



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,

Mayflowers coming up

If you haven't planted by now, you certainly must not be a farmer. This is the month when heat-loving veggies like tomatoes and peppers can go into the ground unprotected. If you're wondering, cabbage, beets, Brussels sprouts, cauliflower, lettuce, melons, squashes, potatoes, green beans, corn, parsnips and herbs, such as basil, chives, cilantro, dill, oregano, parsley are all veggies that you can still plant in May – in case you are a procrastinator or were held up. The procedure is the same as Almut explained in our last Newsletter back in April. Of course, it is best if you already have some seedlings started that you can now safely put in the ground. Although we had quite a few frosty nights late in April, the fear of frost is now pretty much gone as summer is rapidly approaching. This is the time to grow our local food!

Growth Spurts

Remember Almut's modest seeding beginnings last month? Take a look now! Just about time for some serious transplanting, and by now, some of the seedlings you see below have already been relocated into Almut's gorgeous garden. Night frosts are hopefully over and will hold off until fall, or even winter (*but that is going the path of dreamland*). If you can't read what Almut wrote on the popsicle sticks, she has field salad, basil, spinach, red leaf lettuce, butter lettuce, root parsley, kale and zucchini – with some Spanish onions to the right, and tomatoes and peppers in another tray. Summer is beginning to look very tasty – and healthy and nutritious on top of that!



Reflections on Fitness

Who knows, maybe it was as a reaction to the multiple orders coming from the top down in the past year to stay home, stay inside, only go out if necessary, stay away from other people and just put one's activities on hold that incited me to delve so much on the element of fitness, as I have been doing in my recent Newsletters (January and April). You don't need a degree in kinesiology to know that physical movement is an essential part of human well-being. "If you don't use it, you lose it," they say – and fitness clubs, which have become hubs of physical activity in modern times – are once again shut down, and yes, golf courses too.

So, while these popular approaches to leisurely fitness have once again been severely limited, people are continuing to seek other ways of staying in shape. Going for runs outdoors or working out at home has turned out to be one of them. But as I was surprised to learn from an interview with a Harvard professor of human evolutionary biology (read it here in its entirety: <https://tinyurl.com/2js8z59m>), the notion of "getting exercise" – movement just for movement's sake – is a relatively new phenomenon in human history. As prof. Daniel Lieberman explains it: "Until recently, when energy was limited and people were physically active, doing physical activity that wasn't necessarily rewarding, just didn't happen. When I go to these [remote African tribal] villages, I'm the only person who gets up in the morning and goes for a run. And often they laugh at me. They think I'm just absolutely bizarre. ... Why would anybody do something like that?" Wonder what they would say if they saw all these people running for their lives on treadmills.

While our ancestors were far more physically engaged than we are now, especially in light of the recent challenges imposed on us by government restrictions, any kind of movement, even fidgeting which keeps the muscles engaged, is beneficial. According to prof. Lieberman, you don't have to do incredible strength training to get some benefits of physical activity. There are all kinds of different physical activity, and it's all good in different ways. Even in our society which is marked by extensive long-term sitting (unless you have a standing desk), you can benefit from getting up once in a while (at least a couple times each hour is recommended) to look after any kind of little chore – such as going to the bathroom, petting your dog or making yourself a cup of tea, or even indulging in a few exercise or stretch moves. It appears that even in hunter-gatherer societies people spend a good deal sitting, albeit mostly on the ground, but are getting up every few minutes to look after the fire, or their kids, or any number of little tasks.

The key, and that is valid for anyone at any age, is to just keep moving and doing what you can within the scope of your time and means. Granted, if you can do a little more, it may benefit you more. And as Almut and I are seeing all the time, it feels so good to have exerted oneself – whether through a workout or by some engaging work in the garden; or do what our now five adult kids do: tease each other and then good-naturedly chase each other down for some mischievous retribution.



Buy by Case - BBC

Everyone has been noticing it: we cannot always buy everything we want anytime anymore. It's happened to you, it's happened to us – you need something and want to buy it, and it's out of stock. So, you put in an order, and it takes forever for it to come in. Yes, for about the past year, certain items are in short supply or hard to come by.

Some of us have been trying to improvise and, just short of hoarding, stock up on certain staple items that have a long shelf life. Things like rice, grains, beans, pasta, flour, canned goods, spices and so on. While you could do this all the time here at Pfenning's Organic & More, you can always order these items in larger, bulk quantities, by the case, flat or bag, and for a better price.

At the Store, we actually have a skid with certain bulk items available at the moment for the "grab and go" crowd – mostly items in cases. All you have to do is find your item in our online Catalogue – <https://www.pfenningorganic.ca/ecommerce/> – and order away. An actual "Buy by Case" Catalogue department is in the works and coming soon. We'll do the lugging for you when we deliver your bulk order. Talk about another fitness opportunity!

Wishing you all a magnificent month of May,

Wolfgang