



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.

"Not over till it's over..."

"It's not over till it's over" may be the best way to approach the course of the winter we are currently going through. So many people have I met on my delivery travels who are now visibly fed up with the ongoing cold spell and so ready for spring. Just a few more weeks and it will be so. At Pfenning's Farm, field planning is all but done, even this early in the year. Seeds have already been ordered, some have already arrived and are already being grown in local greenhouses in preparation of the onset of planting season in May – less than 2 months down the line.

The two transplanting forerunners are parsley and leek. According to Wolfgang Pfenning (my brother-in-law), the winter spinach has been doing well under the thick blanket of snow, dormant but ready to go once spring does make its well-coveted entry. A brief nail biter had us worried at the Farm about acquiring all the kale seeds needed for planting. It appears that due to high kale demand and several kale harvest failures there is not enough kale seed to go around. Thanks to Pfenning's good rapport with the seed suppliers, we got all the seeds needed. Good news for kale lovers – kale despisers can always go for the substitution.

This Week's Coffee Special!

This first week of the month, ALL **Planet Bean Coffees** are on special at Pfenning's Organic & More. Planet Bean Coffees are roasted close to home in Guelph. We have 7 different varieties available at the Store:



- 1. Cafe Femenino - Medium Roast**, with a floral aroma and notes of caramel & nut.
- 2. Chajulense - Medium Roast**, nutty & sweet with bright winery acidity.
- 3. Chatty Matty - Light & Mellow**, nutty with a caramel finish.
- 4. Freedom Fighter - Dark & Rich**, with a hint of cherries.
- 5. Guatemalan Nahuala - Light Roast**, floral aroma, nutty mellow flavour, winery acidity.
- 6. Morning Glory - Medium Roast**, with a touch of Planet Bean's darkest beans to liven things up, a great wake-up coffee.
- 7. Yirgacheffe - Medium Roast**, citrus & floral aroma with bright, sparkling acidity.

All Planet Bean Coffees come in packages of 340 g for \$13.95 – **the special price is \$10.50.**

If you let us know by the end of this week, we can add any Planet Bean Coffee to your next order for the Special Price.

The Wireless Threat

While perusing this month's **Vitality Magazine**, one of Canada's largest

publications on natural health, alternative medicine and green living, Almut came across an excellent article on a subject that she is very familiar with: **wireless radiation**.

During the brief period we ourselves had Wi-Fi in our house, she experienced a variety of health issues that disappeared once we hardwired our computers. For those who don't know Almut, she is my wife, the soul of the Store, mother of our five children and master planner of the weekly Food Baskets that we send out to our customers. Although we deal mainly with bringing healthy, organic nutrition to you, this topic appeared as too important to us to not share with our customers.

The article was written by Frank Clegg, the longtime president of Microsoft Canada, now CEO of the new non-profit organization, Canadians for Safe Technology (C4ST) and a leading advocate for wireless radiation safety. Frank offers an update on what Canada is (or is not) doing to protect your health, and what you can do to protect yourself and your children against the lurking dangers of wireless technology.

The article points out that many countries around the world, including Sweden, Belgium, France, Austria and India, to name just a few, have alerted their populations to approach wireless devices with caution and have taken steps to deal with their hidden hazards. Lawmakers across our globe are increasingly developing safety rules. **Many people are unaware that wireless devices use microwaves, the same as your microwave oven (if you have one). So your cordless phone, Wi-Fi, smart meter and the cell tower outside your window are effectively functioning as low-level, constantly-emitting, microwave transmitters.**

Even the World Health Organization warned three years ago that exposure to microwave radiation from wireless devices might increase our cancer risk. Canada has largely been ignoring this warning, although there is mounting evidence that over-exposure to wireless radiation may increase not only the risk of cancer, but may also play a role in causing many other illnesses. Health Canada is dangerously behind other countries in recognizing electrosensitivity. The article perceives it as disturbing to note that Health Canada historically did recognize that some people get sick from microwave radiation. But in the last "update" of the "Safety Code 6" in 2009, the only significant change was to delete the single sentence that read: "Certain members of the general public may be more susceptible to harm from RF and microwave exposure." This acknowledgement that some people are susceptible to harm from wireless radiation had been part of the safety code for more than a decade. It vanished about the same time Wi-Fi was rolled out into all schools and offices.

Frank encourages everyone with unexplained chronic health problems – including disturbed sleep – to turn off every wireless device in their home for a week and observe what happens. He offers the following five safety measures:



The Tech Exec's 5-Step Guide to Wireless Safety

1. CELL PHONES:

- Keep cell phones away from your head (use the speaker or airtube earbuds; not bluetooth) and out of your pocket, bras, or clothing.
- Don't sleep with an active cell phone near you. Use airplane mode only. It keeps the phone functions on, but blocks incoming/outgoing calls and text.
- Children should not be near a connected cell phone or tablet device. Cell phones and tablets should not be used as toys.
- Forward your phone to your landline when at home.

2. CORDLESS PHONES: Remove all cordless phones. If you must have them, keep them away from high use areas and bedrooms and put them on a timer or turn them off every night. The base-station is the heaviest emitter of radiation, more than the hand-held phone.

3. WI-FI: Remove the Wi-Fi in your home. If you cannot remove it, turn it off when not in use, minimally put it on a timer or turn it off every night. Make sure it is not where someone is exposed all day, such as a bedroom or study.

4. BABY MONITORS: Never place a wireless baby monitor (video or audio) by your child's bed. Use a wired monitor. Mothers, do not carry the monitor near your body.

5. SMART METERS: If possible, opt out of any smart meter installations for hydro or water. If not possible, try to have it placed away from bedrooms or other high use area, or consider the use of a protective screen.

While insisting that the current lax federal guideline is a danger to public health, Frank – **with the increasing backing of the scientific and medical community** – points out that the use of Wi-Fi especially in schools impairs learning.

With wireless radiation there are also some notable local initiatives:

The Saanich District School Board on Vancouver Island has banned Wi-Fi in elementary schools due to the uncertainty around children's health. Also in B.C., the Kootenay Lakes school district voted to maintain one school without Wi-Fi in order to provide a safe haven for students who are obviously sensitive to the microwave radiation.

Last fall in Guelph, the City Council voted to request that Industry Canada stop all construction of new cell towers until Safety Code 6 is updated to reflect all health risks from overexposure to microwaves. (18)

Similar requests from Thorold and Oakville earlier in the year have been ignored.

Last December, the City of Toronto voted to maintain its "Prudent Avoidance" policy recommending people and civic bodies keep radiation levels from cell towers 100 times safer than the federal Safety Code 6 minimums.

To read the whole article, go to <http://vitalitymagazine.com/article/invisible-threat/>, or get in touch with us for ideas on what to do if you feel that wireless technology as currently implemented may need to be rethought and you would like to do something about it.

