Veggies on Wheels

Volume 28 – # 339 **NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX** November 2, 2026

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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,

Local Production Wrapping Up!

After a beautiful summer, our very agreeable fall weather is continuing to fondle us. Other than the occasional dip below zero (take precautions, dear early morning delivery recipients!), we have been all but spoiled by our even-tempered autumn. May it continue for a while before the reality of the colder season catches up with us.

Fall harvest – which is turning out to be quite good – has been progressing steadily and is treating us to a continuing wide variety of local offerings. Take for example this week's (Nov. 2-4) **Large Local Basket**:

- 2 lbs Carrots (LOCAL)
- 1 bch Swiss Chard (LOCAL)
- 1 hd Cauliflower (LOCAL)
- 1 bch Cilantro (LOCAL)
- 1 lb Red Torpedo Onions (Vernon)
- 1 Green Pepper (Vernon)
- 1 Red Pepper (Brenda)
- 2 lbs Yellow Potatoes (Hack-Chiel)
- 7-8 oz Crimini Mushrooms (Weth)
- 10-11 oz Brussel Sprouts (LOCAL)
- 7 oz Green Beans (LOCAL)

We may still see a few more generous and varied **Local Baskets** coming up, but root veggie season is inevitably on the horizon. With food prices, especially for goods coming from outside the country, steadily rising, the case for local production is becoming increasingly relevant. Local production, as the year is drawing to a close, definitely entails our very prominent root veggies, tubers and squashes. Living with the seasons has never made more sense.



Nicola Potatoes

To save you some more money, we are currently offering **50lb bags of Nicola Potatoes** (unwashed, from the Boettcher Farm east of Brussels) – a yellow-fleshed classic German variety with low starch, a firm, waxy texture and a mild, buttery, slightly nutty and earthy flavour. We are offering the **50lb bag for $63.00** – that's $1.26/lb. For lack of a root cellar, they keep well stored in a cool basement or frost-free garage.



Honey Candles

With only about 8 more weeks to go before the festive season, we are happy to have received a brand-new shipment of Honey Candles. These beautifully fragrant candles, made from 100% pure beeswax, come in all shapes and sizes from a long-standing B.C. family business which you can learn more about when visiting their website. You will be intrigued by looking into the interesting details about the intricate process involved in making these candles – handmade in the mountains of British-Columbia. We have been using them for many years and love their non-toxic, warm and comforting glow with a gentle honey aroma.

Egg Nog on the Way!



It's that time of the year, and – as Harmony Organic just announced – we can all look forward to the return of the seasonal **Egg Nog** some time mid-November. It will be available in 500ml glass bottles and 1L cartons. Although it's not yet in the Catalogue, we couldn't wait to share the good news. Keep checking to see it pop up before long. As far as I'm concerned, Egg Nog could be available all year round – an opinion that might not be shared by all (that's okay, I forgive you).



Palatine Apples & Cider

If you are fond of **Apples**, and this is their time of the year, you will notice that in the Apple category we are offering several local varieties – such as Enterprise, Rebella, Karneval, Liberty and Luna – coming from the **Palatine Fruit Farm** near Niagara-on-the-Lake. After picking up all sorts of soft fruit throughout the summer and our recent trip to bring home Apples, we will be making one more run to pick up the last Apples and – for the first time – **100% pure Organic Apple Cider** made from Palatine Apples. Keep watching for them to show up within the next few weeks!
Not on the **Palatine Fruit News** list yet? Subscribe here!

To Switch or Not to Switch?

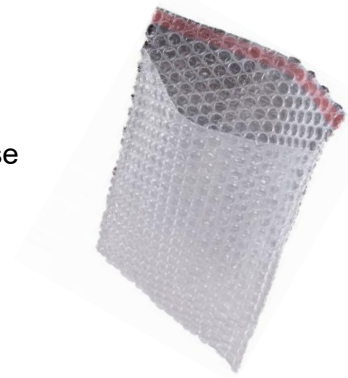


Every year around this time, so it seems, there are endless discussions about whether to switch from daylight-saving back to standard time, or – as has been done in several other provinces now (Saskatchewan, Yukon, British Columbia, Alberta, Manitoba and even parts of Northwestern Ontario) – forego the switch. Once again, the time change has just been implemented for Ontario this Sunday, but the schism remains, to be carried over to next year when the whole charade begins anew.

Apart from the question whether to switch or not, a **Canadian study** (UBC) has investigated an aspect that appears to have been overlooked: Staying on what time is ultimately better for our health: daylight-saving time (DST) or standard time (ST)? Although the provinces that are no longer changing their time have remained on DST, the Canadian study – published in the **Canadian Medical Association Journal** (CMAJ), Vol. 198, Issue 34, 5 Oct. 2026 – has concluded that **ST would be the better choice**. The reason lies in our internal clock, which regulates, among other things, when we become tired, how well we sleep, and how alert we feel during the day. Morning sunlight plays a particularly important role in this process. If Canada were to remain on DST permanently, the sun would rise an hour later in the winter. Consequently, many people would have to get up and head to work or school while it is still pitch dark outside. This could disrupt our internal clock and contribute to sleep problems. Researchers indicate a link between later sunrises and adverse health outcomes, such as sleep disorders, obesity, and cardiovascular issues. Furthermore, individual performance could also suffer. It appears that DST does have its merits, with many people enjoying the extra daylight after the workday ends.
However, according to researchers, these benefits must be weighed against the potential negative health consequences. As the analysis underlines, the undeniable health evidence favours permanent ST, which appears to be the conclusion societies worldwide have been subscribing to and that Canada would do well to take into sober consideration. In any case, don't lose any sleep over it!



Keep Bubble-Wrap Packaging Coming



Thank you to all who have been leaving out their **bubble-wrap packaging** for us (from Amazon or other suppliers)! Great to **wrap up frozen items for your deliveries**. Much better to reuse this packaging material for a practical purpose than to toss it. Keep it coming!

Have a Happy November,

Wolfgang, Almut and all of us at Pfenning's Organic & More