



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,

Right around this time of the year, we become aware of how rapidly the **local growing season** is finally upon us. Certainly, near the end of April we were already out in the fields harvesting resurging spinach and cilantro from last year's crop. I distinctly remember that balmy morning some 6 weeks ago when a soft breeze accompanied our frenzied early harvest activities. What a far cry May turned out to be, when our meanwhile complete Jamaican crew

was rained out of their weeding and harvesting efforts, oh how many times. It came to the point when it didn't quite feel right if it did not rain. On top of that, the Weather Network had to



confirm what we already know: May was far cooler and wetter than April. Tell us about it. We ended up being thankful for a day that broke the double digits and showed us some sunshine.

So I recently asked Umesh, our field manager, whether this cool and wet weather has been affecting crop growth and development. Thankfully, the transplants have taken no damage, but the sown crops are hard pushed to get in the right germination mode. If this carries on for too long, they may end up going bad in the ground before they germinate. While everything is not yet said and done, the next little while will be somewhat critical. On the bright side, we may look forward to harvesting the **first greens** – being Dandelion – very soon. Lettuces are set to be the cut for the first time around mid-June. Also, the ground has had a somewhat of an opportunity to dry up that field activities are again stepping up – with transplanting being at the forefront. So we may look forward to the local growing season offering us some of its early tributes this month. Not too soon, Almut will say, thankful for more variety to include especially in our Local Baskets.

Summer Holiday Season – NO DELIVERY DAYS (July 4/5 + August 8/9)

We cannot let our June Newsletter go out without looking ahead to the upcoming holiday season. So please get your calendars out and mark down the following **NO DELIVERY DATES**:

As after every **Canada Day**, there will be **NO DELIVERIES on July 4/5**. Regular deliveries will resume the following week on July 11/12.

While we are planning for the summer, please also mark down **NO DELIVERIES on August 8/9** – the Civic Holiday week. We'll be back for regular deliveries after that on August 15/16.

Just so you know, we will be going camping again, mostly on the Hack Farm (at Almut's sister's, Elke) near Kincardine, supposedly on a field right after the hay harvest. We used to go to provincial parks, but it has been becoming increasingly challenging to get a site, even 6 months ahead. Nothing like the **Hack Farm** to step in as a preferred camping location – with an outdoor shower, raw milk directly from the cow and fresh veggies from the family garden (*beats a provincial park anytime*) – while combining that with a quaint family get-together.

Camping, Campfire, S'Mores...

He who says camping says **S'mores**, right? Well, maybe not for everyone, as s'mores are seen by many as a notoriously unhealthy yet seemingly inevitable snack. Healthy or not, it does appear as if for many a camper – especially the younger ones – a campout must include this traditional fireside snack. Just so you can dazzle others with your knowledge of superfluous trivia, be it known that historically after years of stacking a fire-roasted marshmallow on top of a square of chocolate and sandwiching it between some graham crackers, someone finally published an official **Recipe for S'mores** in 1927 in the *Girl Scout Handbook*. It wasn't until 1974 that the term became an official entry in the Merriam-Webster dictionary.

So the **Pfenning's Community** should abstain from indulging in such unhealthy pleasures, correct? While we do believe it is everyone's fundamental right to freely choose whether to follow a path of healthy or rather unhealthy indulgence, there may be a way out – by looking at “healthy s'mores.” Although the expression does appear contradictory, a search really did come up with some hopeful options, promising to give this campfire tradition a crack at proving itself worthy of being upheld.

So what do we need? Graham crackers, chocolate and marshmallows. It is not easy to find healthy **Graham Crackers**, that is with high fiber content and not made with processed wheat flour and artificial sweetener. If you would like to try making your own, we found an acceptable recipe for **healthy Graham Crackers** here: <http://tinyurl.com/ycktnbze>. The main ingredients are oat flour and coconut sugar. For **Chocolate**, you use 72% dark chocolate. You can even squeeze in a slice of Banana if you like – and skip the Marshmallows altogether (or use both). However, if you do need to succumb to your kids' begging and **stick** with the Marshmallows, we can offer what likely comes closest to the healthiest Marshmallows available, avoiding high fructose corn syrup and gelatin. The new vegan Marshmallows from **Dandies** have natural sugar and are free of any artificial ingredients (find them here in our Catalogue: <http://tinyurl.com/y9lqrq17>). Together with your home-made graham crackers and some dark chocolate you may be a step closer to a guilt-free not too unhealthy summer campfire indulgence.



Barnhild on the Road



You may have noticed that **Barnhild** (our eldest daughter) has not been around recently to assist in packing your Custom Boxes and Basket Add-Ons. For the past three weeks, Barnhild has been cycling due east to pay her cousin Annemarie in PEI a long overdue visit. She just arrived and it took her three weeks on the road, pedaling through TO, Montreal, Quebec City, Edmunston, Fredericton, Moncton and finally Charlottetown. She may yet swing down to see an old school friend in Halifax –

another three days in the saddle. She says a hearty “hi” to all of us stay-at-homers. Way to go, Barnhild! See you soon when you're back.

**Have a happy middle-of-the-year month of June,
Wolfgang**