



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

**Right into the thick of things...** that's the way matters have been going on the **Farm**, at the **Store** and with our **Food Boxes**. The Farm has been seeing most of their Jamaican migrant workers (transplanting and hoeing) and our Indian/Sikh co-workers (packaging Spinach and Garlic Greens) appear on the scene to assist in creating one spectacular growing year. The Store has been seeing growing interest in procuring one's unadulterated nutrition from an independent grass roots source guided by integrity and truthfulness, and we are getting used to the newly adjusted Basket prices as we have been announcing – Small Baskets now \$30.00 and Large Baskets are \$42.00.

More importantly, we are happy to give **Lisa** a very warm welcome. Lisa has been diligently with us for several weeks now and will be assuming the guardianship of Kacy's domain, while Kacy moves on to her new endeavours. Many of you from the Pfenning's Community receiving Custom and Add-On orders will have touched base with Lisa and her friendly, accommodating and obliging demeanour.

## Holidays

Hard to believe, but the **Holiday Season** is imminent. To help all our customers facilitate their summer holiday planning, we are looking ahead and giving you our **Holiday Delivery Schedule**.

**NO DELIVERIES** during the **Canada Day Week** – so **NO DELIVERY July 2/3**.

**NO DELIVERIES** the **last week in July** and the **first week in August** – so **NO DELIVERIES July 30/31 and August 6/7** (*Family Vacation Time*).

The **LAST DELIVERY in July** will be pulled ahead one day to **July 22/23** – so deliveries on Monday and Tuesday exceptionally.

## Blackout Dates – Cancelling Orders for the Holidays

Just in time for the holidays! All of you receiving **Standing Orders** (weekly, biweekly, etc.) set up through our website are familiar with the automatic delivery reminder one day prior to your delivery. So far, when there were no deliveries due to holidays, we could not turn off the automated delivery reminder other than go into each of your personal profiles and cancel the order – then reactivate it when deliveries resumed. Sometimes, we simply sent out an email to you asking to disregard the automated reminder when there were no deliveries.

This has changed! Our site now has a feature where you, the customer, can go into your profile and mark down dates when you will not be around to receive your Food Boxes – **Blackout Dates!** If you don't get around to doing this (or can't be bothered), we can do this for you. We will also be able to set site-wide **Blackout Dates** during holidays when there are no deliveries. In any case, this will stop the sending out of the automated delivery reminders and will also make it impossible to place orders for weeks when there are no deliveries.

Visit your site profile and get acquainted with the new **Blackout Date feature** – and contact us with any questions or for any assistance you may need.

## Chicken List for June 26!

On **June 26th** we will receive our first batch of fresh **WHOLE CHICKENS** for this year. They are **\$5.25/lb** and come from our Local Chicken Farmer whose excellent quality you have been able to savour in the past years. These chickens are free-run and raised on organic feed.

Order your **fresh Whole Chicken** in our Catalogue – <https://tinyurl.com/y3h2rzqm> – or give us a call at **519-725-4282** to get on the Chicken List.



### Fenwood Farm

Speaking of Chickens, last week, Almut and Wolfgang went to a customer appreciation tour of **Fenwood Farm** (<https://www.fenwoodfarm.com>) just west of Hamilton. Fenwood Farm, run by the owners, John and Carol, has been producing certified organic (*organic feed with pro-biotics, enzymes and minerals, outdoor access*) and “naturally” raised chickens (*no antibiotics, no GMO feed, but no outdoor access*) for several decades. We have been getting organic chicken products from Fenwood Farm since the beginnings of our own Store and were surprised to learn that they now process about 3,500 chickens every

week, most of which go to restaurants and stores. At Pfenning’s Organic, we only offer their cert. organic (Pro Cert) chicken. Their commitment and passion to produce the highest quality chicken was unmistakable. You can find their products on our website under **Chicken (Frozen)** – and we just recently lowered their prices. We’re happy to be able to offer you such great chicken products.

### Pfenning’s Farm Tour – June 8, 2-4 pm

Quite early this year, the **Pfenning’s Farm** is hosting a **FARM TOUR** on **Saturday June 8<sup>th</sup> 2-4 pm!** The tour is now open to the public on a first come, first served basis. Registration is required – which you can do right here: <https://tinyurl.com/y5ca32ub> – or give them a call at 519-662-3468. Go catch an early spring ride on the wagon across the Farm!



### Once Again – Plastic Update

On the plastic front, we have good news and bad news. Quite a while ago, when ordering a Basket we added the possibility to request the use of little or no plastic in your Baskets whenever possible. We now have removed this option and you will no longer have this choice.

So far for the bad news.

The **GOOD NEWS** is that we are **minimizing the use of plastic in ALL BASKETS now**. You will see products that do not necessarily need packaging simply placed in your Basket, such as Potatoes, Carrots, Beets, Turnips, Sweet Potatoes and Onions. Leafy Greens and certain sensitive veggies will still need to be bagged, but we will use your own mesh produce bags, or **Carebags**, if you made those available to us – as many of you have.

If you are not yet a fan of these **Multi-Use Mesh Bags**, you can check them out in our Catalogue here: <https://tinyurl.com/y5pst747> – or go to the **HOME** Department and click on “**Bags Multipurpose – Reusable.**”

**To all of you a glorious month of June,  
Wolfgang**