



Veggies on Wheels



Volume 24 – # 286

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

September 5, 2022

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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,

Transition Time

Welcome back to all of you who are returning from what has turned out to be a picture-book summer!

However, it works every time: as soon as September rolls around, the nights seem to grow noticeably cooler. Still, we are happy to keep getting as many as possible of those warm and sunny days which make it easier to take on that transition to fall. It also helps with all those tasty veggies still waiting to be harvested. With the gradual changeover that goes hand in hand with the approaching end of summer, we are already seeing more root veggies coming in, such as carrots, red beets, rutabaga, celeriac, parsnips, and of course all those potatoes, sweet potatoes, squashes and cabbages. Some of those mentioned – notably carrots, red beets and cabbage (green or red) – are ideal for a late-season **"Shredded Salad,"** as Almut calls it. When the usual summer greens start gradually getting scarcer, we begin to include those roots – and finely shredded, adding some roasted pumpkin and/or sunflower seeds, optionally some chopped onion, along with a tasty home-made dressing, they go a long way in providing a deliciously fresh and crunchy shredded (or chopped) salad. On our Recipe Page, you can find **Almut's Local Salad** which is very similar and gives you the recipe for our home-made salad dressing. Here it is again in a nutshell:



Almut's Dressing:

- Sunflower Oil (Mat's)
- Apple Cider Vinegar
- Mustard
- Maple Syrup
- Garlic
- Salt and Pepper

Optional: add some Tahini or Sour Cream (1-2 tblsp) for a creamier option

Choose the amounts and ratio according to your preferences. Blend with a hand blender until creamy and add to salad. Thoroughly enjoy the local goodness!

Local Lettuce

Although we have been blessed with plenty of rain recently, you will notice that the heads of Local Lettuce may be a bit smaller than usual. You could call this a post-drought phenomenon, as the lettuces need to do some catching up from the recent period when we were experiencing drought-like conditions and hurting for rain. Thank you for understanding.

Turkey List – Order NOW!

With Thanksgiving coming closer by the day, we are sending out another reminder to let us know if you would like to be put on our **Turkey List**. We will again have a limited number of local, organic, free-run Turkeys to be ready for Thanksgiving, now only about a month away. Give us a call or send us an email to get on the **Turkey List**.

Storage Suggestions

You will be seeing some items in your Food Boxes, such as **parsley and peppers**, which you may not be able to use all at once. If you do have more of these than you can use at the moment, you can also chop them up, put them in a baggie or storage container and freeze them, to be used as needed later in the season. You will be happy to have “fresh” local greens and veggies available in the winter when they are not available.

Milk Price Adjustment



Due to continually rising production costs, milk and dairy prices will presently be subjected to some minor adjustments again. Although they had hoped to avoid this, Dairy Farmers of Canada saw the need for this adjustment to make ends meet and keep their operations running feasibly. The Canadian Dairy Commission approved the second milk price increase this year as they acknowledged that farmers are facing never-before-seen price increases on goods and services they need to produce milk. For now, this price increase is only for Harmony and Hewitt's Milk, not yet for Eby Guernsey Milk.

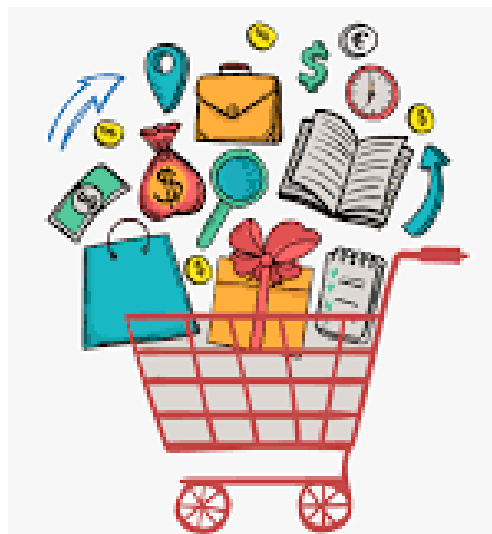
Budgeting and More...

Not only the dairy farmers have been acutely aware of all around rising prices. This has been an ongoing challenge for anyone needing to contend with pecuniary issues. As we know that prices are under everyone's scrutiny, we did want to point out that our recent market observations noticed that some prices appear to be much more on the rise amongst conventional produce than within the organic sector, especially from local sources. Perhaps this has to do, among many other factors, with more challenging transport and overall logistics expenses than is the case for local, closer-to-home-grown goods. Whatever the case may be, we are somewhat thrilled to see the price of, say, locally-grown organic Lettuce undercut that of its conventional counterpart. This should encourage all of us to keep a close watch on the price development of local organic versus imported organic and especially conventional produce. Should you have wondered whether to choose conventional over organic items due to pressing economic considerations, you may want to reconsider, not only because organics may end up being quite competitive, but especially because in the long-run you will not be doing your health and well-being a favour by neglecting the reasoning behind choosing organic over conventional in the first place.

A more reasonable and in the long-term more viable approach is to continue giving preference to the organic option and to focus on budgeting. Give your preference to staple foods and basics and go through the trouble and pleasure of preparing meals from scratch, which is a much healthier and more cost-effective choice. Your budget will go much farther if, for example, you buy 5lbs of potatoes or sweet potatoes and design your meal planning around these, adding other local – organic – veggies, herbs, spices, and condiments. You will find a lot of the recipes on our **Recipes** page (<https://www.pfenningsorganic.ca/Recipes.htm>) that offer just that: simple, tasty dishes made using local organic ingredients.

Almut takes it a step further by offering this practical and budgeting-friendly advice: *“Empower yourself by learning the skills needed to grow, harvest, preserve, store, prepare and cook your food.”*

You can always touch base with us – call us at the Store at **(519) 725-4282** or send us an email at store@pfenningsorganic.ca – for more helpful suggestions on meal preparation or budgeting. Should you yourself have a simple, tasty recipe that you would like to share with us and the Pfenning's Community, we would be happy if you sent it to us, and we will make it available to all of us in our next Newsletter and on our Recipes page.



Have a pleasant transition into autumn,

Wolfgang