



Veggies on Wheels



Volume 22 – # 260

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

August 31, 2020

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: store@pfenningsorganic.ca – <https://www.pfenningsorganic.ca/>

"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.

Dear Pfenning's Food Box Community,

On the Brink of fall!

Most of you are back and happy to receive your deliveries again. And we are happy to see all of you again and to be at your service. Despite the hint of autumn that is beginning to creep up on us, with nippy nights and cool, sometimes foggy mornings, overcast days and more rainfall, we are still feeling the gratifying abundance of this time of the year. Greens have been plentiful and lush, although there was a local Lettuce lull that dragged on for a little while – to the dismay of you Lettuce lovers, while unlamented by you Lettuce loathers. Palatine fruit season is still going strong, with Coronation Grapes soon to make their entrance, local Onions are already on the table, and Carrots and Leeks at Pfenning's Farm are nearly ready to be harvested, as are many of the root veggies ripening patiently in nearby fields. Thus, we find ourselves on the brink of fall, and are readying ourselves for the Root Veggie season coming up and for all its comforting and cozy deliciousness to envelop us once again.



LOCAL Rosemary

For the first time ever, we are including **LOCAL Rosemary bunches** in our Food Boxes, notably in the LOCAL, BLENDER and WILD Baskets. Don't know what to do with Rosemary? Ever since Simon and Garfunkel's 1965 song, Scarborough Fair, which put Sage, **Rosemary** and Thyme on the map, some may have become more familiar with these aromatic and versatile herbs, especially **Rosemary**. We use them regularly on our simply divine **Root Veggie Casserole** (find it in our **Recipes** here: <https://tinyurl.com/ya8xt7qh>). So, what's with Rosemary? Those of you who are in the no-know may be intrigued to learn that it is recommended for strengthening the brain and memory. The herb is also

said to contain substances that are useful for improving digestion and increasing circulation. More importantly, Rosemary is used extensively in cooking in dishes such as soups, casseroles, salads, and stews. It's hard to imagine Mediterranean cuisine without Rosemary!

So, you have received your **Rosemary bunch** with your delivery. What now? If you don't need it right away, Almut suggests you just hang it up by the stems to dry, like your laundry. After they are totally dry, you can rub off the leaves between your hands and shred, chop or blend them to a powder, then store them in a spice jar for whenever you need them. Used fresh, just chop up the leaves and add to your soups, casseroles, salads, and stews. Or you meat eaters can use it to enhance your poultry, game, lamb, pork, steaks and fish, especially oily fish dishes. It is also possible to chop up the leaves and freeze them to be used later. Rosemary is an herb to be seriously reckoned with, to say the least.

Golden Hearth BACK from their Holidays – thank God!

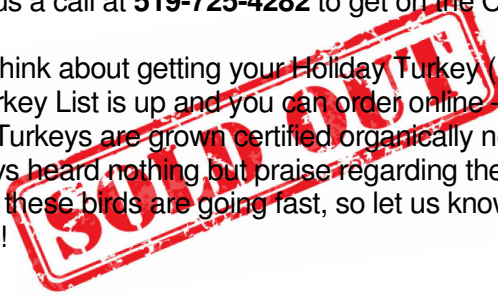
In case you didn't catch it, we have reactivated all the exceptional **Golden Hearth Bread and Pastry** products (Croissants, anyone?) in our Catalogue. Yes, they are back from their well-deserved holiday and once again baking up a storm at their downtown one-of-a-kind Kitchener Bakery. Their products have become well-coveted., and you lucky KW customers can get their luscious bread and pastry wares delivered fresh with your Wednesday morning delivery. Check 'em out in our Bakery Department: <https://tinyurl.com/y3mxydtc>.



