



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX April 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,

Gerber's Berkshire Bacon

Remember Jesse, the fellow with the tasty pork from Wellesley? Well, just recently he launched his incomparable **Berkshire Bacon**. Berkshire, a county west of London in good old England, is whence the pigs providing this savoury meat originally originated. As it were, Berkshire pork is prized for its juiciness, flavour, tenderness and high fat content – all of which we found in abundance in his bacon. Check it out in our Catalogue at <http://tinyurl.com/jv7473m>.



So you are worried about the fat? If you have not yet heard the news, after decades of bashing saturated fat, a 2010 scientific study, published in the American Journal of Clinical Nutrition, discovered that there wasn't enough proof to link saturated fat to either heart disease or stroke. This has since been confirmed in many further studies. It is easy to find information if you do a search. For a good article, check out what Dr. Mercola has to say: <http://tinyurl.com/hong7t9>. Here Dr. Mercola – whom we do follow quite regularly as he appears to offer a very balanced and tempered (and well-documented) perspective which seeks to remain unperturbed by 'politically correct mainstream thinking' – offers some down-to-earth guidelines for a (heart-) healthy diet.

Spinach on the Way

In mid-March, a Twitter blog by Wolfgang Pfenning (remember, the brother-in-law) gave us hope that we may soon be looking into fresh greens from the field. He posted some spectacular photos of spinach that was starting to grow. In fact, we have often been fortunate enough to welcome the first greens in spring in the way of spinach that had overwintered and had begun to grow in March or April. After our little "polar vortex" interlude, we will stay tuned to see what is growing when things start warming up again. Be aware that planting season is set to start in some three weeks from now. Also, our first Jamaican migrant worker has flown in from the south – on April 1st, no joke. He didn't think our current cold snap was so funny either. To get news right from the field, visit Wolfgang Pfenning on Twitter at <https://twitter.com/PfOrganicsWolf>.



Growing Onions

It's that time of the year when Onions simply want to grow. So keep them in the fridge, exceptionally, to keep them from growing. Also, they may be a bit softer at times, but are still good to eat. Onions away!



The Great April 2016 Local Garlic Challenge – *issued by Almut*

Have you ever wanted to grow your own **Garlic**? Let me tell you, it is so easy and requires no hard work on your part. I challenge you to grow 10 garlic bulbs in your 'flowerpot' on the balcony or 'flowerbed' in front or back of your house. Just imagine, your own LOCAL Garlic! And in mid-June you will have your very own 'Garlic Scapes' to harvest. Do you think you are up to it? Honestly, it is very simply and I will help empower you to 'garlic self sufficiency.'

1st: You need 10 local garlic cloves which I will give you **FREE of charge!!**

2nd: Determine where to plant them. They need to be 3-4 inches apart and have enough private space from surrounding plants to grow into a knee-high, baby-finger-thick plant.

3rd: Take the garlic clove and push it about 3 inches into the soft soil, making sure the pointed side of the clove is UP (use a tool if the soil is hard).

Done! Now let nature take its course.

4th: Typically, garlic gets planted in October, but if you are early enough in April (right now!), it is still possible to grow beautiful Garlic.

Oh and one more thing, if weeds come up... I think you know what to do with them. Every living thing needs space to grow, garlic too. So give it space and sunshine.

You can pick up your 10 free garlic cloves at the store or let us know if you want them delivered with your food box .

Happy gardening!

Almut

P.S. I will give you further instructions on harvesting etc. later in the season.

April Fool's Follow-Up

After many years of diligent and dutiful deliveries, we caved in and offered an **April Fool's joke** to all of you who are on our Newsletter mailing list. If you missed it, you can still read it on our Blog:

<http://pfenningsorganic.ca/blogs>.

It seems like no one truly took offense (some even good-naturedly acknowledged our attempt at spreading some cheer on April Fool's), although in one unfortunate case, someone actually took it seriously and reacted somewhat testily. Just to be absolutely clear, the email was merely a joke sent out on April Fool's Day. It's the exact opposite of anything we would condone or sell. We apologize if the email was misleading for anyone. As always, humour is difficult to pull off – although in the interest of our spiritual well-being and sanity we should abandon ourselves to it much more often. We definitely meant no offense. Inversely, we were actually trying to discredit smoking by parody and did place such a disclaimer at the end of the message. We do heartily apologize for any confusion our April Fool's excursion may have provoked.

Yours in good humour,

Wolfgang & Almut (*becoming a regular in Veggies on Wheels*)