



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX July 8, 2014

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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.

Green, But We Could Be Greener

Dear Pfenning's Food Box Community,

Thanks to a great summer so far with a good balance of heat and rain, our fields are as green as can be, which is more than can be said for our political landscape.

It's an old hat by now, but we were recently called upon again to participate in the provincial elections. For years, anyone halfway alternative-minded and concerned about the sluggish advancement of sustainable practices here in Canada will have observed the renewed efforts of the **Green Party** to get a foothold in public representation. Mike Schreiner, whom we met in the late 90s when he was pioneering an organic food box service in Toronto, inspiring us to do the same in our area shortly after, offered some stimulus running for the Greens in Guelph.

We Could Be Greener

Alas, 'twas not to be. It seems like a déjà vu, but once again, the Greens did not get enough votes to secure any seat in parliament. How different in Europe, notably Germany, which Almut had a chance to visit earlier this year. The Greens there can boast around 10% of the seats in their federal parliament. Thanks, at least in part, to the green movement, organics there is not just a fringe movement, but well established and recognized. Alternative means of energy production are actively pursued, EMF pollution and geopathic stress is widely acknowledged and addressed, and GMOs are vehemently opposed. Many here are not even aware of any issues with regard to GMOs. Who knew that in April the tiny state of Vermont passed the first law of its kind requiring that genetically engineered food be labeled as such – see the article at <http://globalnews.ca/news/1289442/vermont-approves-gmo-labelling-law-by-huge-majority/>? And who knew that Monsanto is now suing Vermont to stop this GMO-labeling law? Canada seems to be watching from the bleachers to see which way to go. Seems to me that we Canadians may want to become more vocal about **GMO labeling** in our country. After all, if we don't know what to choose, how can we choose it?



Dowsing

Meanwhile, in her free time, **Almut** is pursuing her **dowsing skills** which she had the opportunity to enhance and fine-tune in a workshop during her recent visit to Germany. In this manner, I have moved my desk back about one foot and we finally found an acceptable position for our bed, allowing for a healthier home workplace and more restful, wholesome sleep in a disturbance-free zone. Give Almut a call at 519-725-4282 if you would like to learn more about this.

Store News & Specials

In her last Newsletter, Almut also had a few things to share about her experiences when visiting Germany. If you haven't done so yet and would like to tune in to what she has to offer on news and specials from the Store, you can also subscribe to Almut's **Store News and Specials** Newsletter at <http://pfenningsorganic.ca/newsletters/subscribe.cfm>.

Beginning-of-Month Coffee SALE

Due to the **Canada Day** holiday during the first week of the month, we have adjusted the Coffee Special to last until Wednesday, July 9th.

All coffees from **Baden Coffee Company** are on **sale for \$13.45/lb** (reg. \$16.81/lb). Baden Coffee Company coffee is available in bulk, whole beans or ground. Click on our following site link for more information:

<http://pfenningsorganic.ca/ecommerce/food/beverages/coffee-beans/>.



You can order all coffees either as Whole Beans or Ground – your choice.

Civic Holiday Break Reminder

As we had mentioned in our last Newsletter, there will be **NO DELIVERIES August 5th and 6th**, the Civic Holiday week! If you have not yet done so, please, mark these dates in your calendars.

Regular deliveries will resume the week after, August 12th and 13th.

Biweekly Customers

Please, also remember that if you are a **BIWEEKLY CUSTOMER** and are receiving a delivery on July 22nd or 23rd, you will **NOT RECEIVE A DELIVERY August 5th or 6th**. Biweekly customers will receive their next delivery on August 19th or 20th. Please, let us know if you would like to adjust your delivery rhythm in any way.

The Adirondacks

Speaking of upcoming holiday breaks merits a quick mention of our past holiday experience. As we had mentioned in our Blog, we were in Upstate New York in the **Adirondack Mountains** for a few days of rugged hiking... and rugged it was! Braving, among others, the highest peak in New York State, Mount Marcy at 1,629 m (5,343 ft), it took us 10 muggy hours round trip over some very technical terrain – essentially meaning a non-stop steep climb over rocks, boulders and snaggy roots and branches. Our teenage kids loved it, while we felt we deserved a day of rest to lick our wounds and take some homeopathic Arnica for our sores. If you like the mountains check out this site: <http://www.adk.org/>.

Sustainably yours, Wolfgang

