



# Veggies on Wheels



Volume 16 – # 184

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX November 4, 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.

## Dear Pfenning's Food Box Community,

As most of you may know, other than diligently concentrating on bringing you your goodies, I tend to ponder many issues on my delivery travels. My musings are, of course, inspired considerably by current themes, the recent **municipal elections** being one of them. In this context, it was hard to not be drawn in by the campaign of one **Martin Weatherall** who was running for the position of mayor in Stratford. John, one of our faithful long-time customers in Stratford, had brought it to my attention. Weatherall's main campaign issue was to address the dangers of exposure to electromagnetic and specifically microwave radiation. You may recall that I too have already addressed the matter of Wi-Fi in recent Newsletters (see March 4 and April 1, 2014). We also have had and are still having our own experiences with Wi-Fi, the latest being our little daughter coming home from her Wi-Fi-equipped public school, feeling pretty drained and fuzzy in her head.

I could not help but feel admiration for Martin Weatherall who had the audacity to challenge the system and rattle the pillars of the largely unchallenged establishment. Despite the possible health risks of cordless phones, wireless computer routers, the high-speed wireless network and smart meters (Weatherall talks of short-term effects such as headaches, fatigue, difficulty concentrating, muscle and joint pain and dizziness and longer-term effects such as various cancers, depression and anxiety and heart and cardiovascular problems), most people are unaware of these. Weatherall (*incidentally co-director of WEEP, a Canadian non-profit organization dedicated to informing the public about the potential environmental effects associated with them*) wanted to change this, should he be elected as mayor.



As locals know, Weatherall was not elected. The electorate afforded him just under 5% of their votes. I do concur with Weatherall's general notion of getting the public to inform itself on this most important issue of rampant Wi-Fi all around. If you would like to become quickly knowledgeable in this respect, have a look at this link:

<http://www.c4st.org/> (especially the MD Symposium). You may also want to check out the WEEP site at <http://www.weepinitiative.org/>.

## Local Growing Season all but over

When checking out the Pfenning's Organic production list the other day (the list of items to be harvested or packaged for that day), it became pretty clear that the local growing season is just about over. The list showed collards and curly parsley. Admittedly, our growing season has lasted nice and long, and some of the Jamaicans working in the field crews have secretly been hoping for a quick, devastating frost to bring the long, cold days of harvesting in the bitter cold to a relieving end. Make no mistake, our Jamaicans, as all of Pfenning's Farm employees, are faithfully (some fiercely) devoted to working on the Farm. But the recent very decisive drop of nightly temperatures below 0 degrees has certainly done a lot to fulfill this hope.



## Last Local Green Leaf Lettuce

Considering the end of the local growing season, you, our Food Box customers will likely be happy to see the last of the Pfenning's **Green Leaf Lettuce** in all your boxes (except the Fruit and Smoothie Baskets). Due to this final local greens bounty we replaced the planned Red Leaf Lettuce from Quebec with Pfenning's Green Leaf Lettuce.

Also, the Local and Wild Baskets are seeing the mildly spicy **Pablano Peppers** from HOPE instead of Onions – another short-notice change due to the unexpected availability of what may well be the last local peppers.

## Certified Organic Salmon

From the field to the floods, we would like to announce that we now carry **Certified Organic Atlantic Salmon** from **DOM ORGANICS**. We are not aware of any other organic salmon on the market raised in quite such an eco-friendly and sustainable manner. Their fish are hand-fed a diet of organic and sustainable ingredients, free of hormones or genetically modified organisms. Their Atlantic Salmon benefit from low stocking levels and forceful tides, leading to leaner, firmer, and tastier fish. Another noteworthy difference in raising this salmon is that naturally occurring yeast (phaffia) is used in the feed to give the salmon its healthy red colouring, which in some salmon is achieved through additives and artificial colouring.



If you like **Salmon** and would like to try it, follow this link – <http://pfenningsorganic.ca/ecommerce/food/meat/seafood-frozen-Salmon.htm> – to see it in our online Catalogue.

## Coffee Special!

Missing our beginning-of-the-month **Coffee Specials**? We decided to break with the monotony of offering a pre-determined special always at the same time of the month. Instead, our **Coffee Specials** will now be at whimsically and refreshingly random intervals. Keep tuning into our online **Catalogue Coffee Page** – <http://pfenningsorganic.ca/ecommerce/food/beverages/coffee-beans/> – for the newest special update.

## Cold Alert & Plastic Bins

Finally, we need to point out that with the increasing risk of **freezing temperatures** occurring in the early morning hours when we do most of our deliveries, we ask you, our customers, to take precautions that your produce does not take any damage from freezing when left out in the cold for too long after it has been dropped off. If you are not sure when your Box will be dropped off, please, contact me, Wolfgang, at [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca). I can let you know roughly when to expect your delivery and what we can do to keep your goodies safe after delivering them if you cannot take them inside right away.

We would also like to encourage all of our old and new **regular customers** who have not yet done so to request delivery in the **Plastic Bin**. This not only gives your produce more protection, also from the cold, but makes transport a lot easier for us. Once you get your delivery in the **Plastic Bin**, you just leave out your empty Bin on delivery day and we will replace it with your filled one.

**A joyful month of November to all,**

**Wolfgang**