



# Veggies on Wheels



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"Veggies on Wheels" (edited by Wolfgang W. – with no AI participation) generally appears around the beginning of every month.

## Dear Pfenning's Food Box Community,

### March, finally!

#### We recently became aware that we all shared the same opinion: We're done with winter!

Although winter has stubbornly been holding on through the end of February, it looks like our lamentations have been heard as last month's enduring deep freeze is set to become only a faint memory. The snow has been gradually receding, the days are getting longer, and temperatures are thankfully on the rise.

However, we are looking at the next dilemma, albeit minor, heading our way: the impending switchover to **Daylight Saving Time** on March 8<sup>th</sup>. Hardly anyone whom you speak to is fond of this annual ritual which imposes the loss of an hour and the need for your body to readjust its biorhythm. For years, the discussion has been intensifying, and sleep experts have been maintaining that the biannual time travel harms sleep and has a negative effect on the body's internal clock. The internal body clock essentially aligns itself to the solar clock, the external light-dark environment. Any mismatch between your internal body clock and the external light-dark cycle translates to significant health issues. Rather than switching back and forth between daylight saving time and standard time, sleep experts who study circadian rhythms suggest we should permanently set our clocks to Standard Time because it better suits the body's natural rhythms and is better for our health. You could ask the question, what are we waiting for? It's about



time! You can read the whole article in favour of abolishing daylight saving time [here](#) – or ask me for a printed version!

### Chocosol Chocolate Easter Bunny

It's still a bit early to be thinking of Easter. However, as Easter is at the beginning of April this year (and mentioning this in our April Newsletter would be too late), we are letting you know early so you can get your [Dark Chocolate Easter Bunny](#) (made by Chocosol from sweet 65% Vanilla Sea Salt) which just came in. In past years, this customer favourite has been known to literally hop out of the Store. Before we knew it, we were sold out.





## Find Healthferno at our Store!

About two years ago, we introduced [Healthferno](#), a now quite popular wellness beverage with a tangy, lively and invigorating taste and lightly spicy after-thoughts. It's made from nothing but purified water, fresh organic turmeric, fresh organic ginger, fresh [lemon](#) juice, organic grade A Canadian amber [maple syrup](#) and a 100% pure blend of spices.

You can use Healthferno cold or hot. Due to the medicinal properties of turmeric, ginger and [lemon](#) juice, it can be very soothing taken hot if you are feeling under the weather.

Strangely, we have been told that – as far as we know – WE are the only Store in Waterloo Region to offer Healthferno. No worries, we have plenty of it in stock – and will deliver to you within our [delivery area](#).

## London Brewing Beer

It's been almost one year since we began offering organic wine, beer and cider at our Store. We do our best to offer whatever is available organically. If you check out our [Alcoholic Beverages](#) department, you will see that we now have quite an enhanced variety of organic [London Brewery](#) beers, should you so feel inclined. Local organic craft brewery beer. Support local!



## Amazon Packaging Requested

Regardless of what you may think about buying from Amazon, it's a reality that we seem to have no other choice than to live with – and either partaking or not. We do come across quite a bit of the bubble wrap packaging as shown in this image and put it to good use by wrapping our frozen items for delivery in them. In this way, the packaging material is re-used in a meaningful way instead of recycling it right away.

Hence, we are putting the call out to anyone who would like to get rid of this kind of packaging to freely send it back to us in your return Plastic Bins or boxes. Due to its great insulating properties, we will gladly use it to package our frozen items for our Food Box customers. Of course, we will take back any packaging of this type from other sources as well (if it's clean and in relatively good shape), not only from Amazon.

You may have noticed that we try to use as little plastic in our Boxes as possible. We re-use plastic apple bags, for example. We've been doing this for several years now with good results and have been seriously cutting down on plastic waste. Give us a hand and send us your bubble wrap packaging (be it from Amazon or elsewhere).



## Buffalo Brie!

Aur lie just let me know that you may want to check out our [Buffalo Milk products](#). Some of you will be intrigued to learn that we currently have [Buffalo Brie](#), a Buffalo Milk product coming from HOPE, just east of Aylmer, that is not always available. Buffalo milk is exceptionally creamy and nutrient-dense with a significantly higher fat content (6–8.8%), giving it a much thicker consistency. It also contains more protein and calcium than cow's milk and contains more antioxidant-rich Vitamin A and casein. It is ideal for making rich, high-yield dairy products like mozzarella and yogurt – and Brie, of course!

Happy ascent into spring,  
Wolfgang, Almut and all of us at Pfenning's Organic & More