



Veggies on Wheels



Volume 21 – # 246

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

August 13, 2019

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

Dear Pfenning's Food Box Community,

After our two week delivery break, we are happy to be back to serve you with our Home Delivery Service!

As many of you know,

we had the opportunity to travel to Germany again, visiting family and friends. The highlight of our visit was reuniting with our two oldest children, Barnhild and Adam, who have finished their schooling in Bavaria now and are moving on to new challenges – with Adam working in a local metal processing plant and Barnhild spending the rest of the summer working at a mountain hostel in the Allgäu, a mountainous region just east of Lake Constance, which is very coveted by the hiking and outdoor community. It was so fascinating for Almut and me to return to Germany after several years and focus on some of the differences and similarities between the old and the new world. With so many vivid impressions, I will focus on just a few that definitely stood out.

So is it true that you can drive as fast as you want on German autobahns? Well, technically yes, but the reality is that there are so many speed restrictions in densely populated and city areas, that there is so much construction and simply very congested roads due to high traffic volume that you seldom see a Mercedes or BMW gallantly whizzing by at near supersonic speed.

Is it true that Germans drink enormous amounts of beer? Beer and wine are very integral parts of German culinary culture, and children are legally allowed to drink these starting at the age of 16. So it is not surprising that beer ranks quite high in importance, especially in Bavaria which is blessed with so many different micro breweries (almost every town has one) producing excellent beer. Although Germany is not # 1 (Czechoslovakia is!), it IS among the top 5 countries that consume the most beer per capita. It seemed to us as if there was always some kind of festivity going on somewhere that merited the downing of copious amounts of this popular beverage.

Is the economy really booming? We did gain the impression, that everyone is gainly employed and, according to the opinion of several artisans and business owners, it is even hard to find good help, especially trained specialists in Germany. Judging by the way the country presents itself, with clean, well-kept houses and communities, bustling stores and shopping centres full of high-quality merchandise, a vivid and thriving social scene enlivened by seemingly content citizens devoting themselves to serious work and hearty play, cutting edge technology and environmentally conscious approaches everywhere, yet a critical and careful assessment of the government and authorities as well as the challenging issues of our times. To keep it short, they seem to be doing alright.

Is German sauna and spa culture truly as uninhibited as they say? Almut and I, as well as most of our family, love the relaxation and health effects offered by sauna therapy. Germany is known for its long-standing health resort and spa tradition and we availed ourselves of a few very enjoyable and restful spa visits. Aurélie, our little 16-year old daughter, made the trip with us and bravely took on the challenge of entering the saunas clad with nothing but a bath towel, which within the confines of the sauna had to be used not to cover up one's bareness but to sit on, respectful of the general rule that there be no skin or sweat on the wooden benches. The requirement of nudity in German saunas is taken so seriously that we witnessed a sauna attendant politely, yet decisively requesting a visitor wearing a bathing suit to leave the sauna. Intriguing that in our own country, anyone brave enough to enter a sauna nude would decidedly be requested to clothe him or herself. Different countries, different cultures.

Is organic really that popular in Germany? In a word: yes! Organics are quite readily available in all supermarkets and there are many independent health food stores with a very loyal and supportive clientele. You also find lots of organic restaurants and cafés. It appears that a sizeable portion of the German population value and embrace organic foods and there does not seem to be any hidden or open opposition to this from the conventional side. To underline our impressions, on the day of our flight back home, we had an organic coffee and buttered pretzel in an organic coffee shop at the Munich airport just before boarding the plane (see our respective **Instagram** post: <https://www.instagram.com/p/B0-1-Qyg7xF/>). They even offered paper straws and wooden eating utensils – not plastic. What an encouraging way of seeing us off.



Delivery Day Adjustment for LAST WEEK of AUGUST!

Unexpectedly, due to an upcoming family event in the last week of August we will be pulling deliveries ahead one day exceptionally.

Please, note the adjusted **Delivery Schedule:**

The **LAST DELIVERY** in **August** will be pulled ahead one day to **August 26/27** ► so deliveries on **Monday** and **Tuesday** exceptionally.

Kohlrabi

This week, all Baskets (except for the Fruit and Smoothie) are including **Kohlrabi**, which belongs to the same family as cabbage and broccoli, and its taste is somewhere in between cabbage and the stems of broccoli. Leaning on what we found at <https://www.thekitchn.com>, this very versatile veggie can be eaten **raw** in salad when young and tender, or **sautéed or steamed** like mustard greens. To prepare, always peel off the tough outermost layer of the bulb with a vegetable peeler first. Then you cut off the stems and slice, dice or cut it into thin slices. You can even eat the stems and leaves in sautés and stir fries.

You can **purée Kohlrabi into soup**, especially a creamy, puréed soup with mild spices so that the sweet Kohlrabi flavor is not covered up.

Or try **Kohlrabi Fritters** by shredding it (like potato pancakes) and mixing it with an egg and a few tablespoons of flour or breadcrumbs. Then fry in a flat skillet with butter or oil by dropping on small mounds and flattening them slightly with the back of a spatula. Fry both sides till golden brown.

You can also **roast Kohlrabi** in the oven or simply steam it and then use it for anything like **frittatas, stir-fries, and pasta dishes**. Or just purée it with a little cream and simple spices. Like we said, very versatile. Enjoy!

Niagara Fruit from Palatine – Brought by Heather and her ``Good Peach``

Ontario **Fruit from the Niagara Region**, grown sustainably by Palatine (Eva and Renè) is available again.

To get on Heather's mailing list, send her an email to thegoodpeachkw@gmail.com. You can order through Heather and have your fruit delivered to Pfenning's Organic. We will store it for you until you either pick it up or have us deliver it to you. Get in touch with us for details.

Right now, we are looking at **Apricots, Plums, Peaches and Nectarines**.

Check out Eva and Renè's website to see where your fruit is coming from:

<https://palatineroses.com/fresh-fruit>.

Carebag Update

Thank you enormously to all of you who have supplied us with your own mesh

Carebags marked with your names. We keep track of them and do our best to send you your fresh veggies packed no longer in plastic but your multi-use produce bags. Some of you sent us your own bigger cloth or nylon bags – which work even better, as we found out. They hold a lot more bulky veggies, such as leafy greens or vegetable bunches. We thought we should share that with you on an upbeat note.



Great to be back!

Wolfgang