



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,

Although we were tested recently with a little stretch of miserably cold and rainy weather, we have been absolutely spoiled by sunshine and mild days, and November is looking very civil so far. Maybe we can enjoy our beautiful fall colours just a bit longer. Farming, and especially harvesting activities (which are on the home stretch) are thankfully profiting from this great weather. Not too much left out there, and storage depots are well-stocked.



Soup & Stew Veggies back – in 2 sizes: Economy & Family

So now that it's that time of the year, with colder weather imminent, we all invariably develop a craving for hot and hearty soups and stews – all in line with the pursuit of our "creature comforts." Hence, Almut's very palatable and loveably put together traditional **Soup & Stew Vegetables** are back. Almut always takes great care, availing herself of her formidable sense for great-tasting veggie combinations, to put together a selection that is sure to satisfy your need for a delightfully delicious and wholesome pottage. Y'all know how to make a soup or stew, right? If you are experiencing a bout of culinary yips, you may like this fantastic recipe:



Root Vegetable Stew (Polish-Style, by Monika right here: <https://www.everydayhealthyrecipes.com/root-vegetable-nests/>), inspired by the Hungarian Paprika which Almut successfully grew in her garden and is now offering in the Store and recently ground up in our kitchen, disseminating its enticing and zesty aroma throughout the house – and you should ask for it specifically when ordering Paprika in our **Spices & Herbs** department. You can also find the Root Vegetable Stew recipe in our **Recipes** section (<https://www.pfenningsorganic.ca/Recipes.htm>) under **Main Course** or **Vegetarian** dishes.

Cold Delivery Mornings – Time to leave out your Blankets, Quilts and Sleeping Bags

It's not too bad right now, but last week we got a whiff of things to come, with cool, rainy days and cold nights. I might be repeating myself (as I do every year), but it needs to be addressed that our Food Box customers receiving **early morning deliveries** – so Tuesday and Wednesday deliveries – are greatly encouraged to leave out a heavy blanket, quilt (*not grandma's prize comforter*) or even a cold-night sleeping bag into which I will dutifully wrap your delivery boxes. Some of you – THANK YOU! – have already been doing just that, with a nice, big, fluffy sleeping bag appearing to be the most handy and effective protective covering to safeguard your goodies against frost until you can bring them inside. If we aren't already doing this for you and you have the possibility to allow for me to drop off your deliveries inside a garage, enclosed porch or the like, do let me know, as this makes for an even better cold early morning delivery solution. Yes, temperatures recently may have been contrary to what this message is suggesting, but we are undoubtedly headed for what is commonly known as winter. Be prepared!

Dream Cream is back!

Aurélie and the rest of the store tribe were overjoyed to see the legendary Canadian-made “**Dream Cream**” being available again after a long pause. As we tend to employ our hands a lot in all kinds of settings, they may get dry, rough and chapped. Enter: **Gardener’s Dream Cream**, a “natural hand, body and skin cream containing pure essential oils of lavender, cinnamon leaf, peppermint, eucalyptus & rosemary” – taken right from the product page, which you will find in our **HEALTH & BEAUTY / Body Care / Hand & Body MOISTURIZER** department. As we can all attest to, not only does it do a fantastic job helping to regenerate mangled hands, it also smells absolutely wonderful.



3-Ingredient Flu-Season Elixir

Now that we are moving into the cold and flu season, we may feel inclined to take some reasonable and innocuous steps to alleviate any symptoms that arise when we do fall prey to this seemingly inevitable rite of autumn passage. If you do want to support your body’s efforts to deal with colds and the flu in a natural way (without necessarily succumbing to medications or other treatments recommended by doctors or pharmacists), the following homemade cold remedy – easily prepared and relatively inexpensive – might spark your curiosity: **Winter Sore Throat Cold Remedy Tea**

All you need are **three ingredients**, which have been known and used for many centuries, to naturally ease symptoms, such as stuffed-up sinuses, nausea, sore throats, while your body’s innate healing powers (also called immune system) do their job: **Lemon, Ginger and Honey** – Lemon for its vitamin C, Ginger for its antibacterial, antiviral, and anti-inflammatory properties, and Honey to help soothe an achy throat.

Here’s what you need to make 2 cups of tea:

- 2 cleaned and sliced **Lemons**
- 2 pieces of **Ginger**, appr. 2-3 inches long, sliced into coin-sized pieces
- About 1 cup of **Honey**, or to your preference
- 1 teaspoon of Cinnamon (optional)

Put the Lemon and Ginger slices in a clean, sterilized 12 to 16-ounce jar. Add the Honey in overtop. Wait until the Honey has fully dripped down and filled in all the gaps/spaces. There should be enough to cover the Lemon and Ginger slices fully. Close the jar and put it into the fridge. It will eventually turn into a kind of jelly. Once it has, spoon a couple of tablespoons of the jelly into a mug, add boiling water and stir to mix. Once it is at the proper temperature, drink up. You can keep the jelly for two to three months sealed in the fridge.

To aid the healing process, it is recommended to eat well, get enough sleep, limit alcohol consumption, and exercise regularly and to an appropriate intensity.

You can find the whole recipe, including other natural ways to deal with colds and flu, here: <https://tinyurl.com/4xc9js6v>

**Have a “Spooktacular” Halloween and a great flu-free month of November,
Wolfgang**