



Veggies on Wheels



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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,

Back from the Break

Welcome back to ALL – back to serve you with our **Organic Home Delivery Service!** About 48 degrees apart, that's the temperature difference we were eventually subjected to after coming home from our brief excursion to **Cuba**. Shortly after we got back we woke up to a frigid -24° C, while just a few days earlier we had left Cuba at a relatively moderate +24° C. Normal temperatures at this time of the year are often in the 30s. Talk about a blessed growing season! The delicious and many-faceted food offered to us was, in fact, made up for the most part of local offerings. The local variety was impressive, even though this too is not

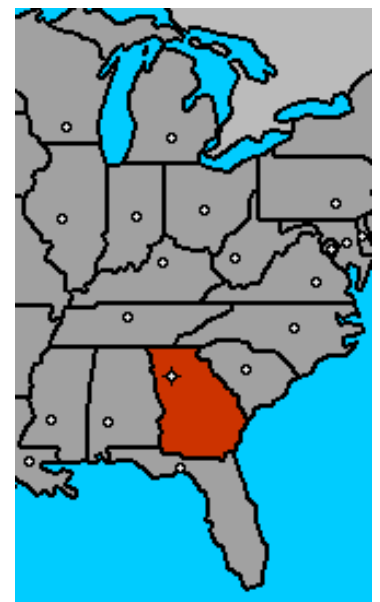


their main growing season. Some of what we put on our plates closely resembled what we would eat now here back at home, such as cabbage, cucumbers, beets, potatoes, squash and lots of beans. Ennobled by some regionally caught fish – taste that toothsome tilapia! – or other seafood, this made for some scrumptious and wonderfully satisfying holiday meals in paradisiacal surroundings.

Georgia on My Mind

On our way back, we flew just past the eastern edge of Georgia, where south of Atlanta an organic farm will be growing some of the vegetables for Pfenning's Farm. As we had mentioned earlier, we will be looking at kale, broccoli, spinach and carrots to begin with, some of which you have already been seeing in your Food Baskets. Coming from much closer to home and tightly following Canadian organic standards, we are happy to see our winter menus enhanced by these welcome veggie treats from down south.

If you would like to get some more information on the **Georgia Farm** development, we suggest you visit the **Farm Blog** at <http://pfenningsfarms.ca/georgia-u-s-a/>. See what Vincent has to tell us about this when he recently had the opportunity to join Wolfgang Pfenning on a trip to Georgia, checking up on and counseling our southern growing partner.



Parsley Root

This week, February 16/17, our **Local Baskets** will be featuring **Parsley Root**. To be honest, I had to ask Almut what the difference is between Parsley Root and Parsnip, they look so much alike. It looks like this is the first time – history in the making! – that we are including Parsley Root in our Baskets. I hope this excuses my seeming ignorance regarding this unspectacular beige-white root. The most striking difference between Parsley Root and Parsnip I could unearth (check out <http://tinyurl.com/hpx2dxs>) came down to it being a bit more slender with the taste being a combination of "celeriac and carrot with hints of celery, turnip and parsley leaf." Up to you, our customers, to decide for yourselves.

As for its uses, adding Parsley Root diced or in slices to **stews, soups and mixed vegetables** will definitely intensify these dishes with a distinct aroma. It is suggested to add partially boiled Parsley Root to **boiled potatoes** and mash them together. In general, you may want to try Parsley Root together with **cabbage, shallots, sweet potatoes, beets and other root vegetables**. Another interesting

application is to turn Parsley Root into a type of seasoning by **drying it** on a shallow tray in an oven at low heat, then cooling and storing it in a tightly covered jar in a dark place. No lack of things to try with Parsley Root! Anyone interested in the **health benefits** of Parsley Root? Here is some of what I could find (for example at <http://tinyurl.com/zuv9msb>):

Parsley Root is high in vitamins A, C and K, contains copper, iron and iodine, and is rich in sodium, folic acid, potassium, calcium, phosphorus, protein and fiber. It has a substantial amount of flavonoids and is a strong antioxidant.

Parsley Root has been used in traditional Greek medicine to treat flatulence, indigestion, spasms and menstrual disorders. With its diuretic, blood purifying and hepatic qualities, Parsley Root extract is useful for treating chronic liver and gallbladder diseases. The dried root and essential oil are used in Indian Ayurvedic healing.

Poem Anyone?

Recently, I shared an inspiring poem by a local poet – found in our local Baden paper (the **Baden Outlook** - <http://www.badenoutlook.com/PDFs/currentissue.pdf> - pg.39) – with Almut, and she thought some of you might enjoy it as much as she did. Since it also deals with food, we are including it for your enjoyment:

*I remember the bologna of my Childhood,
And the bread that we cut with a knife,
When the Children helped with housework,
And the men went to work, not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The Children were seldom unhappy,
And the Wife was content with her lot.
I remember the milk from the bottle,
With the yummy cream on the top.
Our dinner came hot from the oven,
And not from a freezer or shop.
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.*

*I remember the shop on the corner,
Where cookies for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it....I'm just getting Old?
Bathing was done in a wash tub,
With plenty of rich foamy suds
But the ironing seemed never ending
As Mama pressed everyone's "duds."
I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.
Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.*

**Touching base with you again in March,
Wolfgang**

