



Veggies on Wheels



Volume 18 – # 201

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

January 26, 2016

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,

Midwinter Break February 9/10

Busy times, to say the least! Not only is the **Guelph Organic Conference and Trade Show** coming up this weekend (with the actual Conference beginning on Thursday; check <http://www.guelphorganicconf.ca> for more info) – and we will be there! – but we are exceptionally pulling ahead **next week's deliveries** one day! So **ALL Tuesday deliveries** will be receiving their next Boxes on Monday, **Feb. 1**, and **ALL Wednesday deliveries** will be receiving their Boxes on Tuesday, **Feb. 2**. Then, the week after, **Feb. 9 + 10**, there will be **NO BASKET DELIVERIES!** *The Food Box Company (Almut & Wolfgang) is going to balmy Cuba*. We will, however, deliver **CUSTOM ORDERS** which you can place from our **ONLINE CATALOGUE** – <http://pfenningsorganic.ca/ecommerce>. The perfect opportunity for you to try out what else Pfenning's Organic & More has to offer! After that, we will be resuming our normal delivery schedule again on February 16/17.

Invest in Food!

When purchasing food these days, you will surely have noticed that prices have quite tangibly increased. This was recently spectacularly discussed in mainstream media based on the now likely famous example of the **"\$8.00 Cauliflower."** Just the other day, I happened to listen to an inspiring interview on CBC with Anita Stewart of the University of Guelph on the skyrocketing prices of food. More importantly, Anita offered some very down-to-earth suggestions how to deal with this challenging situation. She was obviously peeved, and frankly speaking I can feel with her, about why one would want cauliflower at this time of the year anyway. Much as it may be delicious and a welcome addition to a tasty meal, cauliflower, as well as so many other fruits and veggies (celery anyone?), are simply not in season now. Anita's thoughts focused on what is currently locally produced and available. I wonder whether she may have been listening to what we have been preaching over the years: try those **Root Veggies** in the winter! It does not stop there. Check out a few weeks' worth of **Local Baskets** or go to our online **Produce Catalogue** (<http://tinyurl.com/gvqd9lb>) to see what is from **Local Sources** at this time of the year. Mushrooms, cabbages, Belgian endives, English cucumbers, parsnips, rutabagas, turnips, beets, squash, potatoes, hydroponic lettuces and sprouts and soon even hothouse tomatoes are all **LOCAL!** Considering that we get about 80% of all our fruits and vegetables from outside the country, we may want to rethink, especially when our currency is not at its best, whether buying domestic does not make more sense. As Anita pointed out, we are a nordic country that developed and grew on a diet of what was locally produced and stored in the winter – precisely the foods we just talked about.



Anita also encouraged the consumption of **frozen vegetables** as the next best option – and yes, we carry those too: <http://tinyurl.com/jpxrfbk>. With modern flash-freezing methods, most nutrients are preserved, making frozen vegetables a viable complement to the winter pallet. Then, of course, don't forget your local meat and dairy products – and eggs! Anything produced locally will be cheaper, alone for the lower transportation costs. Oh yes, one that Almut thought about long ago – and keeps passing on to her customers – is to keep things simple and do as much as possible on your own. The classic example is Pancake Mix. Instead of buying a box of pancake mix, create your own using staple ingredients: not much more than flour (coconut or almond flour as non-gluten alternative), milk, eggs and butter. In fact, you can create many dishes from scratch using some staples that are relatively inexpensive and easily kept at home in storage in your fridge, pantry or root cellar. There is a drawback which Anita addresses: you may have to **learn how to cook**. In fact, cooking things from scratch actually turns out to be much more cost-efficient than overly depending on packaged or prepared food. Finally, don't be above using **imperfect produce**. That apple or pepper may have some blemishes or a slight bad spot, but it is mostly good, nonetheless – and much better priced! Our children quickly commented, "Do not judge a book by its cover." Some grocery stores have been resorting to this under the name of "naturally imperfect." We here at Pfenning's have been doing this for years in our Food Baskets, as you can read in our **Guarantee** (<http://tinyurl.com/jgi2nx4>): "Slightly less than perfect produce may be included - out of consideration for our growers' food producing efforts and for reasons of sustainability." Considering that according to statistics, 25% of food is thrown out by Canadians, starting by at least not throwing out slightly imperfect produce is another good approach to dealing with the rising cost of food.

So how did it go? Buy what is **local and in season**, use **frozen vegetables**, keep things **simple** and **cook your own dishes**, and **do not turn down slightly imperfect produce**. Just some suggestions. Let us know how YOU are dealing with this challenge.

Buteyko Breathing (Part 2)

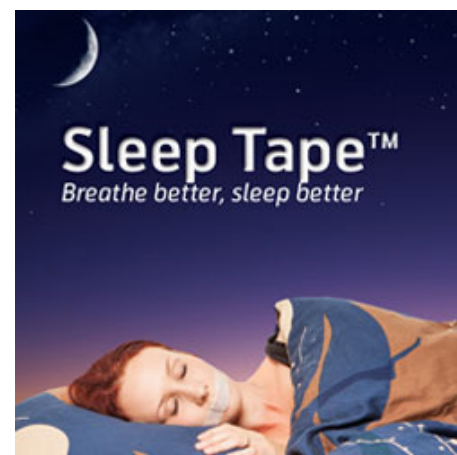
Since our last Newsletter where we introduced **Buteyko Breathing**, not only have we – especially Almut and our daughter, Barnhild – been applying some of the very simple and inexpensive techniques, we have also gotten reassuring feedback from others who have tried their luck with it. Actually, it's less a matter of luck than rather a simple application of straightforward techniques, one of which – *thanks to John M. of Stratford who inspired us* – is so easy that anyone can try it more or less right away. Here is a short summary (taken from <http://www.consciousbreathing.com>) which ties in with the mechanics of breathing and our air intake as described in our last Newsletter and basically wraps it up:

A good night's sleep is vital for good health, energy and overall well-being. During sleep your body heals, repairs and regenerates, which is why the way you breathe while you are asleep is of great importance. Sleeping with an open mouth upsets the oxygen/carbon dioxide balance in your system and causes hyperventilation that results in oxygen deficiency and restless sleep.

*Since you can't easily monitor how you breathe while you sleep, you may want to ensure that your mouth stays closed at night so you breathe only through your nose. The easiest way to do this is by **taping your mouth shut** at night. The feedback frequently given is that people wake up more alert in the morning, sleep more calmly, don't wake up during the night, and need less sleep.*

That's it! We have been taping our mouths shut at night before going to sleep. Almut uses what they call Sleep Tape™ and I just use one mouth-length worth of 1 inch skin-friendly medical tape available at any pharmacy or wherever you can get band-aids. Granted, it initially sounded strange to us too. But, as they say, the proof is in the pudding – and we have been experiencing precisely what is described in the summary: we wake up more alert in the morning, sleep more calmly, don't wake up during the night and seem to actually need less sleep.

Before you think that we have gone off the deep end, go ahead and try it. Tape your mouth shut. See if it has any beneficial effect on you. What have you got to lose?



**Wishing restful nights to all,
Wolfgang**