple approach to ensure you get great planting results. We were introduced to this method at the **Guelph Organic Trade Show** in January, and it was so convincing that we decided to offer it to our customers. So, what is it? It's called **CowPots**. CowPots (find them in our Garden Seeds department) are a manure-based seed starting pot made from composted cow manure. You just fill CowPots with soil mix, plant the seeds as advised, water and fertilize as needed. We will also be offering a Biofertilizer – **Soil Activator** (<https://tinyurl.com/yvu27s67>) – for richer soil and more hardy plants which you can add to the soil. When seedlings are ready for planting, simply



place the entire CowPot directly into the ground, add water and watch them grow. After a few weeks, the CowPots will have biodegraded, paving the way for unrestricted root growth and strong, healthy plants. You can check out their website for more information: <http://cowpotscanada.com/>.

Produce Update

Although we are in the final stages of winter and looking ahead to the coming growing season, we still have local veggies in storage from last season – but not for long. As **Kacy** so aptly posted on our **Instagram** page (<https://www.instagram.com/p/Bub3149AlpS/>), we hauled in the last 120 bags of **2 lbs Carrots** from the Farm and are selling them for **\$3.00/bag**. After that, we are looking at some **Chantenay Carrots** from Dianne at Golden Acres Farm (you will recognize Dianne from other items we get from her throughout the year) – and then it's Carrots from the U.S., California or Georgia. Dianne from Golden Acres will also be supplying our last local **Butternut Squash** – only for Food Box customers this week. Then we will again be looking to the south for our supply of squashes – as we already have Green Kabocha and Spaghetti Squash from Mexico and the U.S.



Update on Updates

Speaking of updates, if you are not yet following her, you may want to consider keeping tabs on **Kacy's regular Instagram Updates**. She very deftly and aptly gives you the most up-to-date scoop on what's new and interesting at the Store and for you, our Food Box customers – not only on Carrots, but everything and anything. Here's the link to our **Instagram Page** and Kacy's hotline:
<https://www.instagram.com/pfenningsorganicandmore/>.

The New Canada Food Guide

We will have to get used to a new **Food Guide** image greeting us wherever healthy nutrition is on the agenda. Earlier this year, our government released the newest version of **Canada's Food Guide** (the first revision since 2007) – and the picture on the right pretty much sums it all up.

A major change is that **half** of what we eat should be **vegetables and fruits**. Milk or fruit juice have been replaced by **water** as the **beverage of choice** – a definite nod to the lurking health hazards hiding behind sugary drinks. **Nuts, beans and seeds** are more prominent now as protein sources than meat and dairy. However, the beef industry appears to be happy to see meat featured at the top of the plate.

According to them, you would have to eat a far greater amount of plant-based protein food to get the same amount of required amino acids. At the same time, the dairy industry has voiced its dissatisfaction with the omission of milk and dairy as a food group and the new guide's backing away from milk as a recommended beverage. According to the health minister, the consumption of dairy products was not to be discouraged. Canadians should rather embrace the variety of food choices available and focus more on the proportionality of the different options. Summing it up, Health Canada recommends eating **plenty of vegetables and fruits, whole grain and protein foods**, while giving **preference to plant-based protein foods**. What is notable is that it is emphasized **to cook more often** at home from scratch, to cherish mealtimes together, be aware of food marketing and simply **enjoy food**.

While much of this makes a lot of sense and is not all too new for us, it does seem like there is a fresh wind blowing at us through the new **Food Guide**. Have a look at it yourself – <https://food-guide.canada.ca/en/> – and let us know what you think. In the meantime, enjoy your home-made healthy meals in the company of your friends and loved ones.

Have a merry month of March,

Wolfgang

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**