



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

### All of us at Pfenning's Organic & More welcome you back and wish you a Happy and Healthy New Year!

It seems like many of us had a well-deserved extended break, and we are happy to be back to serve you at the Store and with our Organic Home Delivery Service. This will in fact be the 25<sup>th</sup> year since we started offering our delivery service. Our Store has certainly been around quite a bit longer, starting out as a Farm Store on the Pfenning's Organic Vegetable Farm (in Wilmot Twp.) – long before organics were fashionable. If you haven't already, you can read more about our history on our About Us page: <https://www.pfenningsorganic.ca/About-Us.htm>.

Before we get back into the swing of things, we would like to express our gratitude to all of you for your thoughtful and very much appreciated Christmas and holiday wishes, as well as for any token of recognition generously proffered – both for the Store as well as for our Delivery Service (and your loyal and committed driver and delivery person, Wolfgang). So many of your thoughtful wishes and greeting cards have been adorning the Store and warmed our hearts during the festive season. Thank you profoundly!

## Firing Things Up

After its long holiday sleep, [Pfenning's Organic & More, the Store](#), has been reawakened and is up and running again – thanks to Almut and our daughters, Barnhild and Aurélie who are making the Store into what it is: a source of largely local (and imported, if necessary) organic goodness and a haven of sound, experience-based and down-to-earth inspiration. All in the spirit of eating seasonally, we are now right into that time of the year when roots, tubers and bulbs from local sources are the mainstay of our sustenance – and these are wonderful ingredients for a heart-warming soup or stew. Check out our [Soups and Stews](#) page in our [Recipe](#) section for some ideas. One recipe which I have known for a long time, but haven't tried for years, caught my attention, as it fits in well with what we have at our culinary disposal at this time of the year – **Borscht!** Never heard of it? This is a popular dish in Russia, originally of Ukrainian origin. When living in Germany in younger years, a distant aunt of mine with Slavic roots would often invite me to a Russian restaurant where Borscht was one of the signature dishes, and it was simply delicious! Borscht's main ingredients are Red Beets, Carrots, Onions, Potatoes and Cabbage – just what we have coming out of our ears right about now. You can find the **Borscht Recipe** [here](#) – and here it is at your immediate disposal:

## Easy Vegetarian Borscht Soup

This easy one-pot vegetarian Russian/Ukrainian Borscht recipe only takes 30 minutes to make! Delicious and wholesome winter soup full of nutrients! (By Elena Szeliga in [Happy Kitchen](#)) – We also added some links to ingredient items available at Pfenning's Organic & More.

### Equipment

- Dutch oven or pot
- Chef's knife
- Veggie chopper
- Cutting board
- Spatula
- Ladle
- Garlic press

### Ingredients

- 2 tablespoons vegetable [oil olive](#), [sunflower](#), canola or [avocado oil](#)
- 1 medium-sized [onion](#)
- 2 medium-sized [carrots](#)
- 2 medium-sized [red beets](#)
- 2 qt or 2 liters [vegetable broth](#)
- 2 [potatoes](#)
- 1/4 hd [white cabbage](#)
- 2 [bay leaves](#)
- 2 tablespoons [lemon juice](#)
- 2 tablespoons [tomato paste](#)
- 2 cloves [garlic](#) minced



- 4 tbs fresh (or dried) [dill](#) chopped
- [salt](#) and [black pepper](#) to taste
- (vegan) [sour cream](#) to garnish
- [rye bread](#) to serve

### Instructions

1. Dice onion, carrots, beets, potatoes and chop cabbage, or grate carrots and beets with a box grater.
2. Heat a large pot or Dutch oven over medium high heat. Add vegetable oil, diced onions, carrots and beets, sauté for about 5 minutes, stirring often.
3. Add hot vegetable broth, diced potatoes, chopped cabbage and bay leaves to the pot, put the lid on and cook for 10 minutes.
4. Add lemon juice, tomato paste, minced garlic, chopped dill, salt and pepper to the pot. Cover and cook for 5 more minutes. Let rest with the lid on for 15 more minutes before serving.
5. If so desired, garnish with a spoonful of (vegan) sour cream and more fresh dill. Serve with rye bread, if desired. Enjoy!

