



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,

Continuing Holiday

Welcome back from your holiday to all of you in the Pfenning's Community! Once again, for this year's Civic Holiday, we were happy to be able to spend a wonderful time with our relatives up in the Kincardine area. Elke – Almut's older sister – and her husband, Martin, received us with their customary heart-warming, cordial welcome on their biodynamic organic Hack Farm – specializing in grain and beef – where we set up camp in a quaint corner, right next to a thriving field of towering corn and Elke's own well-kept herb and vegetable garden. Needless to say, Elke granted her sister Almut full access to help herself to any fresh greens or herbs we might need for our camping cuisine – an offer we thankfully embraced and thoroughly enjoyed in the preparation of our low-tech culinary campout capers. If you have been with the Pfenning's Community for a while, you will know that in our Store we sell the very wholesome, nutritious and satisfying **Spelt and Rye Bread** that Elke bakes (find it in our online Catalogue under *Bakery/Bread*), also Martin's delicious **Ground Beef** and **Beef Bones** (under *Meat/Beef*), as well as **Golden Flax Seeds** (*Grocery/Nuts & Seeds*) and the Flax in **Mat's Flax Oil** (*Grocery/Plant Oils*) – all biodynamic, which is a holistic, ecological and ethical approach to farming, gardening, food, and nutrition. If you are interested to learn more, you can do so at the very informative and well-presented site of the **Biodynamic Association**: <https://www.biodynamics.com/what-is-biodynamics>.

The highlight of our stay was to be present when Elke and Almut's mother, Barnhild Pfenning, arrived from the senior citizens' home in New Hamburg for a two-week-plus holiday on the Hack Farm. Some of you who are familiar with the history of the Pfenning's Farm may remember the active and defining role Barnhild played there. Not only was she a master at hoeing, harvesting and processing vegetables, but she embodied the spirit of the Farm with her natural, common-sense, down-to-earth and no-nonsense, yet hearty approach. Barnhild welcomed everyone and was cherished by all. Although her advanced age has mellowed her out a lot, she is still a force to be reckoned with and it was delightful to spend some time reminiscing with her.

While we thoroughly enjoyed four relaxing days of camping on the farm, with a few visits to town and the nearby beach, we also fell prey to

on over-abundance of rain which the local farmers did not necessarily need and which encumbered the ongoing harvesting activities.

Luckily, at the end of our stay we left the Hacks to the prospect of another now welcome round of hot and mostly dry summer weather coming their (and our) way.



Sauna anyone?

During our stay with Elke and Martin, we also had the chance to unbend in their private outdoor **Sauna** paradise. Martin fired up the wood stove in their Finnish sweat lodge for us, and once it hit about 90-100° C, in we went, Almut, her sister Elke and I. Not familiar with sauna? Contrary to the North American sweat lodge, the sauna (originating in Finland) submits you to very dry heat with very low humidity – the only way to handle such high temperatures. You stay in there for anywhere from five to ten minutes, or whatever your comfort level can handle – traditionally in nothing but your birthday suit (*whereas on our continent you generally wear a bathing suit in public saunas*). Engulfed in the comfy warmth, you will readily start to sweat buckets, ridding yourself of unwanted toxins at the same time. Once you have reached the point where you think you have done enough sweating, out you go to briefly immerse yourself in icy cold water (ideally a lake) to cool down. Then, you enjoy a generous helping of refreshing water, cuddle up in a bath robe and towels, lie down and rest for fifteen to twenty minutes. Repeat the whole procedure two more times – and then settle down for an extended winding-down and relaxation period. Sooo calming, soothing, restful! All the woes of the world flow from you, and at the same time your body detoxifies and is tempered to better withstand extreme temperatures and bouts of illness. Sauna in a nutshell. Thank you, Elke, for the tempting treat!



More LOCAL Niagara Fruit from PALATINE!

Ontario Fruit from the Niagara Region, grown sustainably by **Palatine** is still rolling in strong – with **Apricots** coming to an end, but **Early Plums** and **Peaches** in full swing, and **Nectarines** making their appearance. While they are not certified organic, they are grown sustainably and picked only when ripe (“tree-run”). We are adding Palatine Fruit to your Food Baskets as the season progresses. Remember, you can order by the case or flat through Andrea from **Brookfront Farm** – send her an email at farm@brookfrontfarms.com if you are not yet on the mailing list – and have your fruit delivered to Pfenning’s Organic & More where we will store it for you until you either pick it up or have us deliver it to you. Let us know if you need any details.

Another Batch of Fresh Chickens coming September 22nd

There will be our second batch of **fresh, farm-raised organic Chickens** coming to the Store on September 22nd – with another batch planned for the end of October (*as well as locally-raised Turkeys as we head towards Thanksgiving*). This heritage breed called “Rustic Rangers” is known to grow slower and forage more than regular meat birds. As previously, these free-run chickens will be coming from a local farm near Elmira, deep in Mennonite country. We should be able to deliver to some of you fresh, if you order ahead. Of course, you can also pick them up, or we can freeze them for you and deliver them when convenient. Let us know what you prefer!

You can order online from the **Catalogue** (Meat/Fish department – Chicken, fresh), or give us a call at **519-725-4282** if you are interested or need more information.

NEW Vegan Category in Catalogue

Dear Vegan Community, please, check out our new **Vegan & Dairy Alternative** department in our online Catalogue. It’s up and running with five categories – **Almond Milk; Coconut Milk; Vegan Cheese, Mayo and Dips; Yogurt - Dairy-Free; Tofu & Soy Products** – and will be growing as we go along.



A blessed month of August to you all,

Wolfgang