



Veggies on Wheels



Volume 21 – # 247 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX September 3, 2019

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

Dear Pfenning's Food Box Community,

Another beautiful scene to embellish your beginning of the month!

This time, we were fortunate enough to pay a brief but mentionable visit to **Killarney Park** at the north end of beautiful Georgian Bay. After hiking "the Crack," one of the high vista points in this remote and pristine park (see the photo at the right), we visited the quaint village of Killarney (founded in 1820), notably to have a look at the "Canada House," (see below) rated as the world's largest log convention centre, which our son Holger helped to build.



Attention: Niagara Fruit from Palatine – NOW supplied by Andrea!

Ontario Fruit from the Niagara Region, grown sustainably by **Palatine** (Eva and Renè) is coming to us weekly. You can now order through **Andrea** from Brookfront Farm and have your fruit delivered to Pfenning's Organic. 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.

To get on **Andrea's mailing list**, send her an email at farm@brookfrontfarms.com.

Right now, we are looking at **Plums and Peaches**.

If you have not yet done so, check out Eva and Renè's website to see where your fruit is coming from:

<https://palatineroses.com/fresh-fruit>.

About Short-Notice Basket Contents Adjustments

You will have noticed that from time to time, our Basket Contents may change on short notice. This is usually beyond our control and a result of quality or supply issues. In that case, we try to replace the originally planned item with something similar which is available. We recommend you keep checking Basket Contents on the weekend and send us a quick email if you would like any of the replacement items substituted with something more to your liking.



Newsprint vs. Plastic Bags

Inspired by an organic Food Box company in Bavaria whom we had the pleasure of visiting during our trip to Germany this summer (*which also home-delivered to our children living there*), we have been experimenting with a protective cover of **newsprint for your veggies and greens** instead of using plastic bags. We will still be putting more sensitive items needing more protection in plastic bags, such as Salad Mix. But it looks like we could decisively cut down on the use of plastic using this method. We would appreciate any feedback from our Pfenning's Food Box Community. Let us know if you continue to receive your veggies and greens fresh and crisp – as it should be.

What to do with Eggplant!

Eggplant is now at the height of its season and you will find **LOCAL Eggplant** in all veggie boxes this week. It is a high-fibre, low-calorie, non-starchy vegetable and low in carbs. Eggplants, also called aubergines, are nutrient-dense and contain a good amount of vitamins and minerals.

Don't know what to do with Eggplant? Sure, you can do your own search and find oodles of information out there. We did some research for you – concentrating on simplicity of preparation – and came up with **Eight Good Ways to Cook with Eggplant** (find them here with recipes: <https://tinyurl.com/yxtoxnbe>):



1. Bake it.

Cut the eggplant into strips and bake them; or slice into rounds, add a breaded or spiced coating, and bake for the beginning of eggplant Parmesan or a simple side dish.

2. Mash into a dip.

Once cooked, the eggplant flesh can be scooped out and easily mashed or pureed into a dip. It has a thick, creamy texture, with a smoky flavour that makes it totally delicious.

3. Roast it.

This is one of the simplest, and in my opinion, most delicious ways to cook eggplant. All you need is a hot oven, a drizzle of olive oil, and a sprinkle of salt and pepper to transform eggplant into a soft, rich, charred, and smoky treat. Cut it into pieces and eat as is, or mix it into a salad or pasta.

4. Toss it with pasta.

Give it a quick roast or sauté first, then toss cubed eggplant with penne or spaghetti, or even layer it in a lasagna. One thing is certain — eggplant definitely has a place in your pasta dinner.

5. Grill it.

Eggplant has dense, meaty flesh that makes it ideal for grilling. Cut it into thick rounds for burgers, cube it for kabobs, or slice it into strips for a simple grilled side dish.

6. Stir-fry it.

Add eggplant to the list of vegetables ideal for stir-frying. When cooked, it has a semi-soft texture that makes a nice complement to the firmer veggies in the mix.

7. Stuff it.

With its thick skin, eggplant is practically begging to be scooped out, then stuffed with a flavourful filling.

8. Braise it.

Braised eggplant is like the best of all cooking methods rolled into one. With this method, the eggplant slices or spears are cooked until very soft, while picking up flavours from the other ingredients in the pan.

Love it or hate it? Let us know what you think. In any case, it's a very versatile veggie, so it seems.

Happy Beginning of School and a relaxing month to all you parents out there,

Wolfgang