



Veggies on Wheels



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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,

If one is to believe the message conveyed by a popular 90s commercial which resurfaces from time to time (a classic by now, watch it here: <http://tinyurl.com/bve6ngk>), this is the most wonderful time of the year. It appears that only parents with kids who are returning to school will understand it. In any case, after about 11 weeks off, it's back to school for most children in the country – and back to school snacks and lunches as well. We can't say it any better than **Bernie from Pfenning's Farms** and are quoting her here in part. Whether you're the parent who will say a tearful goodbye that first morning or the parent who does the happy dance once your munchkin is out of sight, I think we all can agree on one thing: the importance of good nutrition! There's no doubt that healthy food provides fuel for the brain and the body, which is the foundation for being the best we can be. Parents, what goes in the lunchboxes? We've got lots of healthy suggestions for you!

Crispy, crunchy **veggie sticks** – **carrots, celery**, even raw **kohlrabi** (nice sprinkled with a bit of dried spices or salt). **Watermelon radish, broccoli or cauliflower, pepper, mushrooms, and cherry tomatoes** all are delicious on their own, or dunked in hummus or another healthy dip – see some recipes on our Recipe page:

<https://www.pfenningsorganic.ca/Sauces.htm>. **Fruits** are a great snack too – **apples** and **bananas** don't even require a container. **Grapes** are always a big hit, and **kiwi** cut in half (don't forget to send a spoon). **Cheese** is a tasty and popular accompaniment for either fruits or veggies too! **Yogurt** and **Kefir** are also great additions, on their own or as the base of a dip. So many possibilities!



Basil Out – Carrots In!

While delivering your Food Boxes last week, the enticing hint of **fresh Basil** (waiting to be delivered to you in your Boxes) was around me all day. It became especially gripping when transferring items to coolers set out for me by my customers on delivery morning. Anyone who knows us (both Almut and me) can attest to our fondness for Basil – and the Pesto Sauce that is made from it. Alas, it was a pleasure of short duration. No sooner begun, Basil season seems to have come to an end. Much like Tomatoes this year, Basil lacked the heat and ongoing sunshine to make a run for a bumper crop. Other crops, such as **Carrots**, are looking great. Check out this shot from the Pfenning's Farm production area on a day they were washing Carrots: <http://tinyurl.com/y8q9dprd>. Without even touching on all the preliminaries, such as preparing the land, sowing, weeding and harvesting, this gives you an idea of what it takes to get fresh organic Carrots to you!



Stock up on Chickens for the winter

Our apologies for bringing up the “w” word, but there’s no way around it – winter is coming. Perhaps time to think about stocking up on some poultry.

We have a new **Chicken List** out. You have the choice of signing up for **October 27th** and **November 24th** for your regular fresh whole chickens: raised organically, but not certified, free-run, out in the sunshine during the day, in the 'coop' at night.

We also have birds raised **without soybean feed** coming on **October 31st**. Prices are at \$5.00/lb for fresh pick-up or

delivery and \$5.50/lb if freezing is necessary for later p/u or delivery. Chickens will range in weight from about 5-8 lbs.

You can find them in our **Catalogue** in the **Meat** section (<http://tinyurl.com/y9r4t4qs>).

We are still waiting on the word from Noah, whom the chickens are from, whether half and quarter sizes will be available as well.

Fat Cat Out of the Bag

After decades of having us unsuspecting and gullible customers believe that low-fat is best for our health, out comes a **study from McMaster University** that “it ain’t actually so.” Well, it has actually been the talk of the town for some time now, only it needs an accredited study for people to really believe it. Turns out that dietary fats are “not associated with major cardiovascular disease, but higher fat consumption was associated with lower mortality; this was seen for all major types of fats (saturated fats, polyunsaturated fats and mono unsaturated fats), with saturated fats being associated with lower stroke risk. Total fat and individual types of fat were not associated with risk of heart attacks or death due to cardiovascular disease” (<http://tinyurl.com/ya0ey42o>).



To be clear, it looks like we can go ahead and enjoy our **avocados, coconuts and coconut oil, butter, whole milk, full-fat yoghurts, kefir and cheeses, whole eggs, fatty fish (salmon, trout), nuts, seeds, and all those other healthy oils and fats (even dark chocolate**

with at least 70% cocoa) while going easy on the carbs. The past emphasis on low-fat and fat-free products has led to an excessive offer of products containing high levels of sugar and carbohydrates, which may have been playing a significant role in fostering dietary habits on us that pose health risks – check out the recent CBC News article for more info: <http://tinyurl.com/yapvjgn>.



Let’s see how many decades it will take for the mainstream industry to take note of this study and offer us – their customers – healthier alternatives.

Happy upcoming fall, exciting back-to-school and pleasant last few months of the year,
Wolfgang