Fresh Chickens, Fresh Thanksgiving Turkeys

We are getting **FRESH LOCAL WHOLE CHICKENS** on two upcoming dates: **September 13th** and **November 20th**. These birds are \$5.50/lb and come from our Local Chicken Farmer whose excellent quality you have been able to savour in the past years. These chickens are free-run and raised on organic feed. Order your **fresh Whole Chicken** in our Catalogue – <https://tinyurl.com/y83h2hb9> – or give us a call at **519-725-4282** to get on the Chicken List.

Incredible, but **Thanksgiving** is imminent! Time to think about getting your Holiday Turkey (*we are hoping for leniency from our vegan and vegetarian customers*). The Turkey List is up and you can order online – <https://tinyurl.com/yd8e8u3s> – or give us a call at the Store: **519-725-4282**. The Turkeys are grown certified organically near Woodstock and come in of 15 to 18 lbs for \$ 6.00/lb. In the past, we have always heard nothing but praise regarding the quality of these birds. A real Thanksgiving delicacy. However, last I heard is that these birds are going fast, so let us know soon if you want one. Thinking of a Christmas Turkey? Let us know NOW!



Box Returns

A quick reminder that we are always happy if you leave out your **intact delivery boxes** for us from your last delivery. We will readily take them along when we drop off your new delivery. Thank you very much!

Choose HEALTHY LIVING over FEAR!

Recent events are hard not to take note of and are front and centre of our lives at the moment. It appears that SARS-CoV-2 is likely here to stay and we will have to contend with it for an undetermined length of time. While we are patiently waiting for the saving vaccine, which may or may not allow us to go back to a “normal” life as before, it looks more and more as if the only long-term solutions offered to us by the mainstream are to continue social distancing and mask-wearing for the remainder of our days – not to mention the extensive omnipresent hygiene protocol. Quite a bleak outlook. There is, however, an intriguing approach that is by and large completely ignored by health officials and pandemic response authorities: **a healthy lifestyle!**

Once again, **Dr. Mercola** – you can find his site in our Links page (<https://www.pfenningsorganic.ca/Links.htm>) – offers an uplifting view (read it in its entirety here: <https://tinyurl.com/yxaedj3l>) in light of the sobering fact that certain pre-existing risk factors, obesity above all, raise your risk of severe COVID-19 illness and death. In the UK, obesity is now being targeted as part of the country's coronavirus prevention strategy, with measures to vilify junk and unhealthy foods. There, they have been focusing on the deleterious effects from sedentary lifestyles and dietary patterns having shifted to excessive food consumption and poor nutrition. This has been contributing to metabolic deterioration and immunodeficiency, which in turn makes one more receptive to succumbing to illnesses such as those caused by viral infections. In other words, lead a healthy lifestyle to stay healthy.

Now there are many opinions (some quite obvious) on how to stay healthy, and you all likely have your own approach. Mercola focuses on avoiding processed and junk foods and maintaining a healthy body weight. You may also want to consider intermittent fasting (like skipping a meal once a week), indulging in vigorous exercise a few times a week (like running, walking, resistance exercises), getting plenty of sunshine and sufficient amounts of sleep, eating simple and healthy foods, avoiding the “obvious vices” (as one of our long-standing customers, John Manley, so succinctly, yet adequately suggests in his recommendations which you can find here: <https://tinyurl.com/y6a7aczh>), and even trying Buteyko breathing – breathing only through the nose; we reported on that back in 2016 in two of our Newsletter editions: # 200 and # 201, if you would like to go back and read them. Some, us actually included, would go further and even maintain that the health effects of positive thinking and an optimistic outlook on things can go a long way.

The gist should be clear. In times where most of us seem to be very much in the stifling grip of fear from succumbing to the rampant illness all around us, all of us would greatly benefit from choosing to strive for a healthy lifestyle instead of giving in to fear. We can still go ahead and follow all the currently suggested guidelines if we so desire. However, choosing healthy living over fear will provide us with an edge to better deal with COVID or in fact any illness.

Wishing you all a happy and healthy fall,

Wolfgang