



# Veggies on Wheels



Volume 19 – # 221    NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX    August 1, 2017

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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,

**You think you know what's going on** and then you pick up a delivery for the Pfenning's Store at the Pfenning's Farm and... lo and behold, you are holding a box of **Squash** in your hands! I wasn't ready for that. But then again, when we see all the abundance that is now coming in to us from Pfenning's and all the other farms, we know that we are right smack in the middle of local season. So if you have been waiting patiently for **local Squash**, rejoice! Your wait is over. Our recent overcast, humid weather has been great for all the leafy greens: Chards, Lettuces, Spinach and Kale especially – one of the biggest bunches of which Vince from the Pfenning's Farm (*Farm's Compliance Coordinator*) could not resist to show off. Yes, apparently that's just ONE bunch!



## Basil

But we also have beautiful leafy greens coming from other farms, such as **Basil** which is grown for us by Dianne from Golden Acres (close to Stratford). Basil is almost ready for bunching and we know that there are a lot of you out there who have a fondness for this



aromatic herb. So any Basil lovers among you (or maybe we should rather say "Pesto lovers") may want to contact us and let us know if you would like to be put on the "**Basil List.**" Almut is already poised to plan Basil into our Food Boxes.

## **DON'T FORGET: NO DELIVERY August 8/9**

Please, remember that there is a **Civic Holiday** coming up next Monday, the first Monday in August. If you have not yet done so, please make a note that this is also a **NO DELIVERY WEEK.** There are already a lot of customers away on holidays and you too may have plans of your own. We will be happy to see you all back when we resume our regular deliveries on August 15/16.

**NO DELIVERIES on August 8/9** – the Civic Holiday week.  
We'll be back for regular deliveries after that on August 15/16.

## Outlet Cheese

Recipients of our weekly “**Store News and Specials**” Newsletter will already be familiar with the regular updates on new discounted items coming into the Store – many of them being organic. With this concept, we think some organic food will be a bit more accessible and affordable. Recently, we were fortunate enough to offer some very well-priced **cheeses** from **L’Ancêtre Cheese Factory**, or *Fromagerie L’Ancêtre* as they call themselves in Quebec. We have been offering them to the glee of many customers and would like to have our Home Newsletter readers partake in this

opportunity to get some exceptionally inexpensive organic cheese from our “**Outlet Cheese.**” Other than their incomparable tastiness, what is noteworthy about cheeses from L’Ancêtre is that many are made from unpasteurized milk. In response to some questions that may arise, according to Health Canada, it is legal to produce and sell cheese made from unpasteurized milk as long as it has been aged for 60 days. We are offering a Mild Cheddar, for example, which is made from unpasteurized milk. You can mix and match from two remaining varieties: **Mild Cheddar and Marbled Cheddar** (*two cheeses for \$5.00*). We also have some **Grated Parmesan** left. All cheeses are short-dated, but as cheese connoisseurs know, the older the cheese, the better. To see all the varieties on sale, visit our online Cheese page:

<http://tinyurl.com/ycqhx59q>. You may also want to have a look at the intriguing **L’Ancêtre Cheese site**: <http://fromagerieancetre.com/en>.

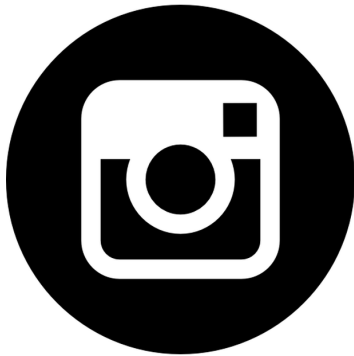


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## Instagram!



To keep up-to-date on Specials, Store Updates, Outlet items and anything new going on at Pfenning’s Organic & More, you can follow us on **Facebook**, **Twitter** and now also on **Instagram!** The link – <https://www.instagram.com/pfenningsorganicandmore/> – is conveniently placed at the bottom of any of our site pages. Kacy, who has been with us for quite a while now and is assuming Meaghan’s (who is having another baby) responsibilities, is thrilled to be looking after our social media presence. Be sure to check out and like her posts!

## Did you know...?

We have been seeing the first LOCAL Cabbages roll in at our Store – which gives us the opportunity to mention that if you are into making your own Sauerkraut, we have a **Cabbage Shredder** which you can borrow to greatly facilitate the process.

At the same time, you may not know that we also have a **Samap Flour Mill** where you can have any grain you ordered stone-ground into flour – as fresh as can be.

## Enjoy these lovely summer months!

Wishing you all a relaxing upcoming Civic Holiday and a happy month of August,

Wolfgang