



# Veggies on Wheels



Volume 27 – # 325      NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX      September 29, 2025

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – <https://www.pfenningsorganic.ca/>

"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.

**Dear Pfenning's Food Box Community,**

**Happy Thanksgiving... upcoming!**

**Thanksgiving on the horizon, once again.**

You are reading this Newsletter a bit before the usual beginning of the month so you can avail yourselves of the offers we have all around Thanksgiving, which is approaching rapidly.

We are, indeed, thankful for all the plentiful bounty our land has been bestowing upon us. Perhaps an opportunity to briefly reflect on the origin of this long-standing tradition (also watch [this short, but interesting film](#)). So, how long ago would that be?

The first official, annual Thanksgiving in Canada was celebrated on November 6<sup>th</sup>, 1879, although Indigenous peoples in Canada have a history of celebrating the fall harvest long before the arrival of European settlers. Much earlier, after surviving a dangerous expedition through Arctic waters, Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate the **first Thanksgiving ceremony in North America** in what is now Nunavut in **1578**. After an Anglican church service, their diminutive meal of thanks is said to have consisted of – not turkey, mashed potatoes or cranberry sauce – salt beef, biscuits, and mushy peas. Seems like people were much more frugal in those days.

Later, the inhabitants of New France under Samuel de Champlain, had regular Thanksgiving feasts, starting in 1606. The well-known and uniquely North American turkey, squash and pumpkin Thanksgiving dinner was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In **1957**, Thanksgiving was proclaimed an **annual event** to occur on the **second Monday of October**. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, and Nova Scotia.



## Thanksgiving Turkeys

Although the first batch of organic [Thanksgiving Turkeys](#) was quickly spoken for, we are happy to announce that we do have some more, coming from the Linwood area, if you are interested. These Turkeys were also raised on a family farm and have been praised as some of the tastiest and juiciest ever. You can order from our [Catalogue](#), or best to give us a quick call to reserve at **(519) 725-4282**.



## Cranberries, Potatoes, Squash

What's a Turkey dinner without [Cranberries](#), Mashed [Potatoes](#) and [Squash](#)? Incidentally, you will find a simple Cranberry Sauce recipe on the package of our fresh [Cranberries](#). What it doesn't mention is that the grated zest of an [organic Orange](#) should be included for superior flavouring. Although [Corn](#) is widely considered a fall crop and may be included in Thanksgiving meals, it is sadly coming to an end for this season. The incoming rich pallet of [Squashes](#), [Pumpkins](#) (think Pumpkin Pie), Vernon's [Sweet Potatoes](#) and all the other seasonal **Root Veggies** – [Rutabagas](#), [Red Beets](#), [Parsnips](#) for great taste, or even [Brussel Sprouts](#), anyone? – should all but make up for all the good things that are done for the season.

## Four All Ice Cream

Not long ago, Almut and I were running some errands which also took us to [Miller's Stone Store](#) (also known as Jones Feed Mill) in Heidelberg, where we get organic layer feed for our backyard chickens. On that occasion we treated ourselves to some ice cream which the store was offering. It was a brand that we hadn't known about, but which we took to right away. "[Four All Ice Cream](#)" was delicious! Seeing that it was locally made using local Guernsey Milk and some organic ingredients, we decided to offer it in our Store.

Although the height of ice cream season is over, we did not want to wait until next year. Who knows, you may want to try it as a dessert for your Thanksgiving dinner? If you go to our [Ice Cream page](#), you can see all the flavours we have (such as [Vanilla Bean](#)) and there are many more which you may soon be seeing in our [Catalogue](#).



## In Defence of Wasps

Maybe it was our long, hot and quite dry summer, but I'm sure most of us will have noticed that it was a heyday for **wasps** – actually the yellowjacket variety. Whenever you were outdoors, they were everywhere, and very curious, not to say intrusive.

Before we get to the defence part, I would like to share a strategy that we have been applying when you hear that familiar erratic and bothersome buzzing while you are trying to mind your own business. Simply put, just stay calm, sit still, let them check things out, don't make any sudden, rapid movements and, most of all,



don't swat them! As it were, wasps only sting us when they feel threatened.

What about the defence of wasps? They're pollinators, maybe not as prolific as their bee cousins, lacking hair to capture pollen, yet engaging in symbiotic relationships with countless species of plants and animals: "no wasps, no figs," as Katie Marshall – an entomologist and associate professor at the University of British Columbia – put it in [this article](#) (*let us know if you would like it in print*).

Wasps are excellent predators of the tiny bugs that eat our crops (aphids) and forests (caterpillars). As scavengers, wasps also tidy up the world by clearing the flesh off dead animals to feed their young. Adult wasps mostly eat liquid food – which is why they love your watermelon and your Pinot Gris; the bits of burger they steal are for their prepubescent larvae. Even the worst part of wasps – their venom – has an astonishing range of uses beyond inflicting pain, terror, and life-threatening anaphylactic shock on 1 percent of the population. In China, for example, wasp venom has been used for centuries to treat arthritis. Wasps communicate by pheromone. If one feels threatened, they spread a chemical alarm through the air that stirs their brethren into battle mode. The intriguing [article](#) confirms what I suggested above: If you don't want to get stung, stay calm. Let them inspect you. Don't freak out. They'll fly on. Ignore them and they'll ignore you; panic and they'll panic too. Who knew...? In any case, for now, wasp season is all but done.

**YES, we will be delivering as usual in the Thanksgiving week – October 13-15!**

Happy (upcoming) Thanksgiving... and Halloween,

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