



# 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.

## Everyone's Back! (almost)

### Dear Pfenning's Food Box Community,

While I was faithfully delivering your Food Baskets in the past weeks, it did occur to me that there was noticeably less traffic, much less traffic. The only thing slowing traffic down were the, at this time of the year, ubiquitous and inevitable road construction sites. This did conjure up the popular cliché that, as anyone living in this country knows, there are only two seasons in Canada: winter and construction season.

During these 'height-of-the-summer' weeks, anyone who had not yet done so was surely taking the opportunity to take off one more time for a little holiday before surrendering to the daily routine of work, school and all the routines involved. Many customers noticed their Boxes being delivered at a much earlier hour, since I did get around much faster during these weeks of summer. Sometimes I showed up back at the Store after delivering much too early for Almut, who was not yet quite done with her morning duties and not yet ready to sit down and have a relaxing cup of coffee with me.

With Labour Day and the beginning of the school year we also see many of our customers returning, either to shop at the Store or to ask us to resume their Food Box deliveries. It is very pleasing to see our customers able to savour all the beautiful and lush greens pouring in so abundantly from the fields at this time of the year. We are happy to welcome You all back and look forward to serving you again with all our great products, service and committedness!

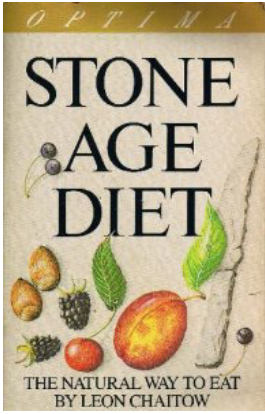


Wolfgang on delivery again!

### Squash Season Upon Us

When **Squash** begins to show up at the Farm, you know that the summer is gradually heading towards its decline (*I'm trying to phrase that politely*). Squash has also been making its way into the Store and you can be sure to be seeing more if it in your Food Baskets in the coming weeks and months. Currently we have available Acorn (also called Pepper Squash), Buttercup, Butternut, Delicata, Red Hubbard (also called Kuri Squash) and Spaghetti Squash – to see them all in our Catalogue, go to <http://pfenningsorganic.ca/ecommerce/food/produce/vegetables/squash>. This first week of September, the **Large Local** and **Large Wild Baskets** will be seeing either Acorn or Spaghetti Squash. Need a good Squash recipe? Of all the great online recipe sources, try this one from CBC's "Best Recipes Ever:"

<http://www.cbc.ca/bestrecipes/search/results?785#keywords=squash&order=desc&page=1&showresults=&sort=4>. Absolutely luscious recipes! Oh, by the way, at this time of the year, the Squash is so young and tender that you can also eat the skin, making preparation much easier.



## Going Paleolithic

From time to time, a new diet or eating fad shows up. Often it is not as new as it appears, but only a remake of something we have seen before. So seems to be the case with the **Paleolithic Diet** which currently ranks high in the favour of some nutritionist and dietician circles. Personally, I have had the opportunity to gather one or the other experience in the world of health and nutrition – one being a short but intense brush with the **Paleo Diet**. Back in the 80s, I read a book by Leon Chaitow entitled “Stone Age Diet” which essentially propagated the idea that our nutrition should favour proteins, especially meat (in some moderation), vegetables and some fruit while all but shunning processed foods, especially grains, flours and dairy products. Revolutionary for the time, but supported by a *meaty* following and backed up by much more established literature than 30 years ago.

## Meat at Pfenning’s Organic

Whatever way of eating you may espouse, **Meat** remains one of our favourite foods – and our customers can attest to that. We do hope you were aware that we at Pfenning’s Organic are proud to carry a very wide assortment of organic and naturally/sustainably-raised meats. Our meat comes from renowned suppliers such as Rowe Farms (<http://www.rowefarms.ca/index.php> – sustainable, not organic), Field Gate (<http://fieldgateorganics.com>) and Fenwood Farms (<http://www.fenwoodfarm.com>) as well as several very capable and devoted local growers. We also carry pork, lamb, chicken, fish, turkey, ducks (periodically) and grass-fed beef, notably from our in-laws up near Kincardine, the Hack Farm. Check out our meat offer in our online Catalogue at <http://pfenningsorganic.ca/ecommerce/food/meat/?selectedCategoryID=14584D66-9343-3C10-C6D9-8B9592BB37A3> and bear in mind that *meat is not equal meat*. While some big box stores and fast food chains are offering meat at incredible prices, we do allow ourselves the doubt that the quality of such meats is beyond questioning.

## Fresh Chickens and Turkeys

We will again soon be offering fresh free-run pasture-raised **Chickens** (end of September and end of October) and – in time for Thanksgiving – **Turkeys**. As before, the Chickens are fed certified GMO-free feed and are sustainably raised, although not certified organic. The Turkeys are certified organic!

Get in touch with us at the Store – 519-725-4282 – for more information and to get on the order list as soon as possible and to avoid any disappointment.

## First-Week-of-Month Coffee Special

Coffee anyone? If you need to stock up on some tasty, hefty, zesty and just plain good organic Coffee, you will be happy to hear that this week’s first-week-of-the-month Coffee Special is **Mountain Gems Coffee** (roasted in Mississauga). All 8 Mountain Gems Coffees are on **sale for 20% off**. There is Espresso (Dark), Ethiopian (Dark), French Riviera (Dark), Hummingbird (Medium Roast), Pacific Spirit (Dark Roast), Peruvian (Medium Roast), Sumatra (Dark Roast) or Swiss Water Decaffeinated. Check them out at <http://pfenningsorganic.ca/ecommerce/food/beverages/coffee-beans>.

You can order all coffees either as Whole Beans or Ground – your choice.

## Our Blog

Be sure to tune in to our online **Blog** regularly: <http://pfenningsorganic.ca/blogs>. Not only do we post news, delivery updates, storage suggestions and other items of interest when needed, but we also let you know about last-minute adjustments to our Food Basket contents.

Delightfully yours, Wolfgang

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