



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: [store@pfenningsorganic.ca](mailto: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,

### Thanksgiving!

**Welcome to the month of Thanksgiving!** Strangely, our Thanksgiving is six weeks earlier than the same harvest celebration down south. Ours takes place on the second Monday in October, while Americans celebrate their Thanksgiving on the fourth Thursday of November. So ever wonder why? Let's get into the spirit. One could surmise that it has to do with our harvest being earlier due to our harsher climatic considerations. However, that's only part of the picture.



Once the season approaches, the **Americans** are proud to endlessly reiterate the story of the festive historic gathering of the Pilgrims and Native Americans in **1621** at Plymouth Colony to celebrate their ample harvest – traditionally referred to as the **First Thanksgiving**. It is interesting to note that after this first joint gastronomical jubilee it took almost another two centuries and a half – in 1863, to be exact – before Thanksgiving was declared a national holiday by then president Abraham Lincoln (probably with an eye on strengthening national unity during the Civil War raging at that time) to be henceforth observed annually on the fourth Thursday in November.

Around this time, **Canadians** in their own right, probably inspired by their American counterpart, also strove for a national day of giving thanks for a bountiful harvest. Yet Canada has a very similar Thanksgiving story dating back even earlier to the voyage of English explorer **Martin Frobisher** to Newfoundland in **1578** in search of the Northwest Passage. After arriving safe and sound at their destination, Frobisher and his crew celebrated their successful crossing with a meal of salt beef, biscuits and mushy peas – admittedly a far cry from the turkey, mashed potatoes and cranberry sauce generally associated with Thanksgiving these days. However, it wasn't until **1879** that Parliament declared November 6<sup>th</sup> to be a national holiday for celebrating the harvest. Historians believe that the introduction of this holiday in Canada was at least partly inspired by Protestant ministers pushing for a religious day of thankfulness for divinely facilitated bountiful harvests as a reaction to budding Darwinism which discounted any heavenly involvement. Another reason is seen in the perceived distinction between Americans, who had to contend with the lamentable bloodshed of the Civil War, and Canadians who were spared such calamity and wished to demonstrate their thankfulness for being Canadian.



It took another three decades – until **1908** – for Canadian Thanksgiving to be moved to a Monday, urged by railway lobbyists to turn it into a long family weekend holiday – and allow families to visit one another (by train, of course). Finally, in **1957** Thanksgiving was made into the legal annual holiday to fall on the second Monday of October, the way we now know it. Something to think about when you are celebrating Thanksgiving (read more here: <https://tinyurl.com/yaz2v8h5>).

## Thanksgiving Turkeys – Sold Out!

Anyone hoping for a fresh **Thanksgiving Turkey** will be sad to learn that we are absolutely sold out! The run on Turkeys was short, but vehement – and they are all gone.

Thanksgiving in Canada – as we have learned – is on the second Monday of October, so on the 12<sup>th</sup>. Our **Turkeys** are **arriving at the Store at some point this week**. If you have ordered one, we can certainly deliver your Turkey fresh to you on your delivery day, if you are receiving a Food Box delivery. If you are not, we can still deliver to you (for a delivery fee) if you are within our delivery area. You can check here where we deliver to:

<https://www.pfenningsorganic.ca/Delivery-Area-Times.htm>.

Give us a call at **519-725-4282** or send us an email at [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) to let us know if you would like to have your Turkey delivered.

## Chickens – NEW Arrival Date

If you are on the **Chicken List**, you will have learned by now about the delay in the arrival of the fresh Chickens. The new arrival date when we are expecting our fresh Chickens to arrive at the Store is **Friday, October 30<sup>th</sup>**. As with the Turkeys, please, contact us by phone or email to let us know if you would like to have your Chicken delivered frozen.

## Tofurkey available

So, you are in the spirit of Thanksgiving, yet prefer not to eat meat. There is an alternative: **TOFURKY!**

You can find it here in our Meat Alternatives department:

<https://www.pfenningsorganic.ca/ecommerce/food/meat-alternatives/tofurky-roast-meatless-vegan.htm>.

This is a whole vegan Turkey meal! Here is what you get in the package serving 6: 100% vegan treat, including a tender, juicy 2lb stuffed Tofu Roast, savory gravy, new fudge brownies, and Tofurkeyurky wishstix. We have just a few left for a very agreeable price.



## Cranberries

What is the harvest feast without **fresh Cranberries**? They are a very seasonal thing, but they have arrived at the Store and should be available now right through until December. You will find them in this week's Food Baskets (yes, all of them), just in time for Thanksgiving. If you need more, look for them in the **Fruit section**: <https://www.pfenningsorganic.ca/ecommerce/food/produce/fruits> – and this is where they come from: <https://www.patiencefruitco.com/en/products/our-fresh-cranberries/>.



## The ORIGINAL Thanksgiving Meal

After all this talk about Turkey, Stuffing, Mashed Potatoes, Gravy and Cranberries, you may want to know what was **REALLY** on the table 400 years ago at that historically most famous first Thanksgiving meal (*Frobisher's menu wasn't all that exciting, as we learned earlier*). According to the scarce sources from this period, the **First Thanksgiving** had very little of what is commonly enjoyed at the modern version of this celebration as you may know it – you can read more here: <https://tinyurl.com/y7ceqqbf>. Had you been present for that memorable meal, you would have indulged in plenty of fresh meat, such as wildfowl (goose, duck or passenger pigeons), venison, even stewed eels, shellfish (clams, mussels, oysters) or other seafood, and ground corn for bread or porridge. Inspired by the First Nations, the “three sisters” – corn, beans and squash or pumpkin – would have made up a large portion of the menu. There was likely no stuffing made from bread, rather from onions, herbs and chestnuts, and pumpkin pie was not an option (there was not yet butter or wheat flour for the pie crust available). You would have had to do without potatoes or sweet potatoes, as they had not yet been introduced to North America at this time, and cranberry sauce was also another 50 years in coming. In any case, whatever was served was so good that it ended up making history.

**If you are in doubt, YES, we ARE delivering on Thanksgiving and during Thanksgiving week.**

**Wishing you all a festive and bountiful Thanksgiving,**

**Wolfgang**