



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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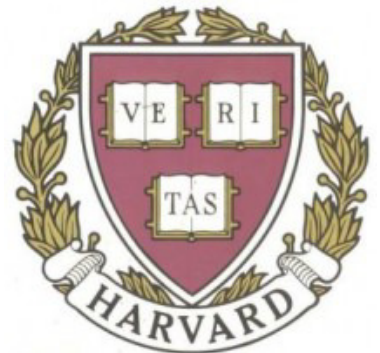
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"Veggies on Wheels" (edited by Wolfgang W.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

## Dear Pfenning's Food Box Community,

**"Research has shown..."** We all have seen this or similar introductions (*dare I suggest: "studies suggest..." or "studies have shown..."*) to what in its wake is presented as absolutely venerable and credible proof of something that we are supposed to be led to believe – unconditionally. More credibility is feigned when such research can lay claim to scientific soundness as a result of an approved authority having performed it or backing it up. Keep this thought in mind for a moment, folks.

As most of you will agree, it's helpful to keep up-to-date on current events, both global and local – and that is precisely what I do when I have some leeway, such as when I'm delivering your Food Boxes to you. Not surprisingly, CBC radio will often be accompanying my early Tuesday and Wednesday morning delivery runs. Just a few weeks back in September, a remarkable news story was aired briefly, and then quickly put to rest after a day or two. You may have picked it up or not, and fortunately I did, but seeing the profound implications for our health and well-being, it merits to be recalled to memory.

So what is your view on eating fats? You may not know it, but your view on fats could be influenced by "research" done over half a century ago. Back in the sixties, a **Harvard study** emerged suggesting that it was not sugar that was to blame for coronary heart diseases, but rather cholesterol and fat. Lo and behold, the food industry quickly reacted, replacing fat with low-fat and sugar to make up for the loss in taste. You or your parents or grandparents may have lived through the days when butter was banned from the fridge and the reign of margarine began. It could almost be said that the baby boomers became the low-fat generation. What was less obvious was that sugar in all its varieties was increasingly added to all foods and we are coming to see that we have been dealing with the fallout for quite some time now.



What is noteworthy and at the core of this early September morning newscast, incidentally first published in the New York Times a day earlier (<http://tinyurl.com/hpgjst5>), is that the **Harvard researchers performing the study were paid off by the sugar industry** who wanted to deter from any growing belief that sugar had anything to do with heart disease. You may want to read the CBC article which was published a day later: <http://tinyurl.com/hxd64nc>. There we have it! Esteemed Harvard researchers laying the faulty foundation for the way generations have been eating. Faulty because, as is becoming increasingly evident in recent times, the assumption that cholesterol and saturated fats provoke heart disease just does not hold water. Yet countless studies have been based on this fallacy using the mantra "research has shown." At the same time it is slowly being admitted that added sugar can increase the risk of heart disease, not to mention obesity and diabetes. Some follow-up questions did pop up in my head: What are we to believe now when a study is published announcing that "research has shown...?" How much research is out there that was performed in the interest of a certain agenda? Which studies can we truly trust?

In any case, will I reverently bow my head henceforth in recognition of any findings presented under the guise of "Research has shown..."? Fat chance!

## Healthy Fats

While you are trying to digest all this, I feel it would be helpful to throw you a lifeline and remind you of all those **healthy fats** out there that you can eat.

In an article that I found on Business Insider (*Why I'm livid — but not surprised — that the US sugar industry funded one of the biggest misconceptions in modern nutrition*; read it here: <http://tinyurl.com/htk3hbq>), an understandably indignant author goes on to explain the drawbacks of sugar, pointing out that this also includes all carbohydrates, such as bread, cereal or potatoes. Instead, she suggests that we focus more on unsaturated fats, such as avocados, olive oil, oily fish (such as salmon) and nuts (*best pre-soaked in our opinion*), as well as whole grains (*also best pre-soaked*) and lots of vegetables, of course. Others would also include coconut oil, organic pastured egg yolks, pastured butter, ghee, lard and tallow, and grass-fed meats – paying tribute to the growing recognition that saturated fats too have their justification in a healthy diet. Want to read more on this still somewhat controversial subject? See this revealing article by Dr. Mercola: <http://tinyurl.com/zc4pc39>.



In case you are wondering, all of these healthy fats and foods (except for lard, tallow and ghee – but you can make your own from butter) are available in our Store.

## Last-Minute Turkey?

With Thanksgiving just around the corner, you may rejoice to learn that we still have a few fresh certified organic **TURKEYS** (from Yorkshire Valley Farm, Woodstock) waiting for a home. They are in the range of about 15-17 lbs.

Give us a call at the Store – 519-725-4282 – if you are interested.

**In case you're wondering, there WILL be deliveries during the Thanksgiving week!**

## Fresh Local Chickens for October 14<sup>th</sup> and November 11<sup>th</sup>

We will also be receiving another two installments of fresh organic local **CHICKENS** coming to the Store. There are two dates you can choose from: **October 14<sup>th</sup>** and **November 11<sup>th</sup>**.

The chickens coming on **October 14<sup>th</sup>** are a **Nova Brown Heritage** breed. They are apparently a slow-growing breed with superior taste and meat texture, certainly in part due to the fact that they love to roam around and forage.

To order, visit our online Catalogue at <http://tinyurl.com/pgc2pbe> or give us a call at 519-725-4282.



## Freshly-Pressed Mat's Oil Coming

It is that time of the month again when **Mat's Freshly-Pressed Local Oils** will be coming to the Store: Flax, Sunflower and Camelina. Comes in different sizes: 250 ml, 500 ml, 750 ml  
Best to call us at the Store – 519-725-4282 – to pre-order.

**Happy Thanksgiving to all,  
Wolfgang**