



Veggies on Wheels



Volume 17 – # 194

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX August 11, 2015

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: 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,

Heading into the latter portion of the summer, we are beginning to see some of our vacationing customers come back, looking forward to again receiving their regular deliveries of fresh, local, and organic fruits and veggies – Welcome back to all of you! Our family spent some time at the Hack Farm, just northeast of Kincardine. If you do a search on our site – put "Hack" in the search window, you will come up with all the products, 100% grass-fed organic beef and bread, that we get from the Hack Farm. Or just go to the "Frozen Beef" page: <http://pfenningsorganic.ca/ecommerce/food/meat/beef--frozen/>. From Ground Beef, Liver, Stewing Beef, Beef Roast, Beef Steaks (Tenderloin, T-Bone, Porterhouse, Sirloin and more) to Soup Bone... Martin Hack provides a wide and excellent variety of beef products.

Best Beef Hamburgers Ever!

In the past weeks, we had some visitors from Switzerland staying with us who were very eager to taste Martin's legendary Beef Hamburger Patties. Needless to say, the overall verdict was that these were the best hamburgers they had ever tasted. We explained to them that they were savouring the real thing – just ground beef, no fillers, and organic by the prime biodynamic standard (*do a Google search on "biodynamic" to learn more*).

Although we did have a wonderful time camping on the Hack Farm, we fell prey to Sunday's violent storm, which sent near golf ball-sized hail our way, flattening and drenching our tent and seriously threatening the structural integrity of our tent trailer. We turned the whole affair into an adventure and made do with what we had (although my brother-in-law, Martin, and his wife, Elke, Almut's sister, would gladly have put us up in their cozy home for the stormy night). The next day, Martin (in the picture on the right) admitted that the storm did cause some damage to their crops, mostly grains (spelt, oats, barley, rye) and soy beans, but carried on in his quiet, serene manner. Nature may do some damage, but will also help things grow back again.

How Safe if Our Food Supply?

While Martin, together with his brother, Uli, and many other organic farmers work hard to produce healthy, unadulterated food for us, the conventional food movement on this continent still very much appears to follow the lead of government-supported industry, guided by profit interests. Although Europe currently seems to be in somewhat of a state of upheaval, their regulators do appear to be adopting a more precautionary approach when it comes to the use of beef growth hormones or antibiotics in food-producing animals, insisting on being safer than sorry. This came to our attention in the article **How Safe is Our Food Supply?** in the current issue of **Vitality Magazine** – read more at <http://www.vitalitymagazine.com/article/how-safe-is-our-food-supply/> – by Dr. Shiv Chopra, a world renowned scientist and former Senior Scientific Advisor for the regulatory assessment of drugs, vaccines and foods at Health Canada. Dr. Chopra is



best remembered for his refusal to pass genetically modified Bovine Growth Hormone, which was designed to induce extra milk production in dairy cows.

You can read extensively on Dr. Chopra's findings in his book, **Corrupt to the Core: Memoirs of a Health Canada Whistleblower**, which provides a detailed account of how Health Canada and U.S. FDA officials are failing to enforce the Food and Drugs Act in both these jurisdictions, on the behest of industry lobbies.

Cilantro This Week, August 11/12 (only LOCAL BASKETS)

Although **CILANTRO**, as I have found, has the food-consuming community split into two camps, those that love it and those that would rather do without, we took a leap of faith and wanted to include this controversial herb in all our Baskets this week. Alas, Desmond, our Jamaican field bunching manager could not harvest all the Cilantro needed due to some growth lag. You will be seeing it in the LOCAL BASKETS, however – while the Blender and Wild will see Curly Parsley, instead. A little research revealed that the actual name for Cilantro is Coriander, but due to its extensive use in Mexican cuisine the Spanish term Cilantro is commonly used all over North America.

For all those who need some inspiration as for how to put Cilantro to good use, here is a salad recipe taken from the Vitality Magazine (<http://www.vitalitymagazine.com/recipes/printable-recipe/mexican-avocado-black-bean-salad-with-lime-vinaigrette/>): **Mexican Avocado Black Bean Salad with Lime Vinaigrette**

Ingredients

SALAD

- 1 large bunch of coriander, chopped – or **curly parsley**
 - 1 small square container of cherry tomatoes, halved or quartered – or **any tomato**
 - 1 medium red onion, chopped – or **green onions**
 - 1 can of black beans, drained
 - 1 can sweet organic corn
 - 2 ripe avocados (peeled, pitted, and diced)
- You can also add small roses of cauliflower, as included in most of the Baskets

DRESSING

- Zest of 1 lime + Juice of 1 lime
- 1 Tbsp lime or lemon juice
- 4 Tbsp honey (or agave nectar for vegan option)
- 1 tsp sea salt + 1 tsp pepper
- ½ cup olive oil

- 1) Toss all of the salad ingredients in a large bowl. (If you need to increase the volume, you can easily add another can of black beans or corn. If you have to double it though, you will need to double the dressing).
- 2) Mix dressing ingredients together, add to the salad ingredients, and gently stir.
- 3) Optimal: Let the dressing sit in fridge for 1 hour before adding to the salad.



Palatine Fruit Update

After all this talk about meat and herbs, a quick update on the local Fruit situation. Palatine **Apricots** and **Plums**, brought to us by **The Good Peach** (<http://thegoodpeach.ca/>), will be available for about one more week. **Cherries**, while lasting much longer than anticipated, are also coming to an end this week. **Peaches** are on the local fruit agenda now! And **Pristine Apples** have also made their entry.

Reviewing the Fruit Order Procedure

Once again, if you would like to order local, tree-run, near-sustainably grown Fruit from Palatine in the Niagara Region, go to the **Good Peach**, log in or register and order away. You can pick up at various locations, including our Store in St. Agatha, or have your Fruit delivered by us – in which case you just mention your Fruit order to be delivered in the Special request of Note section of your Pfenning's order. You can also send us a simple email or call us. Just remember, if you are NOT in Kitchener-Waterloo and your delivery day is Tuesday, you should order by Wednesday, having your Fruit dropped off with us (Pick-Up Location St. Agatha) at the Store on Friday where we will keep it cool until your upcoming delivery Tuesday. Kitchener-Waterloo people can just order by Sunday for drop-off on Tuesday and we can deliver to you the next day on Wednesday.

**Best wishes for August,
Wolfgang**