



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX February 3, 2015

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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,

Great to see some of you at the Conference!

After spending the weekend manning our stand – Pfenning's Organic & More, Health Food Store and Home Delivery Service – at the **Guelph Organic Conference and Trade Show**, it's nice to sit down, collect one's thoughts and share some insights and news with the Pfenning's Food Box Community. Some of you also made it out to this decades-old annual event. Great inspiration and updates all around the world of organics!

Whether your interest lay in demystifying some of the different growing methods and applications, or trying to grow some of your own food, or understanding and appreciating the efforts behind others growing food for us – there were many various workshops and events for all different kinds of interests. Alas, Almut and I never made it to one. We were there to connect with old and new customers, foster old and new contacts to the organic industry and get a sense of what is happening in the field. As many conference visitors did, we also took advantage of some of the great shopping opportunities one could find there.

It certainly appears as if the organic movement in Canada, albeit undeniably vibrant, still is struggling to be considered as mainstream. While there are many corporate-oriented approaches to find access to the organic market, grass roots businesses remain challenged to help the consumer understand the merits of keeping things local and personal. Lots to do, let's get on with it!



## MID-WINTER DELIVERY BREAK! – NO DELIVERY Feb. 24 + 25

As we head into the mid-term of winter, all of us are developing mild aspects of winter fatigue. Granted, this winter is not nearly as intense as last year's and we have yet to get into some really serious shoveling, but it does seem like a good idea to some of us to interrupt the incessant iciness, if even only for a brief moment.

So we are following the example of many of our customers and will be taking a short **Mid-Winter Delivery Break** at the end of this month. Please, mark in your calendars that there will be **NO DELIVERIES February 24 + 25**, the Last Week of February!

Although we mention getting away from the cold, we will actually be heading out for some skiing and snowboarding with our five teenagers – one way to make the best of our frigid climate.

**Regular deliveries** will resume again the week after – **March 3 + 4**.

**NOTE for Biweekly Customers:** Anyone receiving a Box on February 10/11 will NOT receive a delivery on February 24/25. Your next scheduled delivery will be March 10/11!

**MARCH!** The month of St. Patrick's Day. St. Patrick's Day means **GREEN**. March 20<sup>th</sup> is also the first day of spring. I know this puts the pressure on my brother-in-law (Wolfgang Pfenning) who is likely feverishly leafing through seed catalogues and nervously eying his snow-covered fields with visions of lush vegetables dancing in his head. Wolfgang and a large part of the Pfenning's Farm crew were also there at the Organic Conference with a very nice and fresh Farm display. I could observe Wolfgang there from time to time, mostly indulging in deep conversations with local farmers also having their sights set on the imminent growing season.

By the way, the Farm now also has a new site – <http://pfenningsfarms.ca/> – well worth checking out!

## Cabbage Coming Up

Although this 1<sup>st</sup> week of February only the Large Local Basket will see some **Cabbage**, you will be getting more of it in your Food Baskets in the coming weeks. Cabbage has been planned for next week's veggie-containing Boxes. Not only is Cabbage in season, but with greens prices being as high as they are, especially for Lettuce from California, we are focusing on more sustainable salad-making options from closer to home.

We won't get into the nutritional and health benefits of this cruciferous vegetable so popular in winter, but we would like to offer a quick and simple **Coleslaw Recipe** to get your mouths watering and allow you to get things ready for the upcoming week.

## Coleslaw

**What you need for the salad:** Cabbage, Onions, Carrots, (optional), Red/Green Pepper (optional), some Parsley, Radishes, Cucumbers (all optional)

**What you need for the dressing:**

*WITHOUT MAYONNAISE* – Mustard, 2 tablespoons Raw Wine Vinegar, ½ cup Extra Virgin Olive Oil, 1 tablespoon Flax Oil. Mix everything well together.

*WITH MAYONNAISE* – Egg plus Egg Yolk, some Dijon Mustard, some Lemon Juice, about 1 cup Extra Virgin Olive Oil or Sunflower Oil, some Salt. Everything should be at room temperature! Blend or process in processor Egg and Yolk, Mustard, Lemon Juice and Salt well for about 30 seconds or until well blended. Add Oil drop by drop while blending. Taste and check seasoning. Keep refrigerated.

**NOTE:** to make the Mayo last longer, you can add Whey (about 1 tablespoon). This will also make the Mayo firmer, as home-made Mayo is generally be more liquid than bought.

**How to do it:** shred the Cabbage and Carrots, dice the Onions and chop the Peppers, mince the Parsley, slice the Radishes, dice the Cucumbers. Mix everything well together in a bowl. Toss with your choice of dressing. Enjoy!

If you would like to check the recipes, we got them from **Ten Talents**, by Frank J. Hurd and Rosalie Hurd, and **Nourishing Traditions**, by Sally Fallon.

## On Eating... Again!

In our last Newsletter I had shared our decision to try a grain- and flourless regime. Now that we have been sticking to it, more or less, for about three months, I will try to share some of the insights this different way of eating has allowed us to gain.

The first observation, not new to me since it is definitely a déjà vu with respect to my earlier ventures in eating, was that any deviation from generally accepted and commonplace nutritional practices is often seen as being strange and serves to place you on the fringe of culinary society, since you do not partake in all the commonly accepted eating practices. Annoying but bearable.

More noteworthy was the absence of energetic highs and lows throughout the day. It is no news that the complex carbohydrates in grains are broken down into sugars, which the body needs to deal with by way of secreting insulin. It may occur that the body's delicate sugar balance is undercut, causing an energy low that calls for more sugar. We seem to have been avoiding this quandary – a quite welcome phenomenon. Almut also wanted to point out the absence of what some call "brain fog," that irritating feeling of not being able to think straight, something most of us would prefer to do without.

Finally, we both noticed that after a meal without grains, we left the table with a lighter feeling, less full, yet were able to go for a long period without running into a nagging hunger again. Personally, I also seem to have been able to go without breakfast (mostly unintended) until late in the morning without hunger pangs or physical exhaustion from lack of food.

We are somewhat excited about these finding, although we had heard about them from reading or from others having tried the same thing. It will be interesting to see how this carries on. One thing we both do seem to miss is preparing that quick sandwich for a momentary attack of hunger. We found, however, that here are so many alternatives to that traditional sandwich or other grain-based snack. More to think about in our next Newsletter.

**Keep warm, healthy and happy – and a Happy upcoming Valentine's Day to all,  
Wolfgang**

