



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

Marching right into March!

After a speedy transit through February, we are right into March – known for the start of **Daylight Saving Time, St. Patrick's Day**, and the **Beginning of Spring**.

We could tell you all about how Canada has been using Daylight Saving Time since 1918 (starts on the 14th of March), why the original colour associated with St. Paddy's Day (always celebrated on March 17th) was actually blue – not green, and that the first day of spring (on March 20th this year) always coincides with the position of the sun being right over the equator, leading to the equinox, that time of the year when day and night are about of equal length. You may also have learned in school at some point that March used to be the beginning of our calendar year, going back all the way to Julian times, until January and February were added to give 12 months to the year.

Pfenning's Organic & More Makes the News!

However, you may have heard that our Store made the news recently. Whatever you have heard, it was likely presented in a way that easily allows for a misrepresentation of what actually occurred. We assure you that Pfenning's Organic & More does everything to comply with general public health policies and those enacted in response to the COVID situation and we would never do anything to knowingly endanger anyone's health or safety.

We really don't strive to make the news, other than maybe a story of how we have been managing a small local health food store since the early 90s with its beginnings on an organic farm, along with a local home delivery service that began in 1998, and desire nothing more than to bring you the goodness of the Store conveniently right to your door.

Back to the news. When I talked to Almut about how best to present the story so that it would be understandable to ALL of you, she suggested I just give it my best effort, and it's up to you what you make of it.

You may recall from our **May Newsletter** during the 1st lockdown, among the general unease and confusion, we strove to create a relaxed and stress-free shopping experience while implementing the newly mandated rules, such as social-distancing. Masks were not yet recommended. Shortly after they were in the summer of 2020, we took careful note of the mask exemptions and decided to respect them without question, as is pointed out in the by-law. We put up the mandated signs about needing to wear a face mask. In **August**, we also put up a notice that all customers entering the Store should consider themselves asked whether they had a mask.

Furthermore, we put up the now famous sign: No mask? We won't ask. We did our best to implement the new rules to keep customers and employees safe (*Have a look at our most recent Blog for our position on Public Health*).



If you are not wearing a mask, we know that you have a "reasonable excuse".

We know that your reason is a private matter.

THANK YOU for supporting our business.

We had several visits from by-law inspectors and everything seemed fine. More recently, a Ministry of Labour inspector also dropped by, asking for the implementation of added measures. After a second visit, he ended up fining Almut for improper social-distancing, and for not cooperating with his officious demeanour by only giving him her first name – he already knew Almut's full name from his earlier visit. She was given two tickets to the tune of about \$2,000.00.

When a customer and friend of ours from Stratford, with a staunch following, wrote about the story in his newsletter, many people were outraged. They contacted an independent Canadian news outlet (*get in touch with us if you need more information*) and urged them to cover this story about what was perceived as an infringement of our constitutionally guaranteed rights. While we initially agreed to be interviewed, we ended up cancelling when tensions began to run haywire. However, CTV was actually there. Notably our namesake on the Farm (we already pointed out in our last Newsletter of 2020 that Pfenning's Organic & More is a totally separate business from the Farm) have chosen to distance themselves from us, not agreeing with our egalitarian – albeit law-abiding – approach.

There you have it – the story that made the news and provided a field-day for social media. Yes, it would have been easier to simply go along with the masking mandate, as expected by the authorities, and disregard the exemptions, as mostly everyone is doing these days. It has gotten to the point where going in public unmasked and claiming an exemption is being selfish, antisocial and immoral. If you are seen unmasked, you are considered a danger to society (it used to be the other way around). It has become a true moral dilemma: we would like to observe the letter of the by-law and honour mask exemptions, yet the majority of the public does not condone this. Last year, when masks were first mandated, you could often see the note included with the mandatory mask signs, "Be kind to those who cannot wear a mask." I wonder, where has all the kindness gone?



Local Chantenay Carrots

With some more down-to-earth news, you will be happy to hear that we still have local **Chantenay Carrots** from Golden Acres Farm. These are the blocky, super sweet Carrots that Almut and Chris helped Dianne to harvest back at the end of November. They are super-sweet and should be available until around the end of this month.

Keen on Kale

Sadly, local Kale is long gone. During the winter months and until the local crop is ready for harvest, we are happy to get **Kale** from our southerly neighbours with a more agreeable climate.

At this time of the year, we have been enjoying **Kale** for breakfast, lightly chopped up and steamed, with sautéed onions and mushrooms, eggs sunny side up (over-easy, if preferred), seasoned to taste and served with a dollop of sour cream – 100% keto, no carbs! So tasty and satisfying. You may want to give it a try.

NOTICE: We are looking for a Bookkeeper for the Store who can coincide with our values!

Thank you to all our faithful customers for your ongoing support – so very much appreciated.

Wishing you all a marvelous month of March,

Wolfgang