



Veggies on Wheels



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

Dear Pfenning's Food Box Community,

Leave the leaves?

My delivery drives these past few weeks allowed me to keep good track of this year's beautiful fall colours. Alas, the marvel does not last forever, and the leaves are falling rapidly.

This brought a matter to my attention that is on everyone's mind having to deal with deciduous trees and their shedding activity in the fall. What to do with the possibly overwhelming accumulation of leaves?

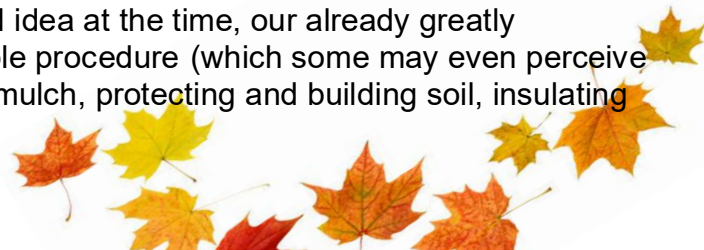


Many people, especially in the city, collect all the fallen leaves in bags and leave them at the curbside on garbage pick-up days to send them off to the landfill site for composting. However, in recent years, the **"Leave the Leaves"** movement has been gaining in popularity. Instead of discarding the leaves, we should just leave them be and allow them to decompose naturally over the winter, thus creating nutrient-rich organic matter that also shelters hibernating pollinators and other beneficial insects.

While this sounds very good and makes a lot of sense, the solution many have turned to (us included) is to shred the leaves with a lawn or mulching mower and allow the fragments to fall between grass blades where they break down into a rich soil conditioner. All fine and good, so it seems, but this approach may shred up hibernating insects and their larvae, for example caterpillars (eventual moths and butterflies) and other pollinators when spring arrives, which in turn are important for newly hatched birds that survive solely on insects during their first weeks of life.

Without beating around the bush, [this article](#) (*let us know if you would like a copy*) suggests that you rake (or blow) leaves off the lawn into a garden bed – a quiet corner in your back yard – and spread them to a layer about 2 inches deep and just let them sit. The leaves usually break down considerably by spring and almost entirely by summer. There are a few more things to consider, notably regarding leaves from trees that contain growth-inhibiting compounds for other plants (such as Black Walnut) or mulching beds with especially thick or broad leaves, like those of oaks, because their slow decomposition rates could threaten to block sunlight and water from the soil and, by extension, plant roots.

Although simply mowing the leaves under seemed like a good idea at the time, our already greatly challenged environment would certainly benefit from this simple procedure (which some may even perceive as a work out) and at the same time provide us with nature's mulch, protecting and building soil, insulating plant roots and sheltering wildlife, just as in a natural setting.





Egg Price Increase

Rising food prices have been on everybody's mind. Alas, although we have been able to keep our Egg prices stable for a long time, we too have needed to raise the price for one dozen organic **Eggs** from \$8.50 to now **\$8.95/dozen**. We hear that this is still within a reasonable range when looking at pricing all around.

Speaking of, not too long ago, eggs had the unfair reputation of being very high in cholesterol and thus unhealthy to eat, especially in large quantities, because of the risk of heart disease and clogged arteries. The health authorities of the day recommended eating few or no eggs at all, thus causing many people to refrain from enjoying one of nature's most nutrient-rich foods.

However, according to newest findings and mounting research (see [this article](#) for more information), dietary cholesterol from eggs has little impact on blood cholesterol for most people. It is believed that under certain conditions eggs may even help to lower unhealthy cholesterol levels and support heart health. Notably in a recent study it was concluded that it is the excessive intake of saturated fat – such as from bacon, ham or sausage – rather than eggs that may cause problems for your heart health.

As many of our customers have already known for a long time, public perception of eggs deserves to be updated, acknowledging that this highly nutritious food has long been unfairly condemned by outdated dietary advice. The so-called “cholesterol myth” – the notion that dietary cholesterol harms your heart and long-term health – needs to be seriously revisited.

You can take an in-depth look at this article, [Cracking the Myth – How Eating Eggs Helps Lower Bad Cholesterol](#), to learn more about the importance of cholesterol for the body and how eggs actually offer protective benefits for your heart.

Using Plastic in Food Boxes

All you Food Box recipients know that we tend to pack your leafy greens and any sensitive produce in plastic bags. We even recycle and reuse the plastic bags that apples and pears come in. While for many years now we have been, and still are, minimizing the use of plastic in packaging, we are seeing the best results for keeping delicate produce fresh by using this method. Getting everything in your Food Boxes to you as fresh as possible is of the utmost importance for us!

Preview of Holiday Delivery Schedule

Less than two months to go, and we'll be – smack – right into the holiday season.

Here's the heads up for our traditional **Christmas and New Year's delivery break**. For anyone wishing to visit us at this time, the [Store](#) will be closed from Dec. 25th until Jan. 5th and open again on January 6th.

Also, please, let us know if you need a [Turkey](#) for the holidays!

Here's a preview of the upcoming Holiday Delivery Schedule:

NO DELIVERIES December 29-31, 2025

NO DELIVERIES January 5-7, 2026

Freezing Temps

Slowly but inescapably night temperatures have been heading towards the sub-freezing mark. As every year, we urge all you early-morning Food Box recipients to leave out your **heavy blankets, quilts or sleeping bags** for me to wrap your orders into (even a **big** cooler or plastic bin), keeping them protected from any frost damage.

Wishing you all a pleasant November,

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

