



# Veggies on Wheels



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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,

### April – no fooling!

**March really did come in like a lion and went out like a lamb (somewhat)**, just like the old proverb has us believe. Now we're heading into April showers. Nice to see that there are still some things that can be relied on.

One thing we are having trouble understanding is the rampant disrespect for the law. We all know that there is a by-law still in effect – until May 31<sup>st</sup>, unless repealed or extended – which requires the wearing of a face covering in public areas, unless you claim one of the many exemptions outlined in the by-law and more detailed provincial emergency order. You can have a look at the exemptions in the by-law and emergency order on our most recent **Blog post** (<https://www.pfenningsorganic.ca/blog/>).

The exemptions that anyone can claim – without the need to present any proof or evidence – are not only for medical reasons or any disability in accordance with the Human Rights Code, but also for any kind of breathing difficulty, sport or other strenuous activity, or any of the provincially mandated reasons. This is something that many people, the public media and most politicians appear to have not yet understood.

Why are the vast majority of businesses and companies denying these exemptions to those who claim them? Do businesses not realize that they are in violation of the by-law by denying customers who claim an exemption the right to enter and shop? Understandably, we are deeply troubled by Canadians, known throughout the world as gentle and righteous people, who refuse to acknowledge and respect their fellow citizens' choice of exercising their legally guaranteed and inherent rights and freedoms.

Thus, we stand by **Pfenning's Organic & More's policy** – in full compliance with the existing by-law and all its implications – to acknowledge and respect the choice of anyone entering our Store whether to wear a face mask or not. We vehemently oppose creating an atmosphere of fear, or any harassment and intimidation for our customers or whoever it may be that enters our Store.

Anyone still concerned about public safety standards at our Store may be directed to our most recent **Food Safety Inspection Report** (you can find it on our site under **About Us – Our Guarantee**), which also scrutinizes the implication of COVID-19 measures. If you take a moment to look at the report, you will come to the conclusion that it is possible to respect the face mask exemptions and also adhere to current public safety guidelines. See Almut gleefully waving the report on Instagram: <https://www.instagram.com/p/CMU-ZY9ggq3/>.



## Fast-Track your Fitness

In our **January Newsletter**, we had tickled your hidden desire to stay in shape, despite the adverse stay-at-home conditions at that time (and another month-long lockdown now in place), with the challenging **3-minute workout** – at your discretion. You may recall that this consisted of merely 4 moves (high knees, jump squats, mountain climbers and sit-ups) which you keep repeating, up the list and down, 5 reps each time, for 3 minutes as fast as you properly can to give your body a full workout. Some were suggesting adding a universal whole body move to the list: the “beloved” **burpee!**

The standard burpee works to strengthen the muscles in your legs, hips, buttocks, abdomen, arms, chest and shoulders – so it’s really an all-around exercise. Essentially, a burpee is a push-up (which can be optional) where you instantly bring your legs in, at least shoulder width apart, to go right into a deep squat from where you jump up, making it a jump squat, after which you come back down with bent knees into a deep squat where you do another repetition. Add 5 reps of that to the other 4 moves and make your 3-minute workout even more challenging, more effective and more rewarding. Almut says, although it can be really hard and trying, you feel soooo good afterward, that you just want to do it. Here’s a great videoclip you can check out on how to do a proper burpee: <https://www.youtube.com/watch?v=yy1wJxmljBI>



## Seeding Time

With the longer days, rising temperatures and more sunshine, the urge to get started on our own veggie garden recently got a hold of Almut. The beginnings – as you can see in the action shot – are very modest, but are expected to bear grand results in a few months down the road. Right now, the seedlings, lettuce, chard, kale, onions and more, are growing on our living room window sill, with the occasional outing on a warm day (which helps to toughen them up and get adjusted to outdoor life).

Once night frost is no longer expected, generally near the end of April into early May, they will be transplanted into our garden where, with the usual care consisting mostly of weeding and watering, they will grow into mature, edible plants to embellish our menu and keep us well-fed and healthy with the most local production imaginable.

## NOT too late to start!

No, it is NOT too late to start your seedlings. Here are some vegetables you can get started indoors for transplanting: Chard, cucumber, kale, lettuce, melon, peppers, pumpkin, spinach, squash and tomatoes. Since our last night frost is about four to five weeks away, you can safely start your seedlings – using Almut’s method if you like – to be ready for transplanting once the danger of night frost has passed. See our **Garden Seeds** department in the **Home** category for available seeds.

Here's a little timely springtime chuckle I recently saw on a roadside sign while on delivery: **Spring is here! I'm so excited, I wet my plants.**

**Any questions? Call Almut at 519-725-4282.**

**Happy Easter, successful planting, enjoy spring and its promise of growth and renewal,  
Wolfgang**