



Veggies on Wheels



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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,

Marching merrily into March!

Although we may be lulled into the pious expectation of gradually moving towards the much-anticipated arrival of spring, we do know from experience that this may be premature – as we have clearly been reminded of just a couple of days ago. Still, we have – admittedly – entered the month of the spring equinox, the popular green-centred holiday called St. Patrick's Day, and, of course, the re-enactment of the arguably less cherished Daylight-Saving Time, which will catapult us into the perennial dilemma of abrupt darker mornings and lighter evenings.

Speaking of March, do you know the origin of its name? The Old Farmer's Almanac tells us that March is named for the Roman god of war, Mars. In the Roman era, this was the time of year to resume military campaigns that had to be put on hold because of winter. Originally, March was the first month in the early Roman calendar. Personally, I would rather equate March with the promise of nature soon to awaken from its winter slumber.

Seeds and More

We've been noticing it: everyone has spring and the coming growing season on her or his mind, just judging by the suddenly increased demand for **garden seeds**. For those of our customers with the same interest who haven't yet noticed, our traditional [Aimers Garden Seeds](#) are now available again. You can find them in our online [Catalogue](#) in the [Home](#) category, and there are about seventy different kinds of seeds to choose from.

Speaking of garden seeds, when we recently made a trip to Fenwood Farm to pick up some of their excellent organic [Chicken](#) products (found under our [Meat/Fish](#) category), we decided to make a stop at William Dam Seeds just west of Dundas. William Dam is a family-run company that has been around for decades, dedicated to providing organic and chemically untreated non-GMO seeds, and known to be a major supplier to many organic farms, such as those that we get our veggies from. We ended up finding and taking along some **Corn Salad** seeds, which have nothing really to do with corn, but are rather a very hardy, early variety of garden lettuce. This usually hard to come by corn salad, which is known as "field salad" in the German-speaking realm, also called Lamb's Lettuce, is very robust and able to withstand frosts to -20° C. Hence, one can plant it late in the season to have greens until well into the winter, or near the end of the winter to have fresh greens going into spring. On top of that, we are told that this aromatic and often nutty-tasting green, which is very popular in Europe, has a high level of Vitamin C, beta-carotene, Vitamin B6, folic acid, iron, and potassium.



No wonder Almut took some seeds along to sow in her greenhouse. Eureka! Just the other day, Almut came bounding back from a visit to her greenhouse, where she had been getting some seed varieties under way, to gleefully inform us that her Corn Salad was sprouting. Maybe it will even beat the Wild Garlic to the punch, which is usually the first green to be seen coming up after the winter in our nearby bush.

Commercially, corn salad (especially organic) is as good as non-existent hereabouts. When we investigated about its availability both as a green and the seed itself, we could only find it at [William Dam's](#), should you be interested. The green that we have available now that resembles corn salad the most would be [Arugula](#), which is also very tasty, although a bit spicier than corn salad.

Gargantuan Garlic: Black Garlic



Well, maybe it's not that big, but although it may be small, [Garlic](#) is mighty!

After introducing you to [Fermented](#) and [Roasted Garlic](#) in our last two [Newsletters](#), we are set to inspire you to make the most of your garlic by completing the triad with another one of Dianne's welcome and intriguing recommendations: **Black Garlic**. Other than tasting far sweeter and less pungent than raw garlic, much like a healthy, chewable candy, Black Garlic appears to be much more nutritious than one would expect from such a savoury delicacy. Right off the bat, Black Garlic contains more antioxidants than regular garlic. It also seems to make it easier for the body to absorb allicin, which is said to help lower blood sugar, cholesterol and blood pressure, among some of its health benefits. It may also help your muscles recover after a workout and protect against infections. You can read [here](#) about all its supposed health benefits.

Regardless of any acclaim, this **Black Garlic** really tastes delicious! It has a soft, chewy texture and sweet, subtle, garlicky undertones (*I must sound like a wine taster*). The flipside is that – other than it being hard to find, and expensive if you do – it is a bit tedious and lengthy to make. For one, you will find it hard to get around acquiring a **Garlic Fermenter** to properly prepare it, although you can also use a dehydrator or slow cooker, which will take a few weeks (you can check out the procedure [here](#)). Following Dianne's invaluable advice, we ended up purchasing the (not overly expensive) Garlic Fermenter, which can also be used to make yogurt and kimchi, and ferments Black Garlic in 6-10 days. It has since been in regular use in our family, as everyone has taken a liking to this unusual way of preparing tantalizing Garlic.



NEW: Organic Goji Sports Mix!

If you follow us on [Instagram](#), you will have seen our daughter [Barnhild's recent excitement](#) over the arrival of our new [organic Goji Sports Mix](#). It's always fun to see how excited the girls get when great new products come in to the Store. This new **nut mix** does appear to give reason for excitement – a “wholesome blend of all-organic pumpkin seeds, creamy cashews, crunchy walnuts, tangy cranberries, and exotic goji berries.”

The perfect combination of natural nuts and dried fruits for a nutritious and flavourful taste that can be enjoyed as is, or can be added to whatever dish your heart desires – and it's also made in Canada.

NEW: Authentic Tortillas

While speaking of new products, Almut just brought the recently arrived [Authentic Tortillas](#) to my attention. You will find them in the [Bakery](#) section under [Tortillas](#)

[& Wraps & Tacos](#). There are six different varieties of **Authentic Tortillas & Wraps** to choose from (six in each pack in 2 different sizes, 7” and 10”): [Kamut](#), [Spelt](#), [Spinach](#), [Tomato Basil](#), [Unbleached Flour](#) and [Whole Wheat](#).

These delicious and versatile preservative-free Tortillas and Wraps are soft and malleable and are made in Vienna, Ontario, just north of Port Burwell. Once they are thawed, they have a shelf life of 30 days in the fridge. Great to see so many local producers of healthy food nearby!



**Wishing you all a Merry March,
Wolfgang**