



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,

April Showers...



Was it March that comes in like a lion and goes out like a lamb? If so, then it was certainly a wet lamb, and it looks like April is poised to live up to its reputation of providing those showers that will bring us the much-anticipated flowers in May. Not a bad thing, as this being the season for sowing ([seeds](#), anyone?), and soon also planting, most certainly requires that precious rain – which farmers and growers all around (*not just at Pfenning's*) will be closely monitoring in just two shakes of a lamb's tail, when that upcoming growing season gets jubilantly under way. Moreover, April is also known for April Fools (or [All Fool's](#)) Day, which we hope you all survived unscathed, for Palm Sunday (April 2nd), Passover (April 6th), Good Friday (April 7th) and Easter Sunday (April 9th). Easter definitely takes the lead, and we do have [Chocolate Easter Bunnies](#) – from Chocosol (the Toronto [coffee](#) producers) made from Chocosol's sweet 65% Vanilla [Sea Salt](#) – if you are looking to sweeten the occasion. Some of you may recall another interesting old-time tidbit for the occasion (also found in the [Old Farmer's Almanac](#)): **"A cold April the barn will fill."** This may propel us into that dilemma of wishing for warmer, not too soggy weather, while also hoping for the ideal conditions to bring us a bountiful growing season. Choices, choices...

Gluten-Free Breaded Haddock

While taking a peek at one of our long-standing and faithful customer's [Instagram page](#), I was enthralled by the **Gluten-Free Breaded Haddock** which she had prepared for her family and was sharing for anyone interested – and the picture she had uploaded was a real eye-catcher. Stephanie, who lives in Brantford and has been receiving regular deliveries from us for some two decades, does a great job to serve her family healthy, nutritious and inspiring food. Her [Haddock](#) dish was as simple as it was nutritious. Putting it in Stephanie's words, it was **"fresh wild haddock with a super easy GF breaded coating: [almond flour](#), [paprika](#) and [salt](#)."** Stephanie cooked it outdoors on the BBQ on a stainless-steel flat pan with coconut oil. It was fast and easy, offering healthy protein, easy to clean up and "no stinky kitchen" – and the "boys all gobbled it up" (likely including her husband, Adam). Perhaps this may be inspiring for some who traditionally eat only [fish](#) (of which we have a good supply in the Store) on Good Friday coming up.



Jar Deposit Update – now \$2.00/jar – and the scoop on Kefir and Yogurt

It may seem like a stretch, but for anyone preferring a different protein source, you may like our **Pinehedge** and **M-C Yogurt** and **Kefir** in glass jars, for which the **deposit** has been changed from \$1.00 to now **\$2.00 per jar** – the same as for the bottles of our Harmony/Hewitt's **Milk**. I guess they really want their jars back!

Incidentally, we realized that we have already been selling the Pinehedge Yogurt and Kefir for some 30 years in the Store now! We didn't see the time pass... Seems like they'll be giving their labels a new look too. Keep watching!

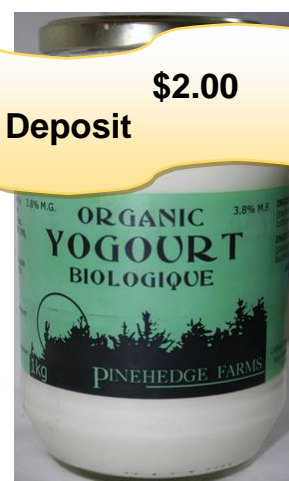
Other than offering protein, you likely know that Kefir, and Yogurt as well, are also said to be a good source of healthy fats and carbohydrates, and the vitamins A, D, K and B, as well as minerals including calcium.

Which may beg the question from some of you, what the actual difference is between Yogurt and Kefir.

In addition to what we already know, we could find some [additional clarifying information](#).



Kefir and **Yogurt** are both dairy foods made from fermenting cow's milk to create healthy living [bacteria cultures](#). Kefir is higher in nutritional value, has a runnier texture (is even served as a beverage in some eastern European countries and in Russia), and more prevalent "good bacteria." Yogurt has a much thicker consistency than Kefir does and has more transient bacteria, meaning that it won't last in the intestinal tract, whereas Kefir [cultures](#) do and even multiply there, thus assisting ongoing with intestinal and digestive function. The [bacteria cultures](#) – known as probiotics, of which there appear to be more in Kefir – are different in both these dairy products and have ancient origins in different parts of the world. Kefir and Yogurt both provide essential nutrients such as protein, calcium, B vitamins, and the bacteria that aid in digestion. Interestingly, the yeast in Kefir (none in Yogurt) can result in bacteria creating ethanol, meaning alcohol. It can also create a bubbly, slightly carbonated texture. However, fermenting Kefir over a shorter period produces very low ethanol content,



no more than 1-2% at the most (*beer has about 5% and wine around 12%*). Unlike Yogurt, [Kefir grains](#) can also incubate in water, so individuals with dairy sensitivity can enjoy Kefir without consuming any dairy product.

Generally, Yogurt (you can [make your own](#)) is more popular and used in a wider variety of cuisine than Kefir. Also serving as a beverage, Kefir is sometimes offered as such, or mixed with fruit, candy, or supplement powders to create a smoothie or enhance milkshakes. Yogurt can be used both as a sweet or tart breakfast meal, or as a snack on its own or mixed with fruit. Yogurt spans Eastern and Western cuisines, used as a mix with grains or granola as parfait, as a healthy alternative to mayonnaise in potato salad, and in savoury Indian and Middle Eastern dishes.

[Kefir](#) (also by **M-C**, with a bit more fat)) or [Yogurt](#) (also by M-C: [Cream-Top](#), [Beetroot](#), [Honey](#)) – the choice is yours.

New: The “Real” Thing and the “Not-So-Real” Thing



The girls – Aurélie and Barnhild – suggested I present these new Products: [Herbal Coffee](#) and **REAL Forest Garden Coffee from Chocosol** ([Espresso](#) and [Three-Roast Blend](#)), already known for its popular [Medium Dark Roast](#). These fair-trade 100% Arabica organic coffees are roasted weekly in Toronto in an energy-efficient, low-emission roaster from beans coming from the Oaxaca Region in Mexico and sourced from Indigenous farmers on communal lands – available in whole beans or ground.

Some [Coffee](#) Trivia: Did you know that these aromatic coffee beans known as “Arabica” are not originally from Arabia, as most presume? Coffee originated in Ethiopia (how is a story for another day) where it has been cultivated for more than 1000 years and came to the Arab realm, supposedly to Yemen first, many centuries later and

spread throughout the world from there. I was wondering how coffee originally came to Canada and a quick search told me that it was a chap named William Cooper who opened the first coffee house in Toronto, in 1801 – more rich Canadian history to also explore another day.



**Happy Easter and delightful April to all,
Wolfgang**