



Veggies on Wheels



Volume 20 – # 229

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

March 6, 2018

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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,

The past week, as many of you will know, presented us with a tragic trial that left the Pfenning's family devastated. It is with a heavy heart that we tell you of the passing of our 24-year old nephew, **Andreas Pfenning**. Andreas grew up with our children and all of us, with the Farm being a central point during their upbringing. We enjoyed working together on the Farm and saw each other regularly. Andreas, who was a bright, energetic and passionate kid with a vivid interest in farming and many practical interests such as beer brewing, growing and marketing barley malt for the budding craft beer industry, cooking, fishing, hunting and playing the saxophone, has left a painful void when he did not return on Monday night after heading out for some casual hunting that afternoon.

After almost three days of grief-stricken searching, with overwhelming support from the community, the OPP and local firefighters, Andreas' body was found in the river by an OPP dive team very close to the Farm last Thursday around noon, as the KW-record also reported - <https://tinyurl.com/ybg5qogq>. Although we cannot say what happened with certainty, it is believed that while Andreas was hunting on the Pfenning's Farm along the Nith River and attempted to retrieve a goose he had shot, he fell prey to the icy cold water and swift current resulting from the recent flooding.

Jenn and Ekk, Andreas' parents, who, along with his uncle **Wolfgang Pfenning**, run the family farm, are devastated – as are all we aunts, uncles, cousins and friends. As tragic and sorrowful as it is, finding Andreas has opened the path to the long process of closure and healing. Our very tightly-knit community and family have come together to help with this as much and as discreetly as possible. **The family's profound thankfulness cannot be expressed in words.** If you would like to convey any thoughts or sympathy, or offer any form of support to the family, Jenn and Ekk and Andreas' two younger brothers, Markus and Tristan, please, direct them to the Pfenning's Farm, specifically to Karen: karen@pfenningsfarms.ca.

We would also like to avoid any confusion about our family relationships. To clarify, **Almut**, née Pfenning, is **Wolfgang Wurzbacher's** wife, who together run the **Pfenning's Organic & More Store and Food Box Service**. We are the aunt and uncle of Andreas, who is Jenn and Ekk's oldest son. Ekk is Almut's younger brother, and Wolfgang Pfenning is Almut's older brother. So – yes – there are TWO Wolfgangs! Both are Andreas' uncles, but Wolfgang Wurzbacher (*whom you deal with in Food Box matters*) is Wolfgang and Ekk Pfenning's brother-in-law – the below undersigning.





Brussel's Sprouts, anyone?

After such dire news, we all may not have veggies on our minds. However, as I tend to say, we – who remain here in this sphere of existence – must carry on. Looking after our spiritual, mental and corporeal well-being is part of that.

So let's talk **Brussel's Sprouts**, named after the capital of Belgium and already known to be cultivated in the Roman Empire some two millennia ago. You will see Brussel's Sprouts in all the veggie-containing Baskets except for the Small Blender and – of course – the Local Baskets. So you may want to listen in.

Perhaps one of the reasons why this **cruciferous vegetable** (belonging to the same family as broccoli, kale and cauliflower) is relatively underrated is because it is improperly prepared and cooked, putting it in ill repute among many children and even adults. As Dr. Mercola expresses it, "The thing about Brussels sprouts is that they can be tricky to cook. Leave them on the stove for too long, and they will turn mushy, overly smelly and will lose their bright green color — a sign that they're overcooked, making them unappetizing. However, if properly cooked, these vegetables will have a bright green color, a pleasant, nutty-sweet flavor and a mildly crisp texture." (<https://tinyurl.com/y8srqad7>)

With that in mind, here are a few steps to take on the way to deliciously prepared Brussel's Sprouts:

- Wash with lukewarm running water or rinse in a bowl for 10 minutes.
- Trim off a bit of the tough stem, but not too much so the leaves don't fall apart while cooking; also remove any brown or yellow leaves.
- If cooking them whole and you have the time and patience, you can cut an X shape into the top of the sprouts so they will cook more thoroughly (the outer leaves cook faster).
- If cutting into smaller pieces, make sure the sprouts are all the same size so they will cook evenly.

Brussel's Sprouts' impressive list of nutritional and health benefits (see the link above) make it a vegetable that you may not want to shun, especially at this time of the year when variety is not overly abundant. You can **cook Brussel's Sprouts** in a pan, boil, steam, and roast or grill them, with or without meat. If you go to the link above, you will find all the methods of preparation and some enticing recipes. Remember that **it only takes about 10-15 minutes to cook these sprouts**, except for when oven-baking them, which will take about 35-40 minutes. Keep in mind that you are looking for the bright green colour, crunchy texture and sweet, nutty flavour – and maybe this nutrient-dense very healthy green veggie may win your heart over.

**Wishing you a pleasant month of March,
Wolfgang**