



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX January 5, 2016

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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,

Here we are again. The festivities have come and gone. We feared for winter and now it's here. Time to get used to a brand new year. **Welcome to 2016** – and to another year of amazing home deliveries coming your way!

On the Farm, we were once again thrilled when a walk in the snow revealed more **Red Kale**, ready to be harvested – on December 30th, as my niece Barbara Pfenning proudly pointed out! *Check out the action shot below – "Red Kale hunters bringing home the catch" – with Barbara the girl in the middle.* Needless to say, our **Local Baskets** may look forward to including this unequalled late-year field bounty soon. For now, the snow cover we have finally received will make similar exploits unlikely for the next few months. Fortunately, we have lots of local

veggies in storage, mostly of a rooty nature, which Almut will be eager to plan into your Baskets, especially the Local one. Anything to get around the astronomically-priced produce coming from outside the country, in particular from California. Direly dry growing conditions there along with \$\$ currency concerns have been pushing prices of food coming to us from the south way high. **Never a better time to think and eat locally.** Not to say that you get "more bang for your buck," as Almut maintained in one of her more material moments. Seriously, Almut does a great job putting the best of everything – local and from elsewhere – in your Baskets to get you the most ideal and plentiful selection and variety possible. Well, she has had lots of practice since she began planning Food Boxes back in the 20th century (1998 that is).



Cold Alert (no simulation)!

We pointed out to you in our November Newsletter to be sure to safeguard your deliveries against below-freezing delivery conditions. After the whimsically mild December we had, we are now earnestly suggesting the same. For the next while, temperatures will be more seasonably cold. Here again the link to our **cold delivery suggestions**:
<http://tinyurl.com/o7j35ql>.

35th Guelph Organic Conference – January 28 to 31, 2016

Every time January rolls around, we like to point out the upcoming **Guelph Organic Conference and Trade Show** – see more about that here: <http://www.guelphorganicconf.ca>. As you know, there are informative and instructive workshops, seminars and lectures, and the Trade Show on Saturday and Sunday where you can visit us again in our **Pfenning's Organic & More** stand. The Pfenning's Farm will be there too, along with Vincent Strickland, their Compliance Coordinator, who will be giving a talk on Food Safety on the Organic Farm. To learn more and to register, go to <http://www.guelphorganicconf.ca/2015/12/organic-farming-and-food-safety>. See you there!



Looking Ahead... Midwinter Break February 9/10

As we head into what is beginning to look a lot more like winter, we are setting our long-range sights on a **midwinter break** during the second week of February – **Feb. 9/10**. Two things to observe regarding this delivery interruption:

1. The last delivery before the break will be pulled one day ahead. So deliveries for the first week of February will be on Feb. 1 and 2, Monday and Tuesday.
2. During the Feb. 9/10 Delivery Break we **WILL** be accepting and delivering **CUSTOM ORDERS** that reach the Free-Delivery Minimum Limit of \$50.00. There will just be no delivery of pre-packed Baskets.

Towards the end of the month, as this regular delivery break moves closer, we will be bringing it to your attention again. We just wanted to give our customers an early heads up.

So What is Buteyko Breathing (Part 1)?

In our December Newsletter, we had briefly addressed **Buteyko Breathing**, an absolutely intriguing observation of our breathing habits which may actually need some rethinking. Buteyko Breathing was introduced to us by several people coming from different directions who were already in the process of gathering their experiences. They were achieving remarkable results which incited us to try it out ourselves.

In a nutshell, Buteyko Breathing, which was initially used to treat asthma, allergies, emphysema, sleep apnoea, chronic fatigue syndrome and other health issues, is based on the idea that we tend to overbreathe. This is a bit scientific, but apparently, the gas mix in the air we breathe is not exactly the mix we need for a proper physiological functioning of our lungs. We actually need more CO₂ than present in the mix, which the body compensates through metabolic processes and with the lungs as a regulator of the gas mix. If we breathe too much we exhale more CO₂ than we produce, creating a deficit of CO₂. Consequentially, by breathing less we retain more CO₂ which is more vital for our body's metabolic processes than we think. CO₂ for instance is the body's most important buffer in the regulation of the body's acid/alkali balance. Too little of it can cause a weakening of the immune system leading to all kinds of immune-related illnesses, and allergies are also considered to be a serious acquired immune dysfunction. Strangely, overbreathing causes less oxygen to reach the body's cells.

The Buteyko Method aims at normalising the breathing rate and depth and therefore the CO₂ levels (as well as removing the causes of hyperventilation), so that metabolic processes can be restored and healing can occur. As a result the symptoms of overbreathing subside completely in most cases. It took Almut and me quite a struggle to wrap our heads around this new concept, which seems to have been known and worked with in Russia for decades. We were wondering whether this may have given them their legendary edge in the world of sports.

To learn on how we have been playing around with the Buteyko Method and how it works, make sure to read **Part 2** in our next Newsletter. For a deeper look, the go-to site for Buteyko Breathing is <http://www.normalbreathing.com>.

**An excruciatingly Happy 2016 to all,
Wolfgang**