



Veggies on Wheels



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

Dear Pfenning's Food Box Community,

So we have made it to November – and we can now truly feel the changing of the season. Welcome to the penultimate month of the year! So far, we have been truly caressed by mild and mostly sunny days, but the upcoming forecast looks like it will be casting us into temperatures quite a bit below the average for this time of the year. Local production is becoming increasingly interiorized – with most fall veggies safe in storage and indoor greenhouse production poised to serve us fresh local greens and winter veggies throughout the coming winter months.

Cold Delivery Advisory

So with the frigid season coming to a start, we must send out our annual **Cold Delivery Advisory**. As most of you will know, we deliver our Food Baskets to you on Tuesday and Wednesday at an early hour. Only our customers between Waterloo and Stratford receive their deliveries on Tuesday around midday and the early afternoon. Early delivery has been well received and most of you are happy to receive your goodies even before you head out for the day.

Thank you already to all of you who have given us access to a protected drop-off location, such as a garage, enclosed porch or shed. Your orders will be protected from heavy frost. If not, we need your help to provide drop-off conditions that will keep cold-sensitive items from freezing. You can find some

helpful **Storage Suggestions** for extremely cold weather on our **Delivery Arrangements** page:

<https://tinyurl.com/ybob9s3h>. You can always leave out a cooler or some heavy blankets (even a sleeping bag) for us to put your orders in. Get in touch with us for more ideas or to help you work out your individual delivery scheme.

Introducing: the BITZI Basket!

It took a while, but we have now introduced what we are calling the **BITZI Basket**. The Bitzi Basket is just what the name implies – a very modestly-priced Food Box with LOCAL AND IMPORT produce for **ONLY \$20.00** - mostly veggies and some fruit - just enough for a single or small household. You will see about 6 to 8 items in the Bitzi Box. As always, Almut plans it new every week, looking to put in the best selection possible. This is just the **right Box for modest veggie needs**, or if the amount offered in the small or large Baskets are just a bit much for you at the moment. Check it out and order here:

<https://www.pfenningsorganic.ca/ecommerce/food-baskets/bitzi-basket---new-/BITZI-Basket.htm>

Here's what you will be seeing this week in our **first BITZI Box**:

- 2 lbs Carrots (Pfenning's)
- 2.5 lbs Green Cabbage (ON)
- 1 bch Spinach (Pfenning's)
- 1.5 lbs Yellow Roaster Potatoes (ON)
- 1 Green Pepper (HOPE)
- 1 Avocado (MEX)
- 1 Kiwi Fruit (IT)



What else is new?

If you haven't visited our **Home Page** recently (right here: <https://www.pfenningsorganic.ca/>), give it a try and feel welcomed to Pfenning's Organic & More all over again.

Maybe not new, but URGENT!

This might not be news, but we feel the need to address it again. **Fresh Chickens** are a-coming! The first date in November is coming up on **Wednesday, Nov. 20th**, and the second (and final) one is set for **Wednesday, December 11th**. Get on the **Chicken List** if you are not yet on it: <https://tinyurl.com/y83h2hb9>.

Turkey for Christmas? Same idea – to avoid the rush or disappointment of missing out on what may well be some of the best Turkey you have ever tasted, get on the **Turkey List** if you are not yet on it: <https://tinyurl.com/ydbe8u3s>.

Holiday Delivery Forecast

Since this is the next-to-last (*or penultimate*) Newsletter, we would like to give you an early update on our **Holiday Delivery Schedule** for you to mark down in your calendars. After all, the holiday season is a mere seven weeks away – and we have already seen a smattering of that seasonal whiteness. We will also be happy to receive any early delivery updates (breaks or cancellations) from you.

The last delivery run for this year will be on December 17/18.

NO DELIVERIES on December 24/25 and NO DELIVERIES on December 31/January 1.

We will be back for deliveries again in the New Year on January 7/8, 2020.

That's it!

Still enamored of the Beyond Burger...?

Vegetarians, vegans, and non-meat eaters, please, bear with us, but this topic just won't go away and is being vehemently and ardently discussed on all fronts (*while you folks can sit back and watch the carnage from the sidelines*). Of course, the "**Beyond Burger**" is winning over the hearts and stomachs of consumers all around, but the discussion has been shifting from "how good it is" to "how good is it really for us?" While the squabble rages on, we can heartily recommend one sobering and forthcoming article by Dr. Mercola, pulling it all together, and aptly and defiantly bearing the title "**Fake Meat Is Junk Food**":
Read it here: <https://tinyurl.com/y3yzf8v9>.

We also stumbled over this revealing juxtaposition offered by someone whose only added comment was: **Just eat real food!**

Hope you all have a brilliant month of November,

Wolfgang

