



# 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,

### Good-bye, Mutti!

We are sad to let you know that, after eighty-four years, Barnhild Pfenning – Almut's mother who was now living on the Hack Farm near Kincardine under the loving care of her oldest daughter, Elke and her husband, Martin (*we wrote about this in our last Newsletter # 272*) – has unexpectedly relinquished her physical presence on this earth.

Mutti (or mommy), as she was lovingly called by her children as well as her sons and daughters-in-law, was the heart of the family and the soul of the Pfenning's Farm for many decades. For all of us, she set an example of what it's like to nonchalantly excel at a task – especially hoeing – and be manifestly happy doing so at the same time. It was in 1981 when Mutti came to Canada with her husband, the late Wilhelm Pfenning, and their four children, three of whom were underage. They all worked diligently and steadfastly as a whole family towards establishing what became known as Pfenning's Organic Vegetable Farm – a very pioneering organic farming venture for the time in Canada. Mutti, with the help of her family, also ran the farm store which was open a couple days a week for customers to buy their lettuce, carrots, potatoes and more, right off the farm. This is the little out-of-the-barn farm store that became **Pfenning's Organic & More** when Almut took it over in 1993 (you can read more about that here: <https://www.pfenningsorganic.ca/About-Us.htm>).

In our Store, we have been striving ever since to keep the qualities and the spirit alive that Mutti embodied and that are still flourishing within our midst: friendly and accepting of everyone and everybody, diligent, hard-working, alternative-minded and – together with her husband, Wilhelm – always supportive of the natural, holistic and non-invasive,

non-coercive approach, with an indomitable joy for life.



During the time we were honoured with Mutti's presence here on earth, we – Mutti, Almut and our daughter, Barnhild, named after her grandmother (and sometimes Wolfgang too) – were so fortunate to spend some leisure time with her on the island resort in her beloved Cuba. For many years, Mutti and Wilhelm travelled to Cuba, as circumstances permitted, for some relaxation time away from the ever-pressing duties which she lovingly embraced, yet was thankful to briefly replace with a well-earned vacation in this tropical paradise.

Needless to say, Mutti always left her mark – be it in Cuba or wherever she was. It was the mark which defined her as an authentic human being: portraying her steadfast and unperturbed presence as a genuine expression of caring and mindful humanness.

Mutti, we all dearly miss you!



## Annabelle! Not just another pretty name...

Thanks to the Hack Farm (actually Chiel, Elke Hack's son-in-law), we are thrilled to be offering **Annabelle Potatoes** in the Store and in your Food Boxes. This yellow-fleshed early variety comes from Europe, yet is mostly unknown here. You just saw the tasty, smooth, almost buttery Annabelle Potatoes in your Food Boxes past week – and will surely be seeing them again soon. They are ideal for boiling, creaming or baking, and even do very well as a 'salad' variety. Annabelle Potatoes are also highly resistant to greening and can thus be stored much longer.

**Reminder:** store your potatoes cool (not in the fridge, though), dark and dry, with 3-5° C being about the right temperature (root cellars and unheated garages seem to work well). We generally pick up the 'Annabelles' at the Hack Farm, near Kincardine, as is and bring them home – unwashed – to include in your Food Baskets and offer them in the Store. We are currently offering them in 25lb boxes for \$40.00, if you are interested in larger quantities – which may easily be the case, if you are a big family, like we are.



## Local Roma Tomatoes

Speaking of larger quantities, you may want to indulge in a 25lb basket of **Roma Tomatoes**, for \$37.00, fresh from Mennonite country, certified organic, and enormously red and tasty. Due to their sweetness and relatively low moisture content, they are ideal for cooking down into a tomato sauce, paste or thick soup. Roma Tomatoes can be slow-roasted, dried, stuffed and baked, and their meaty flesh also makes them great for fresh chopped salads and salsas, or adding into an omelet. They pair well with garlic, chilies, beans, shrimp, basil, oregano, cilantro and both fresh and aged cheeses. Roma Tomatoes – as ALL tomatoes – store best at room temperature away from direct sunlight.

## Bananas in Ontario?

When we were visiting our friends in Gatineau (see our Newsletter # 271), they did not let us depart without sending along a yet dormant **banana plant** for us to nurse back into fruition (*it's not a tree, but actually the world's largest herb*). Thanks to our so beautifully warm summer, often touching on subtropical conditions, our banana plant is now proudly working on growing its sixth leaf. At the moment, it is still outdoors in an enormous pot. But as banana plants do not do very well at temperatures below 10° C, we will be bringing it inside soon as a house plant. Sorry to disappoint you, but – not surprisingly – it will hardly be growing any bananas, as it requires constantly warm to hot and very humid growing conditions. It will still be nice to have a touch of tropicity once the snow starts blowing outside. For the real thing, you can watch a very interesting and informative video clip on “**Harvesting and Packing Bananas**” on our Video links page: <https://www.pfenningsorganic.ca/Video.htm>.



**Last Reminder:** *Fresh Chickens (Rustic Rangers heritage) coming September 22<sup>nd</sup> – call 519-725-4282 for info.*

To all a Happy Labour Day and a beautiful autumn to come,

Wolfgang