



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,

Happy New Year to you all!

After our Christmas and New Year's break, we are back for our regular deliveries and looking forward to serving and seeing all of you again. Thank you for all your holiday greetings and tokens of appreciation, which were so very much appreciated.

Imposed upon us once again by the circumstances at large, some of you may be looking at some extended off-time – more opportunity to focus on inner values and alternative distractions, and on cultivating hearth and home. This could offer incentives to rekindle some neglected pastimes, such as exploring fresh approaches to meal preparation and trying out new recipes. Given that they are a dime a dozen and now freely and easily available all over the internet, we have generally held back on adding to the plethora of recipes at your fingertips. We do, at times, offer recipes for foods that are less commonly known and try to offer only those recipes that are simple, yet intriguing and original – as we will in this Newsletter for a less commonly used winter veggie that you should be seeing more often at the Store and in your Food Baskets during the winter months: **Napa Cabbage**.

Napa Cabbage

Napa Cabbage, sometimes also called **Chinese Cabbage**, resembles a rounded head of Romaine lettuce, but is more tightly compact, has curly, tender edge leaves and tastes much milder and less pungent than regular cabbage, with a touch of sweetness. This vegetable originated in China some 500 years ago as a cross between Bok Choy from the south and Turnip from the north. It is extremely popular in Asian cuisine, especially in China, Japan and Korea. If you look for Napa Cabbage in our online Catalogue – <https://tinyurl.com/y87molct> --, you will see that it is very versatile and can be prepared and used in many different ways. One increasingly popular winter approach is to make **Kimchi** (see the simple recipe here: <https://www.feastingathome.com/how-to-make-kimchi/>), originally from Korea. Kimchi seems like the sauerkraut of the far east, a naturally fermented mix of Napa Cabbage (rich in vitamin C, some calcium, antioxidants and folic acids) and other veggies to make it through the barren time of the year.



You can also make a truly divine raw winter **Napa Cabbage Salad** – just wash it and shred or trim off as needed with a long-bladed knife – with chopped Yellow or Red Onions, grated Carrots, chopped Radishes or Daikons, grated Red Beets and dried Cranberries (adding vivid colour as well as nutrition and some zest) and chopped Walnuts or any nuts of your choice. The "icing" on this Napa Cabbage Salad is the dressing.

Tahini Salad Dressing – Homemade

Mix all the following ingredients together and blend. Keeps well in the fridge for several days.

¼ cup Tahini

½ tsp. Salt

2 tbsp. Lemon Juice

⅓ cup Water

2 tbsp. Maple Syrup

Minced Garlic if desired

1 tbsp. Sesame Oil



Fresh Cranberries

Although Thanksgiving and Christmas have come and gone, we still have fresh **Cranberries** (find them in our online Fruit section) from Springbrook Cranberry Farm in New Brunswick, just between Fredericton and St. John. Although it may – admittedly – be stretching the term LOCAL somewhat, we may be adding these to upcoming Local Baskets to add some variety and colour for your culinary enjoyment.

Fresh Cranberry Sauce does not only go well with turkey, but with most other meats, such as chicken, pork and beef – even fish. You can also add it to liven up dishes with rice, quinoa and other grains, a variety of nuts and cheeses, especially the

milder ones, such as brie, mild cheddar and cream cheese. Mmmh!

LOCAL Green Kale

We were hoping to add Red Kale to this week's – this year's, actually – first Local Baskets. Alas, it was not meant to be. They didn't last, and local Kale is pretty much done for the season. In the same way, quality and availability of an item planned for our Food Baskets may often result in last-minute changes to Basket contents – and we thank you for understanding and bearing with us. The only **local Kale** still available, at least up to very recently, was in our own little garden – and you can see the last Kale standing to the right, although already much battered by continuous attacks from the voracious local rabbit community. Yup, it's a jungle out there!

If the rabbits had not taken so to our family Kale garden, it would have lasted throughout most of the winter, only getting tastier with the frosty weather. The only thing we could do to secure what was left of it for human consumption was to clear cut and put it into cold storage. So, our local family Kale harvest is now officially over.



Loathing the Lulling Lockdown?

Once again, we find ourselves cast into that challenging situation where we are, for the most part, bereft of our usual pastimes and distractions, such as indulging in communal outings, winter sports or even heading to the gym. As we know, physical activity and fitness are vital to remain all-around healthy in body, mind and spirit. Studies have recently demonstrated that it takes a whole lot less time and effort to remain reasonably fit. The key seems to lie in the intensity of a workout. Seasoned gym-goers and fitness buffs have been wondering whether there is any merit to the now oftentimes lauded 3-minute workout. While any amount of physical activity is better than nothing at all (and even gentler approaches such as yoga or Pilates have their place for less vigor-oriented athletes), instead of **loathing the lulling lockdown**, you repeat stay-at-homers may want to give it a shot and try one of those 3-minute workouts. Doesn't sound like much, but 3 minutes can become very long when pushing yourself towards the limits of your capabilities. There are many approaches, but here is a sample for you to try at your discretion (age and your general health condition permitting), if you are tickled and have 3 minutes with nothing better to do than work on staying in shape (found here: <https://tinyurl.com/y5wf7cr2>):

- High Knees (5 Reps)
- Jump Squats (5 Reps)
- Mountain Climbers (5 Reps)
- Sit-ups (5 Reps)
- Mountain Climbers (5 Reps)
- Jump Squats (5 Reps)
- High Knees (5 Reps)

Keep repeating for 3 minutes. Enjoy!

From all of us at Pfenning's Organic & More:

We wish you a happy 2021, brightened with creativity and radiant health, keeping confident and thinking independently, staying in harmony with the environment and – above all – doing things that make you and your loved ones happy,

Wolfgang, Almut, Jenny, Andrea, Hayley, Barnhild, Aurélie and Kris

