



Veggies on Wheels



Volume 20 – # 228

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

February 6, 2018

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: store@pfenningsorganic.ca – <http://pfenningsorganic.ca/>
"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,

Recently, a somewhat troubled long-time Food Box customer sent out a distress email to us. Laura from Waterloo has been faithfully getting a weekly **Small Fruit** and **Large Local Basket** for quite some time now. But now, well, here is how she put it: *"I really, really want to eat as local as possible, however my family is going to mutiny if I make any more cooked potatoes, carrots, beets, leeks or cabbage."* Yes, it **IS** that time of the year when we get into *that* in our Local Baskets – such as this week: Cabbage, Leek, Yams, Carrots, Rutabaga, Squash, Beets, Red Onions, Potatoes and Garlic. Laura asked to switch her from a Local to a **Large Blender Basket** along with her **Small Fruit** so she would get a better mix of fresh vegetables and not so many roots and tubers.

This is indeed the time of the year when Laura may be mirroring what many of you might be going through right now. You want to eat locally as much as possible, but you – and your family – are overwhelmed and, bluntly speaking, tired of all those roots. We hear you, loud and clear! As we did for Laura, we would like to make some suggestions which may help to bring some variety into your Food Box deliveries and safeguard you against a family mutiny.

Are You Laura?

Alright, so Laura requested to drop the Local and switch over to the **Large Blender Basket**. This week, she will still be getting local Red Cabbage and Garlic. But otherwise, there are five items coming from south of the border which are sure to add some enticing variety to her pallet of veggies: Romaine Lettuce, Sweet Potatoes, Cauliflower, Broccoli (all from California) and Green Pepper (from Mexico). She will also be getting more fruit, enhancing what she is already getting in her **Small Fruit Basket**.

Laura could also try out the **Large Wild**, which has no fruit and would give her veggies only, both local and imported, but definitely more greens. This week's **Large Wild**, for example, has all the same veggies as the Large Blender, but also local Squash, Beets and Leek as well as Fennel from California.

If she is adventurous, Laura may also want to try alternating one or the other Basket, for example a **Large Blender** and **Small Fruit** one week, then a **Large Wild** and **Small Fruit** the next week, and then repeat. She could even put in a third rotation with her usual **Small Fruit** and then a **Large Local Basket**. That should offer her a good variety with some local roots and tubers, but a good amount of fresh imported produce to shake things up. She could even throw in a **Smoothie** at some point, giving her only fruit and fresh greens – such as Romaine Lettuce, Green Kale and Baby Spinach for this week.

We hope anyone feeling herself (or himself) in the same boat with Laura has been catching on to the versatility and potential of all the different possible Food Box combinations. You can emphasize whatever you need or want most in your kitchen. Of course, you always have the possibility to order some greens or other vegetables you would like to see as **Add-Ons** via our online **Catalogue** –

<https://www.pfenningsorganic.ca/ecommerce/>.

I suspect there are a lot of you out there now who are thinking about this and have come to the recognition that... **"I am Laura!"**

Basket Substitutions 101

Don't like that Fennel in the Large Wild Basket? Have too many Bananas on your counter and don't really need the ones coming with your next Fruit Basket? Would rather have more Potatoes than Lettuce in your Blender Basket? Whatever the reason, you can always request to have two items in each Basket substituted by another item of your choice. It is very easy. Just scroll down on the order page of your chosen Basket and select your item to be replaced and your chosen substitution from the drop-down lists. **The one catch** is that your requested substitution may not be available at this time. Okay, so you don't want Bananas this week, but would love a Cantaloupe. Very sorry, but Cantaloupes – as all Melons – are utterly out of season at this time. We will have to wait about another four months or so to see them coming into season.

So what to do? Simple, just before making a substitution request for any item in your Baskets, go to our online **Produce Section** and you will readily see what is available at this time in **Fruits and Vegetables**. Then you can choose items that are actually available to be substituted. If you do end up requesting an item as a substitution that is not available, we will do our best to provide a substitution of equal value that comes closest to what you requested.

The other catch is that you may have checked off “I **DO NOT** want to pay more for substitutions if necessary.” In that case, you need to know that we may not be able to fulfill your request and will also provide a substitution of equal value that comes closest to what you requested. You probably much rather would have paid a bit more to get your requested substitution. So if you **DO** choose to pay more if there is a price difference, be reassured that we try to limit the difference to be paid for a substitution to a reasonable amount and may contact you if the difference may seem too big.

There you have the basics of how we handle **Basket Substitutions**. We thought a little crash course would help to get a better grip on what is intended to be a handy feature of our Baskets. Get in touch with me if we can clarify any other aspect that may come to mind.

Local Squash and Potatoes

While we are clarifying things, some of you will be sad to hear that our **Local Squash** has now come to an end for the season. We still have some in storage for you at the Store (mostly Butternut), but the Squash inventory at Pfenning's Organic Vegetable Farm is now depleted. It will be a little more challenging for Almut to plan the Local Baskets now.



As for **Local Potatoes**, there are still lots of those in storage. We have mentioned it before, and you may have noticed it when getting Potatoes with your Baskets, but we do sometimes include Potatoes with minor imperfections that would otherwise end up being composted. We are doing this out of consideration for our growers' food producing efforts and for reasons of sustainability. These Spuds are much better priced, allowing us to give you more quantity than what you would get for the regular price – another good reason for this practice. With a little effort on your part (*cutting out and discarding any minor imperfections*), our local food production can go a whole lot farther. Thank you all for helping us with that.

Custom Order Minimum

Any of you getting a **Custom Basket** are aware that the order minimum for **FREE DELIVERY** is **\$75.00**, right? You can make sure to reach the order minimum by asking us to contact you if you are under it so you can top off your order. If you are receiving a regular Custom Order, you can also give us a list of items you know you will be using from which we can add to your order until the minimum is reached.

A lot of purely Food Box-related issues covered in this Newsletter. May this help to continue making your Food Box experience with Pfenning's Organic not only a matter of convenience and of supporting the local organic cause, but also of pure delight and satisfaction.

An enjoyable February to all of you,

Wolfgang