



# Veggies on Wheels



Volume 18 – # 213    NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX    December 20, 2016

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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,

**Once again**, another year is drawing to a close – and we are heading towards those more peaceful days that give us the opportunity to do some musing and reflecting. Since we are so close to the **Pfenning's Farm**, both physically as in spirit, sharing some of their graphic year-end insights seems appropriate and may answer some of your Farm-related queries (to read the whole **Farm Blog**, go to <http://tinyurl.com/zjx9l7t>):

*"This summer was a not only a scorcher, but very dry too. In July and August we watched as entire blocks of vegetables dried up in the fields. Some items were slow to germinate and grow, and others didn't manage to even reach that stage. This also managed to throw off the timing of crops – we had a gap where nothing grew, and then all of a sudden we had too much. We had to resort to irrigation – we prefer not to, but if it is necessary we do it carefully. Not all fields were accessible to the irrigation hoses however. The losses from the drought were great.*

*Despite the challenges of the weather we had some good opportunities for growth. Most notable were the equipment upgrades that our teams say increased their efficiency and made their jobs easier. These new processes certainly have some tweaks to be made, but the trajectory is positive once we figure it out. We have some numbers to crunch to see how they reflect this feedback we've received from our harvesting teams.*

*After the drought, things got much easier. We had so many fabulous greens! Spinach, collards, chards, kales, lettuces! Broccoli was beautiful, and so was the cauliflower (although small). There was so much to harvest, our workers could hardly keep up! But somehow they always do.*

*Our root crops have also been very good – steady and reliable. It's easy to see why our ancestors relied on them so heavily to get them through the winters! We did have a small hiccup at the beginning of our carrot season, but aside from that they have been fantastic! This is something we love to do and are pretty good at! Turnips, rutabaga, beets, potatoes, squash, celeriac, cabbages, onions, parsnips, and even radishes are all tried and true winter warriors. They keep our packing crew busy for most of the winter!*

*Now that the season is over, there's very little in the fields except for cover crops! For now the fields will rest and rejuvenate for next season."*

... as will we here at **Pfenning's Organic & More** – although our season really never ends, just takes little breathers. **Thank you** to all our faithful customers for your ongoing and so very much appreciated support.

Remember that there are **NO** **DELIVERIES** the next 2 weeks, **December 27/28 and January 3/4.**

We're **BACK** for **REGULAR DELIVERIES** on **January 10/11, 2017.**

All of us here at **Pfenning's Organic** wish you a healthy and **fulfilling Holiday Season and a Merry Christmas,**

Wolfgang, Almut, Meaghan & Kacy



## A Final Word on Parsley Root

Just when I was about to settle for a final one-paged end-of-the-year **Newsletter**, it was deemed as helpful if we said a word or two on **Parsley Root** – which you will find in this week's **Local** and **Large Wild Baskets**.

Parsley Root and Parsnip – both are deceptively similar. Just comparing them by looks, **Parsley Root** is more slender and pale in colour. Its taste is more parsley-like, or – as has been described by connoisseurs – like “celeriac and carrot with hints of celery, turnip and parsley leaf.” Hm, quite a mouthful.

Parsley Root has long been used as a winter vegetable in Germany, Holland and Poland and was first used for cooking in 16th century Germany.

You can add sliced or diced **Parsley Root** to stews, soups, stir fries and mixed vegetables to intensify these dishes with its distinct aroma. In that way, it closely resembles parsnips, also the way it is prepared and cooked. Parsley Root mashed together with boiled potatoes is especially tasty, even for the younger palate. Parsley Root goes together especially well with cabbage, shallots, sweet potatoes, beets and other root vegetables. So we are seeing it at just the right time of the year.

What about the health benefits of Parsley Root? According to Reference.com, Parsley Root might be able to treat or prevent kidney stones, urinary tract infections, bruises, and cracked or chapped skin. It could aid with digestive problems, menstrual problems, tumors and insect bites. Some people take Parsley Root for asthma, cough, fluid retention and liver disorders.

## Recipe

Very impressive for such a humble little root. With all these healthy properties unbeknownst to her, Almut prepared our much-loved **Root Veggie Casserole** the other night, also including Parsley Root. Here are the ingredients: Parsley Root (about 2), Rutabaga (1), Butternut Squash (1) and Gold Beets (2, you could also use Red Beets). You wash and dice everything, roll it in your choice of oil – *we used LOCAL **Mat's Sunflower Oil*** – and add some salt, rosemary, garlic (3 cloves) or other spice of your choosing. Bake in a casserole (without the lid) for about 50 minutes at about 180° C. Done! You will love this unbelievably tasty winter dish.



Speaking of food, here is something amusing that jumped at me in our little local independent paper: the **Baden Outlook**.

Have fun, enjoy your cookies... but most of all...

**Have a Merry Christmas!**