



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

We knew it would happen, and now when I pause to look out of the window the brightly coloured leaves swirling around in a crisp wind are a definite confirmation – fall has really arrived. Another unmistakable clue should have been when the other morning I was biking to the Farm, as usual during the latter half of the week, and felt the biting cold as I sped through the blustery break of day. Time to rethink heading out early in the morning with nothing more on than a t-shirt and a sweater.

### On Garlic

Other than these two hints that autumn is upon us, a final reminder was when Almut suggested that I grab the rototiller and winterize our garden. Almut also happily announced that she finally got her garlic in. Yes, if you would like to plant garlic, **THIS is the time to do it.** You have never planted garlic? Nothing easier than that, so it seems. Of course, you will need some garlic first. Any garlic will do, and it doesn't have to be pretty, so take seconds if you can get them. Separate the cloves and put them in the ground, pointed end up, where you have dug up a little trench about one to two inches deep, and cover them up again. You can also plant the cloves in flower pots if you are pressed for garden space. Rich soil, possibly with some manure worked in if you have it, will give you the nicest plants. Then settle back for your winter nap – and watch that garlic come up in the spring. Apparently, it needs to go in around fall time and spend the winter underground to yield the best results. All I need to worry about now is to keep away from that slumbering garlic patch when I get around to tilling the garden.

### Thanksgiving

So while we are looking ahead to the coming year, how could we also not have **Thanksgiving** on our mind? It always seems to come a bit early here, when harvest activities are still in full swing. One may wonder whether it got colder earlier back in the days when this Canadian holiday was first proclaimed. Celebrating Thanksgiving on the fourth Thursday in November, the way our southern neighbours do, seems to make more sense. Satisfying my curiosity, I did a quick search revealing that the date of our Thanksgiving, to be celebrated on the second Monday in October, goes back to a proclamation by Parliament in 1957. Who knows, maybe winters were really colder back then.

Whatever the case may be, we wish you a **Happy and Blessed Thanksgiving!**

### Turkeys

We got some calls and emails just recently asking urgently about fresh organic Thanksgiving **Turkeys**. Well, you could find them in our Catalogue, but you may have missed that. If you are still looking for one, give us a call at the Store – 519-725-4282 – we may still have some left. Depending on when you read this Newsletter, we may even be able to deliver to you this week. But if that is not possible, you may want to pay our Store a visit to pick up your Turkey, or anything else you might need to make your Thanksgiving meal whole.



## LAST Chicken List of the Season

While talking poultry, we would also like to let you know about our final **Whole Fresh Chicken** batch of the year, now rescheduled for around November 20<sup>th</sup>. As previously, to get on the **CHICKEN LIST**, give us a call at the Store – 519-725-4282 – or go to the Whole Fresh Roaster page at <http://tinyurl.com/pgc2pbe>. For this batch, you will have the option of the birds being cut into 10 pieces (just mention that in the Note section).

We have had lots of very reassuring feedback from several customers praising the taste and juiciness of these Chickens. Personally, we can also attest to that. One customer even pointed out that he loved to see that the liver was included. They are following a special nutritive diet which involves making **Chicken Liver Smoothie**. Here's the recipe:

1. Bring 1/4 cup of water and 1/8 tsp of dried ginger to a boil.
2. Drop half-ounce of sliced up chicken liver into the water.
3. Cover. Turn off heat and let sit on burner for 10 minutes.
5. Puree in blender with 1/4 cup of yogurt and a pinch of salt.

According to John M. from Stratford, the generous donor of this recipe, the zinc, vitamin A, copper and iron synergy in liver just can't be found anywhere else. In any case, a refreshing and challenging, yet nutritional alternative to the classic green smoothie.

## Peppered Out?



Yes, you will again be seeing **Red Peppers** in your Food Boxes this week. But they are LOCAL and very well-priced. If you are “peppered-out,” try this: You can CHOP, DICE, ZIPLOCK and FREEZE your extra Peppers for the winter season when Peppers will be coming from places like Israel for a much higher price. Then you will be happy to be able to fall back on your supply so judiciously provided in times of plenty.

## Food Spoilage

As a final thought, riding on the wave of having too much of something, I recall the odd customer actually refraining from getting our pre-packed Baskets (or cancelling their regular deliveries) because it was “too much food,” or “we are so busy, we don't have time to cook,” or “we are not using everything and there is too much spoilage...”

Yes, I am sure we all have found ourselves in that situation at one point or the other. Whomever you ask nowadays, everyone is always extremely busy and it seems like taking the time to prepare and cook a meal has become a rare commodity, indeed. It is so easy nowadays to grab a pizza, sub, pitta or whatever quick food prepared in advance. You may or may not yet have heard about the latest cutting edge findings (actually confirming long-standing practices) that it is healthier (and cheaper) to eat real food as opposed to processed or fast food. The fact that you are part of the **Pfenning's Community** and reading this indicates that you are more conscious and aware than the mainstream. You will likely also know about the importance to take the time to prepare real meals and probably already avoid food spoilage by using up everything you receive with your Pfenning's deliveries or storing it properly. Food spoilage is probably less about having too much to eat than about not taking the time to prepare it. This may also have been on Dr. Mercola's mind when he suggests to “Bring Back Home-Cooked Meals” in his article on the increase of Diabetes as a result of eating junk food and processed foods (<http://tinyurl.com/oo8rhra>). Instead of letting food spoil, perhaps we should spend more time in the kitchen – all of us, guys and gals!

**Healthy Nutritious Food and Happy Thanksgiving to all,  
Wolfgang**

