



Veggies on Wheels



Volume 25 – # 292 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX February 6, 2023

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: 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,

Welcome to February well on its way – after what seems like January gone in a jiffy!



We are enjoying what resembles winter a bit more now than what we saw at the start of the year when many who habitually pursue winter pastimes such as skiing, snowshoeing, outdoor skating or snowmobiling (maybe even polar plunging in a frozen lake) may have seen themselves short-changed in their usual seasonal activities. It's much better now, as you do want to keep busy, at least to stay healthy, as physical activity has proven to be conducive to good health, right? Well, yes, although your focus should be on **good nutrition**, because, as is generally stressed by serious health aficionados, you cannot "outrun an unhealthy diet." Always interested in the physical activity aspect, I was recently intrigued by an article (which you can read in its entirety [here](#)) suggesting that – contrary to what is nowadays often presented as a must – you do not really have to exercise at great length and with maximum intensity in order to improve all aspects of your health or even increase your life expectancy. The surprising bottom line of the article was

that **consistency of physical activity**, meaning any kind of movement that gets your heart pumping, will improve your health. Even low-intensity exercises, such as walking, stair-climbing, steady-state cycling, all count and cumulatively benefit our health. As recent research has unveiled, exercising for an hour in one go or breaking it up into segments, such as two or three lots of 20 minutes or 12 lots of five minutes, really amounts to about the same in terms of health benefits. Thus, when there is an option, simply choosing anything more physical throughout your day will contribute to your overall health – both physical and mental. At the same time, "small bursts of movement" – such as two minutes of fast walking or quickly climbing the stairs (try to forego that elevator) – can already make a very noticeable difference. Consistency is the key, even without lifting heavy weights or exercising lengthily until exhaustion. As is suggested in the article: "Move a little each day and make a promise to yourself to prioritise it – there is always time for a quick walk." Sounds promising, so get moving, even if it's only for a brisk walk or a spirited climb up a challenging staircase.

WHY Pay with Cash?

We all know about the generally growing tendency towards the so-called cashless society. Regardless of the seemingly endless debate over which is better, we are offering a brief, yet graphic reflection on this subject which we recently stumbled over and which we think was so well-presented and plausible that we wanted to share it with you. As you may know, we are totally accepting of cash payments both in the Store as for our home deliveries – and it's hard to conceive of doing without cash when thinking of our Mennonite neighbours where cash is oftentimes their only acceptable currency.



"Why pay with cash as opposed to a bank card everywhere you go? Here's a simple explanation for one good reason: I have a \$50 bill in my wallet and when I eat at a restaurant, I'll pay for my meal with it. The restaurant owner uses that \$50 to pay his bill at the dry cleaner. The dry cleaner uses the \$50 to pay for his haircut. The hairdresser uses the \$50 to pay for groceries at the supermarket and so on. You get the idea. After an unlimited amount of payments, that \$50 note remains unchanged – it has served its purpose to everyone who used it to pay for goods and services. The bank has not interfered or profited in any way.

*Now, what if I go to the restaurant and pay for my \$50 meal by debit or credit card? The cost of my digital payment which is billed to the restaurant owner as a percentage is an average of 2.5% or \$1.25. If the restaurant owner then pays the dry cleaner digitally, the dry cleaner pays the hairdresser digitally and the hairdresser pays the supermarket digitally, that same \$50 has already been reduced by \$5. There are no unlimited transactions. After 40 transactions, that \$50 has become the property of the bank because of all the transaction fees. Why give the banks more of our money than we need to?? **Cash is king.**" (by Penny Wyse in Druthers)*

Continuing Garlic Saga: Roasted Garlic

Once again, inspired by a sampler gift from Dianne (from **Golden Acres Farm**) who grows a lot of the veggies you see in your Food Boxes (as mentioned in our [last Newsletter](#)), we would like to introduce you to her way of preparing **Roasted Garlic**.

As Dianne says: “Yummy oven roasted [garlic](#) with a pinch of pickling [salt](#), tiny drizzle of [apple cider vinegar](#) and [olive oil](#)! (Note: fills the whole house with eye-stinging aroma!)”

More precisely: Peel the cloves and, as Dianne suggests, add a pinch of pickling salt and drizzle with apple cider vinegar and olive oil. Mix well and bake at about 300°F (150°C) for 30-40 minutes, or until the cloves are lightly browned and feel soft when pressed. Allow the garlic to cool enough so you can touch it without burning yourself. Then squeeze it tightly into jars or mason jars – and it will keep in the fridge for several weeks, although it will likely be eaten way before that. If you have lots, you can also preserve the roasted garlic by oven-canning it at about 350° F (180° C) for 20-30 minutes, and it will (or may) keep much longer.



Nutra Cleanse

For the longest time, we missed this excellent natural product: [Nutra Cleanse](#). Thankfully, it is now back and available at [Pfenning's Organic & More](#). **Nutra Cleanse** is a natural food product based on a 150-year-old Finnish recipe. It is gluten-free, organic and vegan containing [Flax Seed](#), [Psyllium Husk](#), [Dandelion Root Powder](#), [Burdock Root Powder](#) and [Fenugreek Seed Powder](#). Although we still have a ways to go before thinking of a spring cleanse, **Nutra Cleanse** has qualities that assist notably in cleansing and detoxifying your colon – which is one of the main organ systems of your body involved in not only absorbing valuable nutrients, but also removing toxins, poisons and harmful substances. On the side, being high in fibre it also helps to maintain your digestion regular and has other benefits which are described on the product page in our [online Catalogue](#).

Milk Price Increase – Finally!?

This may sound somewhat facetious, but while prices all around have been steadily (and annoyingly) increasing due to rising production and distribution costs, it has taken the **CDC** (Canadian Dairy Commission) until now to implement their increase of milk prices (cow's milk, not goat's or sheep's milk) by 2.2 per cent effective as of this month. This is explained by the rise in costs for manufacturing, material labour and distribution and will affect all cow milk products, beginning with milk itself. As always, we try to keep all our prices as low as feasibly possible – which is in part achieved by buying directly from growers and producers and favouring small, non-corporate businesses – and hope that any price increases do not overly inconvenience our customers.

Should any of you, however, indeed be inconvenienced or perhaps peeved by these continued increases, may you be reminded that [Goat](#) and [Sheep Milk](#) products are yet not bound by the CDC's decisions. You may want to check them out as a viable alternative, such as [Goat Milk Butter](#), to which our son Adam has recently taken a liking.

Have a pleasant month of February,

Wolfgang