



# 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,

**There we have it!** The fields are empty, the early snow has started blanketing the cradle of our local food (with a brief reprieve at the moment...), and we are beginning to head towards the long period of inner contemplation. Time to point to a few important things.

### Holiday Delivery Update – **PLEASE READ !!!**

As we already mentioned in our last Newsletter, **NEXT WEEK'S DELIVERY**, we are pulling deliveries ahead **ONE DAY**. Exceptionally, **Tuesday deliveries will be pushed to Monday, Dec. 10<sup>th</sup>**, and **Wednesday deliveries will be pushed to Tuesday, Dec. 11<sup>th</sup>**. You may recall, Almut and I are going to Cuba! *Sí, nos vamos a Cuba!* A lot of you will be away for the holidays, not needing a Food Box delivery, so we don't feel too bad not delivering the week after. Our apologies to those who will be sticking around!



**So NO DELIVERIES December 18/19 – and then NO DELIVERIES December 25/26, the Christmas week and NO DELIVERIES January 1/2, the New Year's week.**  
In the **New Year**, we will be **back for regular deliveries on January 8/9.**

## Christmas Turkeys

The **Christmas Turkeys** will be arriving at the Store in the **LAST WEEK BEFORE CHRISTMAS**. You will have to pick them up at the Store. We will call those who ordered once the Turkeys have landed.

## Getting Your Delivery to You!

It got pretty cold so fast that we didn't have a chance to send out our usual **Cold Weather Advisory**. You all know that we make most deliveries quite early in the morning, getting your goodies to you even before you leave the house. Many of you will not be up to personally receive your delivery, so we leave it in a convenient spot at your house. Since it now is generally below freezing when we deliver, we should **take precautions to keep your perishables from freezing** before you take them inside. You can find some helpful suggestions on our site on this page: <https://www.pfenningsorganic.ca/Delivery-Arrangements.htm>. In a nutshell, leave out a cooler or some heavy blankets for us if you don't have the possibility for us to put your Food Box in a garage or shed, and we'll transfer everything over or wrap it in blankets to keep it from freezing. Get in touch with us to work out a delivery scheme that works for you.

## The Curse of the Lettuce – Revisited

While in earlier inquiries about why **Lettuce** has fallen into disrepute with so many of our Food Box customers we got next to no feedback, **this time** around we had exactly two customers commenting on the controversial green. **Jeannette** from Waterloo was genuinely saddened to learn about her fellow Food Box recipients forsaking Lettuce for other veggies. Let's let Jeannette speak: *"Don't they realize how healthy lettuce is! I find that even the dirtiest lettuce isn't that hard to clean when using a good spinner. I'll just cut it up first, then do a quick soak in a bowl of water first to loosen the dirt, then spin, rinse, repeat. I find lettuce to be one of the easiest veggies to use and look forward to it in my box."* Thank you for that, Jeannette! Very compelling. **Anna**, also from Waterloo, is almost overwhelmed by the big size of the Lettuce she has been getting, which would last her a whole week, but generally enjoys it more in the summer, not so much in the winter. Almut and I can go with that. We also eat a lot more Lettuce when it's in season than at this time of the year. No worries, Lettuce shunners – you will see much less Lettuce in your Boxes throughout the coming months. Lettuce lovers, let us know if you want to substitute another veggie for your beloved Lettuce if it's not included in the Box, or order some extra. There's no extra cost for Add-Ons to Baskets!

## Egg Nog and Napa Cabbage

It's THAT time of the year again: **Egg Nog** is here! Not just any **Egg Nog**, but Harmony's divine-tasting organic holiday season royal treat. Simply irresistible! Go ahead, indulge. It's only available for a short moment at this festive time of the year. Find it in our Catalogue here: <https://tinyurl.com/y9z96taa>.

Maybe not quite as festive and exalting, **LOCAL Napa Cabbage** is now available: <https://tinyurl.com/y87molct>. Napa or Korean or also Chinese Cabbage originated near the Beijing region of China and is widely used in East Asian cuisine. Since the last century, it is also commonly used in kitchens in Europe, the Americas and Australia.

The Pfenning's Farm packed some **Napa Cabbage** recently. Since I hadn't eaten any in a while, I had to take a bite out of a sample – and loved it, once again! Yes, you can eat **Napa Cabbage** raw. It is sweet, crunchy and flavourful.

You can add **Napa Cabbage** to salads, sandwiches and burgers, make coleslaw out of it and use it to enhance your soups and stir-fries. It is often combined with other ingredients such as tofu, mushroom and zucchini, and is also eaten with hot pot meals. Napa Cabbage is loaded with antioxidants, important nutrients that protect the body against free radicals (harmful byproducts produced by the body) and rich in vitamin K, which can promote healthy, strong bones.

You will see **Napa Cabbage** in your last Food Boxes of the year coming week. You may be intrigued by it and want to order some on your own. It's highly recommended!



### Need to Finish your Housecleaning?

Anyone missing this **Vacuum Cleaner Attachment**? It was found about two weeks ago in a cardboard box returned by one of you Food Box customers. Get in touch with us if it's yours and we'll get it back to you so you can finish your housecleaning for the holiday season.

## Newsletter by Email

**Veggies on Wheels**, our monthly Newsletter (which you are holding in hands or are perusing on your screen), has been published and given out to you all as long as we have been delivering our Food Boxes – for twenty years! For reasons of sustainability and practicality, we have decided to no longer hand out hard copies of our Newsletter. Beginning this January, we will be **emailing our Newsletter** to everyone who has an email address. If we don't have your email address and you DO have one, please, pass it on to us so we can put you on our Newsletter email list. You don't want to miss out on all the news. No worries, those of you who do not have an email address will continue to receive a hardcopy of our Newsletter.

**Happy December, Merry Holiday Season, thanks for being part of the Pfenning's Food Box Community,**

**Wolfgang** (*right*) & **Almut** (*centre*),  
**Aurélie** (*occ. Food Box packer and our youngest daughter, left*), **Tabitha & Andrea**

