



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX September 30, 2014

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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.

Squash Season & More

Dear Pfenning's Food Box Community,

Recently, when I was once again devotedly delivering Food Boxes, at that time in an apartment building in Stratford where I have two customers, I was approached by what was obviously a building resident who had noticed that I was doggedly labouring to get the sizeable orders to their rightful destination.

"Do you deliver groceries?" she asked with a meaningful glance at my load. Noting my affirmative nod she was quick to add, "Do you deliver to anybody?"

"Of course, we don't discriminate against anyone," was my obvious reply.

"But these are organics," I was quick to clarify.

"**Yes, it's all organic!**" Sabrina, my customer who had come to meet me in the stairwell, loftily confirmed.

After a moment's reflection (and one could see how she was struggling to get a grasp on this bold statement), the lady graciously conceded, "I think that should be alright" and accepted the Food Box pamphlet I usually offer to anyone interested in our service.

It was indeed a glorious moment to see that our home delivery service may even be found acceptable despite the fact that we merely deliver organics.

Squash, Sustainability and Animal Welfare

Past week, we again saw Martin Boettcher pull into the squash barn yard with his tractor and flatbed trailer filled to the brim with squash – about 24 crates full with some 1400 lbs of squash in each. Yes, it is that season in full swing again: **squash!** And they are coming in to be stored at Pfenning's Farms not only from the Boettchers, but from all over the region: Butternut, Buttercup, Kabocha, Acorn, Sweet Dumpling, Spaghetti, Hubbard, Pie Pumpkin... there are definitely some that I have not mentioned here. You will surely be seeing one or the other in the coming months' Food Baskets.

If you would like to meet **Martin Boettcher**, one of Chris and Gabi Boettcher's five children, and catch a glimpse of the Boettcher Farm, from whom we get a lot of squash, but also sheep's meat products (through Field Gate Organics, available at Pfenning's

here: <http://pfenningsorganic.ca/ecommerce/food/meat/lamb--frozen/>), have a look at the OCO's (Organic Council of Ontario) recent video addressing Sustainability and Animal Welfare at <http://www.organiccouncil.ca/news/think-animal-video>. After about a half minute and throughout the clip you can see Martin and later also his dad, Chris, but the message of the whole little under-three-minute video is well worth watching in any case. You can also see the video on our website Video Page at <http://pfenningsorganic.ca/Video.htm>.



Banana Production

While delving into videos, you may also want to have a quick look at another clip we uploaded to our Video Page, this one dealing with the production of **Bananas**. Although this short documentary is offered by a conventional company marketing bananas, it is very interesting and informative, and many of its harvesting and packing aspects can surely be applied to organic banana production. This was certainly a bit of an eye opener for us, as well.

Last Call for Fresh Chickens and Turkeys

With September over and only some two weeks left until Thanksgiving, we are sending out the LAST CALL for fresh free-run pasture-raised **Chickens** and certified organic **Turkeys**. We now have a price for the sustainably raised Chickens and organic Turkeys. Fresh Chickens sell for \$4.89/lb and the fresh Turkeys are \$5.19/lb.

Let us know as soon as possible if you would like to get on the list. Traditionally, there is a last-minute run for both Chickens and Turkeys and, much as we would rather not, we always end up having to turn away customers still hoping to catch the backend of the coveted birds.

Dairy Allergies Anyone?

We have often been hearing about milk and dairy allergies in more recent times. This has given rise to the ongoing discussion whether dairy products are to be considered an essential food or may want to be used more moderately or even restrictively by adult humans. In our last Newsletter, for example (<http://pfenningsorganic.ca/userContent/documents/NEWSLETTERS/NEWSLETTER-2-9-2014.pdf>), the **Paleo Diet** discussed there totally discounts the inclusion of dairy products in our food. Since milk and dairy products in general are still widely accepted as a food containing valuable vitamins, minerals and nutrients, we will likely not see their use be discontinued any time soon.

In the latest **Mercola Newsletter**, the question was asked, “**Is Goat Cheese Good For You?**” (you can read the whole article here: <http://articles.mercola.com/sites/articles/archive/2014/09/28/goat-cheese-benefits.aspx>) According to Dr. Mercola, **goat cheese** contains less lactose than cheese made from cow's milk, so it is typically well tolerated by those with lactose intolerance. Anyone with an allergy to milk protein may be able to tolerate cheese made from goat's milk because it is formed with shorter amino acid protein chains than cow's milk. Goat's milk has a chemical structure similar to that of breast milk, and it has smaller fat globules than cow's milk, which tend to make goat cheese easier to digest than cow's milk cheese (even for people with a sensitive stomach). Goat cheese has fewer calories and sodium per serving, and more vitamin D, vitamin K, thiamine, and niacin than cheddar.

Sound pretty good, doesn't it? If you like what you are reading about **Goat's Cheese** (although my mother-in-law admittedly despises it), you may like to know that we also offer a wide variety of Goat Milk products in our Store and online Catalogue. Our respectable line of Goat Cheeses from Gordon's Dairy, Wroxeter (Listowel), is quite popular - and very locally produced!

To see more of our Goat's Milk products, go to “Dairy” in our Catalogue - <http://pfenningsorganic.ca/ecommerce/food/dairy/?selectedCategoryId=145848D4-EB8A-58D2-E9A4-3DD9C17982B2> - and click on **Goat Milk Products**.

Happy month of September to all,

Wolfgang

