



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.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

Dear Pfenning's Food Box Community,

Welcome to a brand new year! It came in cold, our New Year 2017. So far, the weather man was right when predicting lots of snow, but not too cold for this winter (except the last week). Temperatures dipping and rising with ice freezing over saw many of us taking the plunge (myself multiple times) and subsequently reevaluating our egos. Yes, it is the time of focusing on inner values; much like we direct our energies towards the inside chores back on the Farm.

Inside chores at this time of the year include our weekly shipment of **hothouse greens from Green Mountain** near Hamilton. Amongst busy and usually cheerful chatter, you might see the packing crew adamantly preparing and bunching Parsley (*bunching line shot of Italian Parsley at the right*), Dandelion, Swiss Chard, Green Kale, Black Kale, Baby Bok Choy, Cilantro and Spinach, just to name a few of the very tender greens that we look after. Soon, we will be looking forward to receiving field greens and carrots coming up to us from our partnering farm in Georgia and their new start-up in Florida. Our Sleger hydroponic sprouts and lettuces and Green Mountain greens are nice, but some real fresh field veggies will also be happily embraced, I'm sure.



"Food Habits worth cultivating in 2017"

This was the title of an article that Almut stumbled over in our own KW-Record at the turn of the year (Dec. 31). The ideas mentioned therein were of value and should be shared with our Food Box Community, she thought. After perusing the article myself, there are now two of us assuming that the thoughts expressed there made good sense and are noteworthy.

In a nutshell: **"Cook more, reduce sugar, eat plants, but avoid rigid rules."**

- **Cook More!** As you may know, we are avid followers of home cooking. We often include a quick recipe to go along with a not so common veggie. Nowadays, you can easily find all kinds of recipes online, anything to suit your taste and talents. You can also go to our own Recipe Page on our site – <http://pfenningsorganic.ca/Recipes.htm> – to see some of our own time-tested, simple and delicious recipes. The idea here is that homemade meals are fresher and healthier, more inexpensive and more fun to prepare than packaged or processed foods.
- **Reduce Sugar!** This one may seem like a no-brainer, but the focus here is to avoid added sugars, such as you would find in beverages, desserts, snack foods and in many prepared foods, including salad dressings and frozen meals. Added sugars could be highly refined white sugar or other calorie-containing sweeteners without nutrients and little if any health value. They are different from the natural sugars found in vegetables, fruits, grains, beans and dairy products.

- **Eat More Plants!** Definitely reminiscent of Michael Pollan's curt suggestion (see "In Defense of Food: An Eater's Manifesto"): "Eat food. Not too much. Mostly plants." Eat more whole plant foods: vegetables, fruits, grains, beans and legumes, nuts and seeds, herbs and spices. Nothing much to add there – or at least not within the snug confines of this Newsletter.
- **Let Go of Rigid Rules!** There are so many different ways to eat, with no single perfect eating plan. Just think of some of the different approaches to eating: vegan, vegetarian, flexitarian, omnivore. The idea here is to not get caught up too much in any kind of rules or dogma when it comes to eating. After all, eating – although fundamentally aimed at satisfying your hunger – should also be fun and enjoyable. But before getting lost in it all, keeping things simple is probably a good basic approach.

Cold Delivery and More

It may be an old hat for most of you, but we are welcoming a number of new customers to **the Pfenning's Food Box Community**, so we thought we should give a quick refresher on how things are run at Pfenning's Organic Food Box Service.

Your delivery times on Tuesday and Wednesday may be quite early in the morning. We have come to deliver your first Boxes as early as 5-6 a.m. on both delivery days. Before you get your first delivery, we will contact you and let you know about what time you may expect your delivery. Even if you are an old customer, do get in touch with us if you are not sure when exactly to expect your delivery. You do not have to be up at this early hour and we will make suggestions how you can prepare to receive your order, especially in cold weather. Check out our Delivery Arrangements page – <http://pfenningsorganic.ca/Delivery-Arrangements.htm> – for some useful tips.



You will receive your first delivery in a cardboard box, but once you get regular deliveries, you can choose to get them in a Plastic Bin. On your next delivery day, you leave out your empty Bin and we will replace it with your full one. We will also gladly take back your intact empty cardboard boxes if you leave them out for us on your delivery day. By the way, following some customers' suggestions, we also take back empty beer, wine and spirit bottles if you leave them out for us.

To reorder, remember that our deadline is Friday night, or Saturday noon for any last orders. If you have a Standing Order, you do not need to reorder every time. If you are ordering Milk, we need to know by Wednesday 6 p.m. what kind and how much you would like to make sure we can have it in stock for you. A simple email or call to the Store to let us know is good enough.

When ordering pre-packed Baskets, you can choose up to two items that you would like substitutions for. You can let us know if you are willing to pay a bit more if the balance is different. You can also make Add-Ons, meaning you can shop in our Catalogue and add anything you like at no extra delivery fee.

Payments can be made by credit card, cheque, cash or Interac e-Transfer. A word on e-Transfers: Address payments to our email address, store@pfenningsorganic.ca, and choose a security question that we will know the answer to (your Basket type, delivery street, day of delivery, colour of the sky...). Go to our Delivery Fees & payments page – <http://pfenningsorganic.ca/Delivery-Fees-Payment.htm> – for more information.

As always, if you have any specific questions, please, contact us either at the Store – 519-725-4282 – or by email: store@pfenningsorganic.ca. We – Almut, Meaghan, Kacy or Wolfgang – will be more than happy to help you in any way we can.

Wishing you a bright month of January,

Wolfgang