



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

April 2, 2019

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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,

Phew, that was close! Luckily, the April Newsletter is appearing on the 2nd, not the 1st of the month. Otherwise, I may have felt compelled to entertain you with an April Fool's frolic like I did a few years back. Alas, I was relentlessly confronted with a reality check when a peeved Newsletter reader put me in my place with a hefty reprimand about the gracelessness of my mockery. It really touched me – and showed me that the carefree days of innocent, unscrutinized humour lay far in the past.

So, relieved of any inner urge to celebrate the beginning of April with any facetious farce, let's move on to more matter-of-fact items. Once again, I would like to quote my writing colleague **Bernadette** ("Bernie") from the Pfenning's Farm – she spices up the emails with the order list going out to stores and markets with witty pleasantries – on how she experienced things just around a week ago: ***"The fields are a mucky, icy mess and the Nith River is flooded. Flights are being booked for migrant workers, and bulky winter boots are being replaced by rubber boots - yes it's beginning to feel a lot like springtime!"*** Bernie also writes the occasional Blog entry for the Pfenning's Farm website. You can check out her latest Blog here with some interesting information on where your veggies are coming from at this time:

<http://pfenningsfarms.ca/fresh-produce-year-round-weve-got-it-covered>.

Greens – Now and Soon

We are happy about all those greenhouse greens coming to us **now** from places like **Organic Oasis** north of Stratford and from other operations. This week, for example, the Local Boxes are beautified by **Baby Spinach** and **Beet Greens** which unexpectedly came up – hopefully enough for all those Local Baskets. Use them in your smoothies and salads for a great fresh, local addition at this relatively bleak time of the year (it's raining and grey outside as I write this, and we all know about the snowy antics that followed...).



Then I see Bernie's seedling snapshot from a recent visit to the greenhouses showing the young plants contentedly burgeoning and almost ready for transplanting in a few weeks' time – and I know that we will **soon** be happily harvesting local greens, with Spinach possibly being the front runner. All right then, bring it on!

Pfenning's is Hiring!

After her return from India, **Kacy** has now decided to pursue her dream of studying **ayurvedic medicine** – in India. Alas, to realize her plans she will be leaving us before not too long. To fill this position we are now **accepting applications**. Please, see details on our site under **Employment Opportunities** – <https://www.pfenningsorganic.ca/Employment-Opportunities.htm>.

**WE'RE
HIRING!**

Dirty Dozen List for 2019 is out!

Each year, the Environmental Working Group releases a "**Dirty Dozen**" list of **fruits and vegetables** that contain the highest level of residual pesticides as noted in government tests. Fortunately, if you are reading this, you are likely to be (for the most part) protected against unsolicited pesticide/herbicide residue in your food as you are already eating organic. Still, it will interest you what all those bold souls on the other side of the fence have to put up with when eating conventional food. It is also suggested that items lower down on the list are not as contaminated and could also be more safely consumed conventionally if you so choose.

It was astounding to see that the popular **Kale** was one of the most contaminated veggies out there. The most frequently detected pesticide was Dacthal, or DCPA (a widely used herbicide) – classified by the Environmental Protection Agency since 1995 as a possible human carcinogen, and prohibited for use in Europe since 2009, and of course not used in organic agriculture. You can find more information here: <https://tinyurl.com/yyndxovl>.

So here are EWG's Dirty Dozen for 2019:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes



To compare, here is EWG's Clean Fifteen for 2019 (so notably conventional produce that is the least contaminated):

1. Avocados
2. Sweet corn
3. Pineapples
4. Frozen sweet peas
5. Onions
6. Papayas
7. Eggplants
8. Asparagus
9. Kiwis
10. Cabbages
11. Cauliflower
12. Cantaloupes
13. Broccoli
14. Mushrooms
15. Honeydew melons

Plastic Update

All you Food Box customers out there, take note that we will now be putting insensitive vegetables, such as root veggies and tubers, in your boxes **loose, without plastic bags**. So root veggies no longer in plastic bags for all of you!

We are also encouraging all of you who regularly receive Custom Boxes or produce Add-Ons to follow the example of those customers who have announced to us that they will be sending along mesh bags – or **Carebags** – for us to put their veggies in. We will put your name on the bags (or you can do that) and keep good track of them.

We also offer 2 different kinds of **Carebags in our Catalogue**: <https://tinyurl.com/yxgs2p55>.

Enjoy those April showers that are on the way,

Wolfgang