



# 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,

**July has come and it's still pretty dry!** The bright side: anyone doing hay at this time is truly blessed.

We are back from our walking tour on the **G2G Trail**, as we had announced in our last Newsletter (<https://tinyurl.com/yarae3pg>). Alas, a quite ill-maintained section of the trail with some parts shut down by local farmers, annoying foot problems culminating in an amassment of painful blisters and sore spots, as well as the challenge of ambulating for hours and hours through some of the hottest days of this summer led us to the decision to cut the walk short at about the halfway mark in **Monkton** – after almost three days of hiking close to 60 kilometres. Still, we walked through some very beautiful and quaint Mennonite country, on our first day taking us on what is there called the **Kissing Bridge Trail**, leading from Guelph to Millbank. There we literally walked through many people's back yards, passing over the famous covered bridge in West Montrose, but mostly on well-groomed picturesque trails through long established farmland. After a restful first night off the trail, we had breakfast in Elmira and ventured on to Wallenstein through Linwood and after seemingly endless kilometers through oven-like temperatures ended the day at Anna Mae's in Millbank. Pushing on a bit we crashed on the trail and resumed the next day on already sore feet to Milverton and a well-deserved breakfast break at Barb's. The final stretch to Monkton was challenging, although we saw it as pure bliss to find some wild strawberries and plenty of wild raspberries along the strenuous trail. Sitting there, sipping a reviving beverage, we decided to throw the towel, postpone our travels to a later time and had us picked up by the Boettcher Family – thus sparing us another gruesome 15 km westward at 32 plus degrees on very challenged tootsies.



## The Boettchers

We spent the next two days at the **Boettcher Family Farm**. Some of our customers will know them from their Lamb's Meat we sell at the Store. They employ cutting-edge methods, leaning on those used in New Zealand and Australia, in raising their sheep and goats. We will also soon be selling their Goat's Cheese – "**Capella Goat Cheddar**," the only biodynamic Goat Cheese available in Ontario. We saw their goats grazing happily in the pasture. Christian and Gabi Boettcher along with their grown children run the operation. We were happy to help with the preparations for the annual **Summer Solstice Bonfire**, an ancient tradition stemming from Scandinavia, Iceland, and Northern Europe, where friends and family come together to celebrate the height of summer, the abundant growing season and just plain togetherness, with lots of good food, good cheer, singing and fellowship. We will also be happily looking forward to seeing their **Squash** in the fall which they are growing for Pfenning's.

## The Good Peach

With the end of the Strawberry and Asparagus season, we are thrilled to welcome this year's **first Cherries**. We are fortunate to have **Heather** from **The Good Peach** (<https://thegoodpeach.ca>) bring up local Niagara Fruit for us from Palatine Fruits & Roses, usually on Fridays. Sadly, it does look like Cherries may be done earlier than expected.

**Here's how it works:** Go to the Good Peach website, log in, create an account and away you go. When ordering, you can choose St. Agatha as a pick-up location, that's us, **Pfenning's Organic & More**, the Store. Any customers outside of the pick-up area can still place their orders and choose "St. Agatha." We will receive any fruit you order and keep it in cool storage until we can deliver it with your upcoming delivery. Please, note that we will be adding the usual \$5.00 delivery fee per case (\$3.00 for any further case) for keeping your fruit cool and delivering it to you.

## Local Market

Any of you Locals around here, those living in and around New Hamburg, Baden and St. Agatha, probably know about the **Wilmot Summer Market** (<http://wilmotsummermarket.wixsite.com/market>). From May to October, every Thursday from 4-7 at Steinman Church at the stoplight between Baden and New Hamburg, you can do your local shopping there with farmers and artisans from Wilmot Township and the surrounding areas. **Almut** will be there too representing **Pfenning's Organic & More** and some of the local goodies we have to offer. Hope to see some of you Locals there!

## Pfenning's Farm Tour – July 21<sup>st</sup>

“You spoke - we listened.” Quite a few of you have been asking about a **Farm Tour**, and it now has been decided that there will be one. On **Saturday July 21<sup>st</sup>** the Pfenning's Farm will be holding their first **Farm Tour** for the public. Space is very limited, so sign up soon by contacting them at [veggies@pfenningsfarms.ca](mailto:veggies@pfenningsfarms.ca). More details on the poster below – or check out the event on your favourite social media site:

<https://www.facebook.com/pfenningsfarm>

<https://twitter.com/PfOrganicFarms>

<https://www.instagram.com/p/BkyBjyfFj0w/?taken-by=pfenningsfarm>

We are thrilled to be seeing you there!



# PFENNING'S FARM TOUR

SATURDAY JULY 21ST 1-3PM



LIMITED SPACE - REGISTER NOW!

TO REGISTER EMAIL: [VEGGIES@PFENNINGSFARMS.CA](mailto:VEGGIES@PFENNINGSFARMS.CA)

BYO WATER, SUNSCREEN, HAT ETC

SEE OUR FARM IN ACTION, MEET THE PEOPLE WHO MAKE IT HAPPEN, AND HARVEST SOMETHING FOR YOUR DINNER!

## August Holidays

While we generally plan in two summer holidays when we do not deliver Food Boxes, the Canada Day week and the beginning of August Civic Holiday, we are looking ahead and giving you the heads up that this year, we will exceptionally be taking one week off with **No Deliveries on August 14/15**.

That week, one of our nieces, Heide, from the Hack Family (*we sell their popular Beef and Bread*), will be getting married and we will be attending the wedding.

We will be mentioning this again in our August Newsletter, but you may already want to mark it down in your calendars.

**Enjoy those hot and sweltering days of mid-summer,**

**Wolfgang**