



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's no denying it – we're heading for the barren months of the year. So it seems. Although **field production is all but finished** – with only some leek, kale and carrots waiting to be harvested – the Farm's storage facilities are chock full with all your favourite root veggies and other winter goods which we are looking forward to delivering to you.

With all that rain we have been having in the past weeks, harvesting was no clean affair. We often felt for Desmond – our Jamaican chief of the field bunching crew – and his team when they were out in the muddy and frigid fields, their boggy, mud-caked boots pulling them down and making their bunching efforts a real chore. With the carrot harvest nearing its end for this season, anyone passing by the **Pfenning's Farm** these days is likely to catch a glimpse of the wagons loaded to the brim with freshly harvested carrots – like the three wagons in the picture waiting to be unloaded on one of those drizzly days. Just another week or so and the field work will be done for this year, for the carrots for sure. Ah, but the veggie coffers are full to the point of bursting and indoor activities are bustling, to say the least. Brings a new meaning to the concept of concentrating on one's inner values.



Welcome Tabitha

While Kacy is away in India, we are very happy to welcome **Tabitha** in our Store and within the Pfenning's Community to look after Kacy's affairs (*follow Kacy here on Instagram: <https://www.instagram.com/pfenningsorganicandmore/>*)! Tabitha, who has been with us for a month now, has a background in horticulture, has her own backyard veggie garden, enjoys food and cooking and is very adamantly looking after customers in the Store and you, our Food Box community, by devotedly helping to prepare your orders. She has a warm and friendly nature which we hope you will have the opportunity to experience.
A very warm welcome to you, Tabitha!

The Curse of the Lettuce

We have mentioned our bewilderment not too long ago regarding an ever-growing tendency among many of our customers to shun the common Lettuce. We have come to refer to it, tongue-in-cheek, as the **Curse of the Lettuce**. As it were, many of you appear to choose Lettuce as an item to be substituted with another, more coveted veggie or fruit. With local Lettuce not being readily available all the time this late in the season, we have come to not feel all too guilty when some weeks there is no Lettuce in the Baskets. This may even happen once the imported Lettuce starts coming in – which will be very shortly. It too may not always be available.

Although we never got much feedback from you when we put the question out there as to **WHY** Lettuce has been knocked off its high pedestal, we would still love to hear what reasons you might have for giving it the cold shoulder. We have a

hunch that it might have to do with the preparation efforts involved in preparing Lettuce: washing (with sometimes several baths needed), cleaning, cutting and enhancing it with an enticing dressing which will appeal to all age groups, the very young included. Let us know what you think about the **Curse of the Lettuce**.

Turkeys for Christmas



It's already November, Halloween decorations have made way for Christmas ornamentation, and the holidays are beginning to creep clandestinely closer. Time to think **Turkey!** The **Turkey List** is up and you can order online – <https://tinyurl.com/yd8e8u3s> – or give us a call at the Store: **519-725-4282**. The Turkeys are grown certified organically near Woodstock and come in of 15 to 18 lbs for \$ 6.00/lb. In the past, we have always heard nothing but praise for the quality of these birds. A real holiday treat.

Holiday Delivery Forecast

With the “H” word out there, we are looking ahead to the upcoming Christmas season, still more than a month away, but just around the corner nonetheless. So we are giving you an early delivery update for December, a **Holiday Forecast**. Some of you are already sharing your plans with us and letting us know when you will be away for the holidays, not needing a Food Box delivery. We too will be taking a much welcomed break just before Christmas (*heading for Cuba!*) – and you may want to mark that down in your calendars. We will NOT be delivering the last week before Christmas – **NO DELIVERY December 18/19**. The week before that, the 2nd week of December, we are pulling deliveries ahead ONE DAY. Exceptionally, Tuesday deliveries will be pushed to Monday (Dec. 10th), and Wednesday deliveries will be pushed to Tuesday (Dec. 11th). We needed to make this adjustment to make Almut and Wolfgang's planned holiday venture possible. No worries, we will be mentioning it again explicitly in our December Newsletter.

CONGRATULATIONS Katrina of Cambridge – Winner of 20th Anniversary Contest

Hearty congratulations to **Katrina** from Cambridge (who gets a weekly Food Box) and our Store customer, **Brittany**, for winning our 20th anniversary gift card draw! Brittany gave us a “Yay! :)” on IG, and Katrina more explicitly offered: “Omg, thank you! The 6 of us are so very grateful for this wonderful surprise! Thank you for the opportunity, and thank you for all that you do for us! We love you guys! ♥♥♥” Thank you, girls! Great to have you as customers. We love being here for you. I'll stop now before I start crying.



Meanwhile, back on the Farm, it seems like their newest team member was helping out in the carrot pit just before heading out for some Halloween trick-or-treating. If you aren't too scared, you can see the carrots, after being dumped from the wagon into the water-filled pit for a good soaking, lining up to be flushed along a watery chute down to the carrot washing line for more washing, grading, sorting and packaging. Scary moments at the Farm's carrot pit – and the lingering question whether we will be seeing more of this new Pfenning's employee

**A cheerful and light-filled November to all,
Wolfgang**