



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

December 1, 2015

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"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,

Happily we have all arrived in the final month of the year after what global climate authorities are already calling the hottest year on record. Looking forward to a possibly mild winter, this admittedly scary postulation is being warmly embraced by some of us after two record-breaking cold winters in a row. For farms all around, and of course for the Pfenning's Farm, the local growing season has now come to an end. Despite apparently very warm average temperatures, the growing season was not too bad. We had already quoted Wolfgang Pfenning on a preliminary look back in our last Newsletter. Paraphrasing his words back then, there will always be challenges which simply have to be overcome.

Local Vegetables in Season

So while the fields are now empty and dormant and we are already missing our local lettuces and spinach, we still have an impressive list of **local items** available. Here's what you can have, from local sources: Carrots, (orange and rainbow), Beets (red and gold), Leeks, Green Kale, Onions (red, yellow, cipollini), Turnips, Rutabaga, Parsnips, Watermelon Radish, Black Radish, Daikon, Celeriac Root, Squash (in all varieties), Brussel Sprouts, Cabbages (red and green), Kohlrabi, Radicchio, Fennel, Potatoes (red, russet, and yellow). You can also get Sweet Potatoes, Bok Choy, Tomatoes, Living Herbs and Lettuces (hydroponic), Micro Greens and Mushrooms – all from local growers.



With an offering of local produce such as this, living with the seasons does not seem to be as much of an ordeal any more.

Holiday Season Delivery Schedule – NO DELIVERIES December 29/20

Although it has been getting increasingly harder to avoid Christmas music when turning on the radio, this is easier to accept once December has actually arrived. So with the impending holidays, we know that you, our customers, are eager to learn about our **Holiday Delivery Schedule**.

Deliveries will continue all the way into the Christmas week. So you may expect to be receiving your Food Boxes yet on December 22/23 – which will be great for some to stock up before the festive days. **DO NOT expect a delivery on December 29/30!** So NO DELIVERIES in the last week of the year. That is our holiday week off. We will be back for regular deliveries on January 5/6.

To clarify for our **Biweekly Delivery** customers, if you should be getting a delivery on Dec. 29/30, you will be missing out on this one and receiving your next delivery on January 12/13. **NOTE:** If Biweekly Customers wish to change this schedule, please, get in touch with us. As always, give us a call at the Store – 519-725-4282 – or send me an email at store@pfenningsorganic.ca.

Please, also let us know ahead if you will be away and do not need a delivery before or after the holidays. You can give us your schedule weeks ahead and we will set up your deliveries or no-deliveries, as requested.



Egg Nog

When thinking of Christmas and the holidays, **Egg Nog** naturally comes to mind. Remember, Egg Nog is only available until Christmas and then miraculously – and sadly – disappears. If you would like to stock up on this velvety, great-tasting seasonal beverage, here's the link: <http://pfenningsorganic.ca/ecommerce/food/dairy/milk/Eggnogg-Glass.htm>. Egg Nog has a shelf life of about 4 weeks, so you could stock up on it before Christmas to make the pleasure last well into the New Year – provided you are endowed with the virtue of moderation.

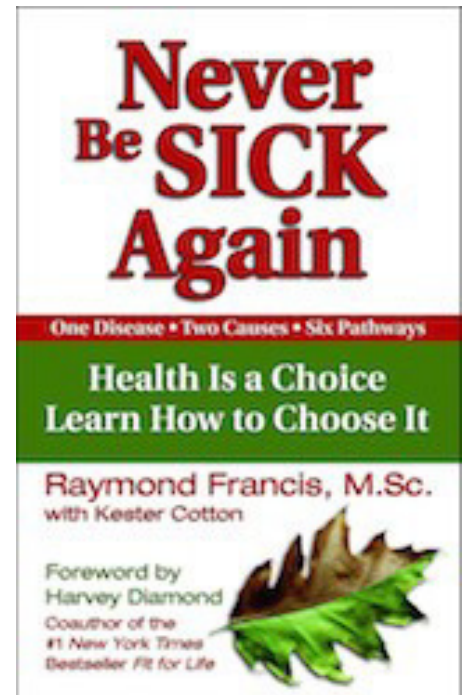
Christmas Turkey

We will soon be getting a limited number of **Organic Christmas Turkeys** from a local farmer. Since these birds tend to “fly away” quite quickly, we thought we should get the word out early so you have a chance to get on the **Turkey List**. For now, just give us a call at the Store at 519-725-4282 – and keep checking for them in our online Catalogue.

Never be Sick Again?

Almut, my decidedly better half, never stops looking into clearing up the mysteries of life. On her visionary travels, she comes across many approaches to healthy living, some of which are more inspiring than others. One book she recently read, dearly recommended by a long-time customer, touched her especially. The book's high-flying title, **Never Be Sick Again**, by Raymond Francis, pulled her into a voyage of discovery which she has been sharing with me as her reading progresses. Not to say that Almut was so impressed that she asked me to mention the book in this Newsletter.

One major premise of this book is to free oneself from the entanglement of conventional thinking. In a telltale quote, Francis asks the question: “Why are we willing to ingest chemicals in the form of prescription drugs that are alien to our body, but we are skeptical that natural substances – primarily the right foods – can heal?” If you are reading this and partake in the pursuit of an active, healthy lifestyle, you will already be prone to favouring the alternative approach – eating organic foods being one of them. Some of you may even have progressed to an understanding of the statement made by Dr. Robert Mendelsohn in his book, *Confessions of a Medical Heretic*, and quoted by Francis: “The greatest danger to your health is the doctor who practices Modern Medicine.” **Never Be Sick Again** offers the simple realization that there are only two causes of disease: **deficiency and toxicity**. It delves deeply and extensively into the reasons for these causes, many of which you will already be aware of – nutrition, of course, being one of them. If you have been following our Newsletters, you will be familiar with many other causes, as well, such as our toxic living space/environment, GMOs, EMFs and many more. The book pulls it all together in one grand nutshell, connecting the dots and suggesting that everyone, including our schoolchildren, should be taught how to understand and take responsibility for the two causes of disease and how to form the positive habits that will result in lifelong good health. As Francis puts it, “Disease is the result of poor choices, and almost all diseases are preventable.” Check out Raymond Francis here: <http://www.raymondfrancisauthor.com>.



Sounds intriguing. Almut herself has been fascinated by the message in the book and how much is being addressed on no more than some 350 pages. The onus is on us to keep asking, keep looking and eventually make the necessary changes. As Almut points out, an open mind is essential. It will open the pathway to innumerable discoveries. In the same way, we recently were compelled to look more deeply into “Buteyko Breathing,” a discovery that may blow you away. So what is that?

Not so fast... Stay tuned in our January Newsletter when we will breathe life into this topic. We have reached the end of this Newsletter and soon the end of this year. To those who will be heading out for the holidays and may not need a Food Box as Christmas approaches, we already wish you safe travels and a **Happy Holiday Season**. Remember, we will be back for deliveries again in the New Year on January 5/6, 2016.

A healthy and happy pre-Holiday Season to all,

Wolfgang