



# 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.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

## Dear Pfenning's Food Box Community,

**Much faster than anticipated** we find ourselves before a landslide of happenings: this year's harvest is done, the Farm's Indian (actually Punjabi) crew has finished packing the last Leek and Green Kale and all are going on an extended leave (see the Farm's good-bye here: <https://tinyurl.com/y9us7hok>), the Jamaican team has begun traveling back home, with the last of them to leave in a little over a week, the temperature is set to drop dramatically in the course of this week (with snow on the horizon) and Christmas is just around the corner.

Now that Christmas is on the table, you may want to know ahead when we will be taking our **holiday break**. Here we go, right at the start of December Newsletter: **NO DELIVERIES on December 26/27** and **NO DELIVERIES on January 2/3**. We are back for **regular deliveries on January 9/10, 2018**. Biweekly customers having a delivery on December 12/13 will miss out on December 26/27 – and biweekly customers having a delivery on December 19/20 will miss out on January 2/3. Want a delivery just before Christmas? Would you like to start up again in January right after our break? Let us know! Any questions? Please, get in touch with me (Wolfgang, to be reached at [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca)).

## Christmas Goodies

So while delving on Christmas, may we point your festive attention to the return of Harmony's prized and irresponsibly delicious **Egg Nog** (<https://tinyurl.com/ycpt5axm>), as well as our traditional **Christmas Baking** by Stickling's Bakery – <https://tinyurl.com/y9wvqwon>. We have been waiting for quite a while for Stickling's coveted holiday items to come in and are happy that they are available to you now in time for the merry season. You may also be interested in our **100% Beeswax Candles** in all shapes and sizes – <https://tinyurl.com/yaxudu5f>. We would have liked to offer you our fresh Turkeys from Yorkshire Valley Farms, but – alas – they sold out earlier than expected.



## Cold Delivery

Whatever you do order, it must be pointed out again that we are inadvertently heading for the **cold period of the season**, which will have a direct effect on your deliveries. As you know, we head out for delivery quite early these days and you may be receiving your order well ahead of the time you generally rise. Wherever we thankfully have been given access to a protected drop-off location, such as a garage, enclosed porch or shed, you need not worry. Your order will be protected from heavy frost. Where this is not the case, we need your help to provide drop-off conditions that will keep our cold-sensitive goodies from freezing. You can find some helpful **Storage Suggestions** for extremely cold weather on our Catalogue **Delivery Arrangements** page: <https://tinyurl.com/ybob9s3h>. You can always leave out a cooler or some heavy blankets (even a sleeping bag) for us to put your order in.

## Keep it Local?

With the harvest in, our **Local Basket** will also become more root vegetable-oriented. This has enticed some customers to switch to a Blender or Wild Basket which will be including more fresh greens, fruits and other produce coming up to us from more temperate climate zones, such as California and Central and South America. Let us know if this is an option you would like to take advantage of.

## Store News and Specials Update

Another question we would like to put out there deals with our **Store News and Specials Update** which we send out weekly to designated customers. Here is a link to the latest one: <https://tinyurl.com/y72qvlwg>. Since our customers who are subscribed to this update have been expressing their contentment with keeping informed on Store specials and deals, we were thinking of sending it out to all our customers to have you partake in this shopping opportunity. You can subscribe (or unsubscribe) to the Store news and Specials Update or even this – Home Delivery – Newsletter right here: <https://www.pfenningsorganic.ca/newsletters/subscribe.cfm>. Let us know what you think!

## Ever hear of the Health Freedom Bill?

We didn't either before reading about the **Health Freedom Bill** in the November issue of **Vitality** (you can read it here: <http://vitalitymagazine.com/article/ode-great-politician>). What really caught my attention was this introduction in Helke Ferrie's article: "**Occasionally someone comes along who can think clearly, observe correctly, and clear the fog that everybody else is trapped in.**" How appropriate... and it kept me reading to the point of understanding that this bill, which amended Ontario's Medicine Act in 2000 by adding to it those self-evident imperatives that keep the practice of medicine open to new diagnoses and therapies, appears as all but forgotten. **Monte Kwinter**, the Liberal MPP who authored this bill, is retiring from politics this year at age 86 after serving in the Ontario legislature for 32 years. As Helke Ferrie puts it, with his bill Monte Kwinter "made it possible for Canadians to emerge from the Dark Ages of authoritarian, innovation-phobic, antiquated medicine, thereby liberating the practice of mainstream healthcare and empowering patients." While the bill itself seems to not figure much in people's immediate thinking, its ramifications are being felt considerably to this day. Doctors can now resort to medical treatments, not necessarily condoned by the College of Physicians and Surgeons of Ontario (CPSO), based on significant mainstream research supporting their therapies and overwhelming positive patient outcomes. Doctors' licenses can no longer be revoked just because the CPSO does not approve of whatever the physician did. As the article explains, this 'Old Boys Club' approach has since been overtaken by actual alternative developments and findings that have inevitably become part of mainstream medical research.

The **Health Freedom Bill** – actually based on the Helsinki Accord of 1964 and signed by Canada in 1989 (*you can read it in the article*) – has led to outcomes seen as self-evident today, such as asking people to refrain from wearing colognes or perfumes in the workplace, restricting the use of chlorine bleaches in swimming pools, re-examining the toxic effects of gasoline, breast implants, carpet glues, dry cleaning fluid and even tobacco production. Back in the 90s, questioning any of these was considered to be based on "*irrational fears of all chemicals around us... thereby costing society millions of dollars and restricting people's lives in unnecessary ways and diverting them from effective [drug] medical treatment.*" Thanks to Monte Kwinter, we have, indeed, come a long way. He summarized his efforts by saying: "This Bill has 67 words and it's really a statement of principle: freedom of choice for the patient, freedom of choice for the doctor, do no harm, and don't be afraid to use your best judgment within the confines of the Medicine Act to do it." Perhaps this may serve as an example for the many other antiquated phenomena that we are still facing to this day.

*Finally, picking up once more on the end of the harvest, here are **Lincoln and Trevor** last week just before harvesting the final row of carrots!*



We would like to thank all our faithful customers for supporting us, a truly independent local business, and all the local growers and producers who contribute to offering you the best in unadulterated products that our region has to offer.

**We wish all our customers a joyful and festive Christmas season,  
Wolfgang, Almut, Kacy and Andrea**