## Fermented Garlic

During our holiday break, we had the time to pay some friends a visit, notably Dianne and her family from **Golden Acres Farm** north of Stratford – whom you will recognize as our prime seasonal supplier of carrots, kale, parsley and also [garlic](#). We had an enticing meal together and Dianne introduced us to several new ways of ennobling garlic, one of which I am sharing with you now – *more garlic applications to follow (fermented black garlic): Honey-Fermented Garlic.*

Fill 1/3 of a jar with raw honey. Add small peeled cloves of garlic to fill the jar. Keep the jar at room temperature for a few weeks. Here in Dianne's words: ***"The raw honey turns very liquidy as it draws the garlic juices out, so only fill your jar 1/3 of the way with the stiff raw honey. Keep turning the jar daily to coat the garlic cloves, and be sure to loosen the lid so the gases can escape."*** Once done, you can keep your fermented garlic in a cool place for months, even up to a year or longer. The flavour will continue to develop over time, the garlic will mellow, and the honey will become much runnier. Both garlic and honey have strong medicinal properties, so you could use them as an immune booster or if you feel a cold or flu coming on. Pop a whole garlic clove, or take a spoonful of honey (or both). Almut and I both love garlic, and we immediately embraced this new application. Visiting our creative friend Dianne at Golden Acres always ends up being so inspiring.



## Vitamin D in the Winter

The first weeks of the year started out so dark and dreary, that it reminded us of the lack of sunlight we face each winter in our northern climate – which inevitably leads to the oft-mentioned lack of **vitamin D**. Short of hitting the sunbed every day, there are other things we can do to get our vitamin D in the dark months of the year. Of course, exposing as much of your body to direct sunlight when it does shine is the most natural (and cheapest) approach. How about vitamin D in food? If you are not bound by a vegan diet, the foods richest in Vitamin D are **fatty fish** (especially [sardines](#), [salmon](#), [perch](#), and [rainbow trout](#)) and [seafood](#). Some of you may remember when mom made you take your (oh, so tasty) [cod liver oil](#), precisely for that reason. [Egg yolks](#) provide a whole range of valuable vitamins, such as A, D, E and K – and of course omega-3 fats and antioxidants. Other animal sources of vitamin D are [cheese](#) (notably Fontina, Muenster, Monterey and Ricotta cheeses) and, to a lesser extent, **beef liver**. If you are vegan, some of the top foods mentioned that are rich in vitamin D are [spinach](#), [kale](#), [okra](#), [collards](#), [soybeans](#), [white beans](#) and even [mushrooms](#), mostly Shitake. Vegans are generally advised to consume vitamin D-fortified foods, such as mushrooms, cereals, orange juice, almond and rice milk – and to get as much sunshine as possible. While we always strive to give preference to **REAL food** as much as possible for our health and dietary needs, we also have a selection of recommendable and **non-synthetic [vitamin D supplements](#)** which you can find in our [Catalogue](#). In the meantime, we discreetly hum along in anticipation to the memorable 1969 song by the Beatles: ***"Here Comes the Sun."***

## Reminder: Early Morning Delivery

Although we may sound like a broken record, we continue to encourage our Food Box customers that cannot provide us access to a garage, enclosed porch, shed, etc. to keep leaving out your sleeping bags, blankets and quilts for me to wrap up your **early morning deliveries** and keep them protected from the cold morning temperatures. Although recent temperatures may have us fooled, winter is not over yet.

**A Healthy, Happy and Prosperous New Year to all our customers, followers, and well-wishers,**

**Wolfgang, Almut, Barnhild and Aurélie**