



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – <https://www.pfenningsorganic.ca/>

*"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.*

## Dear Pfenning's Food Box Community,

### Summer Vacation Time!

**We're all on the move again!** Although for some time now, going back as far as last summer, our holiday outings – or any big trips for that matter – have been noticeably curtailed, we seem to be on the move again. Many of you are taking a break and heading out, once again, even on a canoeing or camping trip if you can actually perform the trick of securing a spot in a provincial park or the like. During our Canada Day break, we managed to fit in a trip to visit friends in Gatineau (formerly called Hull), just across from our capital, crossing the majestic Ottawa River to the Quebec side. We stayed at our friends' very quaint house on the edge of town with what can only be called an urban garden. On just a few thousand square feet, they have created a **metropolitan Garden of Eden**, a paradise of the most diverse trees, flowers, herbs and plants – mostly edible. You might be able to distinguish some of the plants in the picture of this urban farm (showing only a small segment). We could find all sorts of herbs and greens, tomatoes, cucumbers, kohlrabi, cherries, wild strawberries, currants, gooseberries, nuts, apples, figs, coffee, even bananas (which are taken inside in the cold). They have a greenhouse, heatable if needed for seedlings and greens ongoing all the way into the winter, which is also home to their two chickens who usually roam the garden during the day. Right in the centre of it all is a wood-fired bread and pizza oven, another highlight adding to the self-sustainability of this unique inner-city sanctuary where Almut and I were able to spend a few very calm, contemplative and relaxing days – including a few therapeutic cherry-picking sessions.



### Holiday Delivery Schedule Reminder

As summer carries on, we would like to remind you about our second summer delivery break coming up with the Civic Holiday – this time during the first week of August:

**NO DELIVERIES the first week in August → NO DELIVERIES August 2 + 3 + 4**  
*(Civic Holiday and Family Vacation Time)*

## Biweekly Deliveries Reminder

Customers on a biweekly delivery schedule will simply miss their delivery during the off-week. Your deliveries will resume two weeks later according to your biweekly delivery schedule. So, if you are receiving a delivery on July 19, 20, 21, you will miss out on August 2, 3, 4 and receive your next delivery on August 16,17,18.

## Holiday Blackout Dates Reminder

Again, you can schedule any “Blackout Dates” of your own, when you will be away and not needing a delivery, in your Pfenning’s account to accommodate for your own vacation time as needed. As always, let us know if we can assist you with this, or send us an email with your “no delivery” dates and we can set that up for you.

## LOCAL Niagara Fruit from PALATINE!

Ontario Fruit from the Niagara Region, grown sustainably by **Palatine** (Eva and René) is starting up again – now beginning with **Sweet Cherries**, and even **Apricots** have been announced. You will be seeing Palatine Fruit in your Food Baskets as they become available and as we go along. You can also order by the case or flat through Andrea from **Brookfront Farm** – to get on Andrea’s mailing list, send her an email at [farm@brookfrontfarms.com](mailto:farm@brookfrontfarms.com) – and have your fruit delivered to Pfenning’s Organic & More. We will store it for you until you either pick it up or have us deliver it to you. Get in touch with us for details.

## Fresh Chickens coming July 27<sup>th</sup>

After some time, we have **fresh, farm-raised organic Chickens** coming again to the Store on July 27<sup>th</sup>. These are a heritage breed called “Rustic Rangers” that are known to grow slower and forage more than regular meat birds. As before, these free-run chickens will be coming from a local farm near Elmira, deep in Mennonite country. We should be able to deliver to some of you fresh, if you order ahead. Of course, you can also pick them up, or we can freeze them for you and deliver them when convenient. Let us know what you prefer!



You can order online from the **Catalogue** (Meat/Fish department – Chicken, fresh), or give us a call at **519-725-4282** if you are interested or need more information.

## Bountiful Basil!

While Almut reminded me how last year was not at all a “Basil year,” she gleefully pointed out that this year is more than making up for it. The **Basil** has been growing so lush and plentifully – *as have all greens!* – that we see ourselves pushed to the brink and indulge in pasta with pesto even twice a week. What insolent indulgence! However, this is an insolence we happily take upon us – as perhaps you will too. Make sure to let us know ahead if you would like to order larger quantities of Basil – maybe to make some extra batches of Pesto to freeze for the winter months (like we do).

Here is our recipe for **BASIL PESTO SAUCE** (or find it in our Recipes section under Sauces & Dips: <https://www.pfenningorganic.ca/Recipes.htm>):

### Ingredients:

2 cups fresh Basil Leaves  
1/2 cup Olive or Flax Seed Oil  
2 tbsp. Pine Nuts, Cashews or Hemp Seeds are just as good  
6 Garlic Cloves, minced  
1 tsp. Sea Salt (optional)  
1/2 cup freshly grated Parmesan Cheese or less (optional, we tend to add the cheese individually as preferred)

### Preparation:

In a blender combine the Basil, Oil, Pine Nuts or Cashews, Garlic and Salt.  
Mix (but not too much!), stopping periodically to scrape down the bowl, until well blended. Put in a bowl.  
Beat in the Cheese by hand, incorporating it evenly.  
If you are planning to freeze the Pesto (for example for use in the winter months), only add the Parmesan Cheese until ready for use. Makes about 3 cups.

**Happy summertime from all of us at Pfenning’s Organic & More,**

**Wolfgang**