



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.

Dear Pfenning's Food Box Community,

To all a Healthy and Happy New Year!



Welcome back to all our faithful customers. While winter appears to be making a comeback, we are thrilled to head into another year of delivering the **BEST** of local and all around organics to your homes. During our delivery break we had some time to do things we don't usually have too much leisure to delve into. One of those was to catch up with current noteworthy news, the most obvious to us being a headline from across the Atlantic which was actually not so new at all.

Glyphosate Vaarwel!

It looks like – after countries like Russia, Tasmania and Mexico – the home of tulips, gouda and wooden clogs, the Netherlands, have said “**NO**” to the private use of any pesticides containing **glyphosate**. This includes the well-known conventional and controversial agricultural poison, **RoundUp**. The Dutch found this substance to be linked to cancer, infertility, birth defects, nervous system damage, and kidney disease. The ban in Holland will take effect by the end of this year. If one may believe the news, France and Brazil may likely follow in imposing a ban on the use of glyphosate. In Ontario, it has been illegal to use pesticides for cosmetic lawn care since 2009. Its use in conventional agriculture is another story. The spirited resistance of the province's grain farmers to the upcoming restriction of the use of neonicotinoid pesticides, to mitigate its negative effects on our bee population, may be an indication of what to expect if the commercial use of conventionally accepted toxic substances is challenged.

You can read up on different aspects of the story if you go to either one of these links: <http://investmentwatchblog.com/first-russia-tasmania-and-mexico-say-no-to-monsanto-and-now-the-netherlands-have-passed-a-similar-ban/> or <http://inhabitat.com/the-netherlands-says-no-to-monsanto-bans-roundup-herbicide/> or <http://sustainablepulse.com/2014/04/04/dutch-parliament-bans-glyphosate-herbicides-non-commercial-use/#.VKmGtntUVYx> or <http://www.thehealthyhomeeconomist.com/roundup-banned-netherlands-france-brazil-likely-soon-follow/>.

To Eat or Not to Eat

Some of you may know that eating is one of our favourite topics. Recently, with the return of our oldest daughter Barnhild from abroad, it has become a top-of-the-list theme. While in Europe, Barnhild decided to try the vegan option of eating. She has persistently been following this diet and seems to be feeling great. As a refresher, vegan is a type of vegetarian diet that excludes meat, eggs, dairy products and any other animal-based foods. So Barnhild won't even partake in a meal including eggs from our own chickens. That took some getting used to. But since we inherently believe that all people should have the right to pursue their own personal way of life, we do not guffaw at Barnhild's eating choices.

While dwelling on the topic of eating, we must admit that Barnhild too has been confronted with her own challenge regarding the way Almut and I are eating nowadays. No, I don't mean questionable table manners, rather what or what not we eat. In the past, we have often dealt with the topic of what may or may not be healthy to eat. In our past September Newsletter we mentioned the Paleolithic Diet (<http://pfenningsorganic.ca/userContent/documents/NEWSLETTERS/NEWSLETTER-2-9-2014.pdf>) which was especially intriguing to me since I had my own experiences in this respect. Following the consideration and suggestions given by many dietary and alternative medical sources, we decided to try avoiding **grains and grain products** for a while to see what effects this might entail. What, no bread, no pancakes, no pizza, no pasta? Well, yes, at least for now. If we want to see how this pans out, we need to stick to it for a while, right? So for about 2 months now we have been doing just that. Some of you may know that we used to be vegetarians. Well, yes, this new dietary trial has also confronted us with the prospect of eating meat, which we have now bowed to, hence Barnhild the vegan's qualms.

This experiment, if we may call it that, has been interesting, to say the least. Once we have had some more time to live and reflect on it, we will be happy to offer some of our insights. As always, to eat or not to eat, that is the question!

Belgian Endives

Now that we have entered the times when fresh local greens are hard to come by, we are happy to again be able to offer **FRESH BELGIAN ENDIVES**. Coming from St.-Clet, Quebec, just this side of Montreal, they are pretty much local by our understanding. Just the other night we had raw Endives with some tasty dip (who needs the chips?). They were crunchy and tasty and just what we seemed to crave at this time of the year.

If you would like to know more about where your **Belgian Endives** come from, you can visit their website at <http://www.endivesdiva.com/en/index.php>. They also offer 8 different recipes on their site if simple dipping does not suffice.

We also found it intriguing to learn that the owners, Jean-Michel and Francine Schryve, came from France in 1975 after their land had been expropriated there. This strongly reminded us of the story of the Pfenning's, whose farm back in Germany was partially expropriated to make way for a highway project. As we know, this ended up in the Pfenning family moving to Ontario in 1981 where they have been farming organically ever since.

Looking to find Belgian Endives in our Catalogue? Here's the link:

<http://pfenningsorganic.ca/ecommerce/food/produce/vegetables/belgian-endives/Belgian-Endives.htm>.



Guelph Organic Conference 2015 – January 29 to February 1, 2015

Once again it is time to remind you of the upcoming 34th **Guelph Organic Conference**. We can't even remember the first time we attended the Conference, but we think it was in the late 90s. We will be there again, as will our big brother, Pfenning's Organic Vegetables. The motto of this year's Conference is "Organic By Design." There are numerous instructive workshops and seminars, and along with many other exhibitors you will find us there on Saturday and Sunday, January 31st and February 1st.

To learn more about the Guelph Organic Conference, which will again be held at the Guelph University Centre, go to <http://www.guelphorganicconf.ca/>.

Looking forward to seeing many of you there!

**Healthy, Happy and Wholesome 2015 to all,
Wolfgang**

