



# Veggies on Wheels



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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – <http://pfenningsorganic.ca/>  
"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,

### Welcome back to you all – and a relentlessly Happy and Healthy New Year!

It is so great to be back to serve you all and bring you organic goodness, right to your door. One noteworthy piece of news is what you are perusing right at this moment: **our Newsletter!** We are going with the times and (for reasons of sustainability and practicality) have discontinued the hard copy of our Newsletter. All of you who are receiving regular deliveries or have been placing orders more or less regularly and are on our active customer list will be receiving our Newsletter, usually monthly or as necessary when something needs to be said.

If you do not wish to receive our Newsletter, you can always unsubscribe by clicking on the appropriate link.



Anyone who does not have an email address with us will continue receiving the actual paper version of our Newsletter with your delivery. There are not many of you, but there may even be some of you who would prefer the hands-on version – much like those who still prefer reading an actual book rather than the e-version on a tablet. If you count yourselves to these people, do let us know and we will include you in the batch of those receiving the actual Newsletter.

If those of you without an email address should NOT receive your actual copy of our Newsletter with your delivery (*it generally comes out at the beginning of each month*), please, DO let us know! You can also give us your email address if we don't appear to have it yet. Most of all, we hope you continue enjoying our Newsletter

## Roots and More

Now that we are back to deliveries – at that time of the year when local production is all but dormant – you definitely notice the “rooty” contents of the **Local Baskets**. But in this first delivery after the holidays we are still able to include Pfenning's Leek from last year's harvest and a good variety of local fresh and storage veggies, such as Cabbage, Celeriac, Potatoes, Onions, Mushrooms, Parsley Root, Rutabagas, Carrots and Garlic. All great ingredients for a heartwarming soup or zesty stir-fry. To loosen things up a bit, we are again welcoming things like Spinach, Chard, Kale and Broccoli coming up to us down from Georgia – much closer than the fresh produce we generally receive from California or even farther away at this time of the year. As seems to be the tendency every time around this time of the year, some items from farther away are moving through a pricing peak. Lettuce and Celery (which we do not even have at the moment) are some pricey examples. Cauliflower however is so well-priced right now that Almut has planned it in for next week's non-local Baskets. There will always be ups and downs, but **Almut** does a great job of including the best value and variety possible in your Baskets – every week!

## Kacy Back and Cuba Maravillosa !

We are so happy to welcome **Kacy** back from her trip to India. She came back just before Christmas while we – Almut and I – were in Cuba for a week (*see the happy faces on the previous page*). Kacy shared some of what she saw in India with us on our **Instagram Page** (<https://www.instagram.com/pfenningsorganicandmore/>), if you missed that.

**Cuba** was beautiful and restful, as always. Not just the balmy, sunny 27-29° tropical paradise, but also the friendly, laid-back, easygoing and refreshingly relaxed atmosphere. Hard to believe the incredible changes the country went through after the agricultural and food crisis sparked off by the political changes in the 90s. During that crisis, agriculture, in a few years, moved from a large export-oriented, chemical dependant monoculture to a small-size, **urban-based organic food production** – where organic production in cities is mandatory. Today, urban agriculture in Cuba produces 70% of the country's food needs. Animals and good old manual labour are widely used for farming. Government support, fair prices and wages for farming efforts and a focus on local organic production has made Cuba a model of **self-sufficiency and food security** in an environment forced to deal with a scarcity of oil-based fuel, chemical fertilizers and pesticides. Cuba's food system thrives on low input, is mostly organic, highly productive and diverse, and is driven by the needs of the people. The results are stunning. The health of the Cuban people has greatly improved and Cuba has one of the lowest infant mortality rates in the world. Instances of diabetes and heart disease have fallen since the diet has changed towards an increasingly **fresh, vegetable-based, organic diet** with more people necessarily using bicycles and horse-drawn buggies for transportation and indulging in manual labour. Cubans now definitely have a sense of **food security** and pride in their farm produce. As we noticed in the resort we were staying at, not everything is available at all times, but one lives with that. Some days we had avocados, some days not. Lettuce was not always available and even garlic was a bit hard to come by. However, they had the greatest, most tasteful little local bananas, which we enjoyed flambéed with rum and honey. A great example for us to **live with what's in season**. We wholeheartedly embraced that in Cuba – and continue doing so right here at home.



## It's Veganuary

The other day I overheard a newscast on CBC declaring January to be the month where you may want to try going vegan for the whole month, hence "**Veganuary**." This is a movement based specifically in the UK, but with a growing following in Canada and other countries such as the US, to try eating a plant-based only diet for the whole month of January. There is lots of support out there if you want to try it. If you are at a lack of ideas on what is left to eat (yup, no meat, seafood, eggs, cheese, butter, honey), a simple online search will provide you with ample resources if you do feel inclined to give veganism a go. But whatever you do, don't forget to keep the pleasure in eating. How's that for New Year's resolution: eat healthily, yet be happy!

**Wishing all our customers a Happy, Peaceful and Healthy New Year,**

**Wolfgang, Almut, Kacy, Tabitha and Andrea**