



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,

In our April Newsletter, we were confidently displaying pictures of seedlings ready to be transplanted. As we all know, the annual countdown, which generally is hoped to culminate in the start of the growing season and the first transplanting of these young plants, was very much slowed down by the first few exceptionally cool and icy weeks of April. Just a week ago, no one would have believed that transplanting would be possible on May 1st – the traditional date for the beginning of planting season – or any time soon after that. In the meantime, racks and racks with hundreds of trays full of ready-to-go seedlings were parked in our "greenhouse." Nonetheless, as I am writing these lines, word has it that **transplanting is to begin** this Monday – right on track with the target date. Check out the Farm's Twitter posting – <https://twitter.com/PfOrganicFarms> – to see the preparations under way (and a cool video, starring the transplanter). So the growing season begins. Happy transplanting, folks!

Get Planting – You Too!

All that talk about planting along with the spring-like weather may have helped to get you in the mood for some **garden work of your own**. Whether you have a little garden plot of your own or just a planter box for your deck or balcony, you can grow all kinds of vegetables to your heart's content – and it doesn't get any more locally-grown than that!

To get a head start, you can get your seeds started indoors. They will grow faster, you can easily keep a watch on them and even get your children involved, and of course it's great fun. Get in touch with us, especially Almut who cannot deny her roots growing up on Pfenning's Farm, if you need some pointers on how to get your own seedlings started.

Have a look at our **Garden Seed** selection in our online **Catalogue**: <https://tinyurl.com/ybfjmtmd>. We get our seeds from OSC (Ontario Seed Company) in Kitchener. They are from **Aimers** and **fully organic certified**. Aimers seeds are known for:

- no seed treatments
- no chemical fertilizers
- no GMOs
- being non-hybrid

You can choose from over **60 different varieties** of seeds – from Arugula to Zucchini, there is little that we don't have.



Fishy Business

You may know that we have a very impressive array of all different varieties of **Fish – Salmon, Lake Trout, Whitefish**, and now also **Haddock** and **Tilapia**! While Tilapia is lake-farmed and a very versatile kind of fish which can be used for all kinds of culinary applications, our Haddock is wild-caught and highly popular in the very much favoured British fish and chips. The white, lightly flavoured delicious flesh of the Haddock may be a good introduction to fish for anyone who would like to get into fish without an overbearing fish taste. Give it a try! We may be getting more varieties in as we move along.

Burgers and Meatballs – Local and Organic

More into Burgers and Meatballs than fish? Looking into some new items in our poultry department, how about some **Turkey Burgers** or **Turkey Meatballs**? Our frozen organic **Turkey Burgers** come from **Yorkshire Valley Farms**, one of our local suppliers for Turkey and Chicken products.

You may want to try serving these burgers on a pita with fresh vegetables and hummus, or even on a salad.

Our delicious, fully cooked **Turkey Meatballs** can be ready in minutes. They go well with your favourite sauce or incorporated into your favourite dish. Not only do adults like them, kids absolutely love them!



First Chicken Run of the Year

Talking about poultry and thinking ahead, we are looking at **our FIRST Chicken Run** of the year, scheduled for **June 29th**. It's a little way's off yet, but in our experience, you may want to sign up early so you don't miss out on these locally-sourced sustainably raised birds – free-run, organically fed, about 6-8 lbs for around \$5.00/lb. No worries, we will send out another call in our next Newsletter and when the time draws near.

On Plastic Packaging

As some of our customers know, you have the option of **requesting as little plastic packaging as possible in your Food Boxes**. We have been doing this for some time now in the effort to minimize the use of plastic packaging material. The sober truth is that for our home delivery purposes, plastic bags have been ensuring in the best manner that your fruits and veggies arrive at your house in the freshest possible state – especially the leafy greens. We have been adapting – and will be doing so to a greater extent – to some of our thoughtful customers requesting less plastic by simply putting the less sensitive fruits and vegetables right into the box. You would find items such as carrots, potatoes and apples unpackaged in your box. We would put leafy greens and other items prone to wilting in paper bags. Some of our customers even send back their own packaging bags to use for their next order. Of course, this would pose logistical challenges of a different nature, with the need of keeping track of all the individual personal packaging offerings of many different customers, but it is still possible and we will accommodate you if you make this request. You provide the reusable bags, we do the rest.

At this point, we just wanted our customers to know that we are aware of and sensitive to the challenge. Rest assured that we are working on finding the most sustainable yet also practical approach possible. Stay tuned for new findings on our Plastic Packaging Challenge.

A merry month of May to all – warmer at last,

Wolfgang