



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – [www.pfenningsorganic.ca](http://www.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,

Right off the bat, summer is almost here – and with that, **Canada Day** is just around the corner. Our long-standing customers will know that we tend to take a delivery break during the Canada Day week. So please, mark in your calendars that there will be **NO DELIVERIES June 30<sup>th</sup>/July 1<sup>st</sup>**! If you are on a biweekly delivery schedule, you will just miss this week's delivery and receive your next Basket two weeks later on July 15/16<sup>th</sup>. As always, please, let us know if you would like to adjust your schedule in any way.

While we are at it, you may also want to mark down that there will be **NO DELIVERIES during the Civic Holiday week, August 4/5<sup>th</sup>** – the other summer holiday where we tend to take a delivery break. That's it for any upcoming delivery interruptions. After that, it's smooth sailing until Christmas and New Year's.

Although we were hoping to be able to offer some local lettuces from Pfenning's Organic some time in June, our recent dry spell has put a bit of a damper on this high-flying anticipation. While this weekend's welcome rainfall has certainly done wonders for all the greens, we will have to be a bit more patient before we can relish a salad coming from Pfenning's fields.

Still, planting has been ongoing and we have already been seeing wonderful spinach and green onions coming in. Not to say all the other luscious local veggies, such as asparagus, baby Bok Choy, Belgian endives, baby kale and rhubarb. It is always thrilling to see the dozens and dozens of field workers at the Farm heading out early in the morning either to plant, hoe or harvest – all essential steps on the way to embellish our plates with fresh local organic goodness.

## Looking for Fruit? Maybe LOCAL soft fruit...?

Some of our Baskets, such as the Blender, Fruit and Smoothie, also include fruit. Most of this is imported at this time, although we recently have still been able to offer some local Spartan apples in some of our Boxes. As some of you may know or may even be waiting for, we are always happy to announce the upcoming **local soft fruit season** when Mary Jane and Jan Petter inform us of the impending tender fruit harvest. Intrigued? To learn more, go to their site at <http://thepetters.com/>. Mary Jane and Jan work together with Palatine Fruit & Roses in the Niagara Region, where near-organic, sustainably-grown soft fruit is grown. You can sign up on the Petters' site to be informed as soon as any fruit – such as **cherries, peaches, nectarines and grapes** – is available. Then you can place your order and either pick up at the locations indicated or possibly have your fruit delivered to you by Pfenning's Organic. More delivery details and how to get your fruit delivered will follow.

According to Mary Jane, the recent low temperatures did not cause any damage. Thankfully, most of the fruit blossoms were already finished by this point. Cherries are set to start mid-July (or the 10th at the earliest). Palatine's soft fruit should then be available until about mid-September.

Just to share with you, we always look forward to getting fresh Niagara soft fruit, especially the peaches which have always been absolutely tasty and juicy. Don't miss out on getting your local Niagara fruit!



## EMFs and More

Last Sunday, we were happy to attend an open house to which several speakers and also Almut had been invited by Elizabeth S., a regular Food Box customer and naturopath located south of Brantford. Almut was to talk about geopathic stress at this Sunday event focusing on **environmental stress and the harmful effects of electromagnetic frequencies** (EMFs). Our son Adam (19) and youngest daughter Aurelie (12) were thrilled to be part of the well-attended event at Elizabeth's home and clinic.

One of the main speakers was **Dr. Magda Havas** from Trent University, whom we have already spoken of in earlier Newsletters in the context of EMFs. Magda Havas is Associate Professor of Environmental & Resource Studies at Trent University where she teaches and does research on the biological effects of environmental contaminants. Her enlightening, yet sobering talk on EMFs reminded us to which extent most of us are still in a deep sleep when it comes to using Wi-Fi technology. Dr. Havas is a strong advocate of the position that the current indiscriminate use of cell phones, laptops and cordless phones, especially by children and teens, should be strongly reconsidered and put under scrutiny. Go to her site at <http://www.magdahavas.com/> for much more very in-depth information.



Several other speakers, among them Almut, told us about ways to get out of harm's way, such as turning off Wi-Fi when not using it, especially at night, keeping your cell phone away from your body and using "airplane mode" as much as possible, or speakerphone, or a corded headphone, unplugging cordless phones at night, turning off electrical circuits around your sleeping area at night or removing all electrical devices if you are electrically sensitive, removing or staying away from CFLs (compact fluorescent bulbs) and using incandescent or LED lights instead, staying far away from or – if possible – opting out of the use of smart meters, refraining from using wireless baby monitors (which are dangerous due to the increased radiation absorbed by the child's brain), and – of course – moving your bed, office chair or any furniture you spend a lot of time in out of the way of geopathic disturbance zones which can be caused by the many grid and fault lines in and around the earth (**contact Almut about this one**). The whole topic is endless. You may also want to check out the **WEEP** News site – <http://weepnews.blogspot.ca/> – where Martin Weatherall of Stratford (you will remember that we often referred to him in the past) keeps us up to date on wireless, electric and electromagnetic pollution.

## Get on the Chicken List



If you had a chance to visit our site recently, you will have stumbled over the "Chicken List" on our Home Page. Yes, we are working on **Whole Fresh Chickens** again, raised by a local farmer exclusively for Pfenning's Organic.

We are anticipating the chicks to be full-grown by early July. For now, we are still accepting names of anyone wishing to be put on the **Chicken List**. Just give us a call at the Store – 519-725-4282 – or go to our site at <http://pfenningsorganic.ca/ecommerce/food/meat/chicken--fresh-/FRESH-Chicken-Whole-Organic-Pasture-Raised.htm> and place your order. You can choose from four different weight categories (4 to 7 lbs) and we will try to get as close as possible to your selection once all the chickens are in.

## A Word on Onions

It's quite late in the season, the new season is actually just about to start, and you may find that any **Onions** you receive with your Food Box may be not of the award-winning quality. Currently, Onions may appear a bit on the soft side, since they have been holding out in storage all this time. The Onions are still very good to be used for whatever you need them. They are priced accordingly and are part of the last of this crop for the season. The **NEW** crop is happily on the way. Thank you for understanding!

**A good month of June to all of you,**

**Wolfgang**