



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

July 6, 2020

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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,

Summertime!

Finally, it's that time of the year! We're all right into it, with non-stop summer weather, boasting temperatures well into the thirties and no rain in sight – which has most farmers jumping at the opportunity to make hay, just like our brother-in-law, Martin Hack, where we just spent our Canada Day holiday camping on the farm and enjoying Ontario's west coast. You surely will know the **Hack Farm** (*best local family camping anywhere*) where Martin's bio-dynamic-organic Beef and Elke's incomparable Spelt Bread come from. If not, you can find it in our online Catalogue in the **Meat/Beef** and **Bakery/Bread Department**.

One person's joy is another's sorrow, they say. While the haymakers are basking in glee over the ongoing great weather, many vegetable and grain farmers are a bit antsy over the lack of rain which is beginning to be markedly felt. Once the hay is in, we are all looking forward to some refreshing thunderstorms. In the meantime, Asparagus and Strawberries are done for the season (*alas*), while local Cherries from Palatine are set to make their entrance.

LOCAL Niagara Fruit from PALATINE!

Ontario Fruit from the Niagara Region, grown sustainably by Palatine (Eva and René) is coming to us weekly. You can order by the case through Andrea from Brookfront Farm – **to get on Andrea's mailing list, send her an email at farm@brookfrontfarms.com** – and have your fruit delivered to Pfenning's Organic. We will store it for you until you either pick it up or have us deliver it to you. Get in touch with us for details.

As every year, there are a lot of vacationers now taking their leave for the summer holidays. Don't forget the upcoming **DELIVERY BREAK** during the Civic Holiday week:

NO DELIVERIES the first week in August → NO DELIVERIES August 3 + 4 + 5
(Civic Holiday and Family Vacation Time)

There were still some people who were expecting a delivery during the Canada Day week when we were taking a break. If you are not yet subscribed to this **Newsletter** where we always keep you up-to-date on delivery happenings and what's going on at Pfenning's Organic & More, please, take a moment to do so right here:

<https://www.pfenningsorganic.ca/newsletters/subscribe.cfm>.

Chickens coming July 8th

Did you miss out on getting a **fresh, local, pasture-raised Chicken**? We have another batch coming on July 8th – that's THIS WEEK. The last time we checked, there were still some left. Give us a call at **519-725-4282** if you are interested – or place an order online: <https://tinyurl.com/y83h2hb9>.

As you may know, these birds, coming from a local farm near Elmira, are free-run, fed organically and have been very well received by our customers. More batches to come as we go along – keep tuned in. Since they arrive fresh at the Store on Wednesday, you will have to pick them up. Or we can freeze them for you and deliver them with your next Food Box the following week. Let us know what you prefer!

Ordering Update

With summer here, a lot of you may be heading out for some cottage living or other kind of recreational relief, maybe even a provincial or national park. Many have embraced the gratifying, albeit daunting and noble challenge of growing your own garden – judging by my personal observations, customer accounts and the fact that seeds are all but sold out and watering cans very hard to come by (*personal disheartening experience*). In any case, the earlier onslaught of Food Box orders has given way to a much more mellow and measured demand for organic home delivery. As a result, we are now again able to keep the **order desk open indefinitely** and have also reopened the possibility to place **Standing Orders** – freeing your time and mind up for more important things.

Check for LOCAL items in Produce Department

As the **LOCAL SEASON** is now in full swing, make sure to check for the **LOCAL** tag included with each and every item of local origin when shopping in the Produce Department. We are sometimes more explicit, categorizing a veggie as coming from New Hamburg or so. But generally, the LOCAL designation will assure you that the vegetable you are scrutinizing comes from a LOCAL source, which loosely fits the 100-mile diet paradigm (but coming from much closer in most cases). In the cold season, we may stretch the definition of LOCAL to include produce coming from our neighboring province, Quebec – relatively close as opposed to much more remote sources. But at this blessed time of the year, LOCAL is literally at fingers' reach. Indulge and enjoy!

NEW Delivery Van

With the readily available LOCAL bounty at this time, we are both sad and pleased to introduce you to our **new delivery van** – the one that our children Barnhild and Bernhard brought home from Alberta earlier this year – we kept you up-to-date on Instagram. After 14 years of service and about half a million kilometres, our old delivery van needed to be retired – making way for our NEW delivery van – which you are advised to be on the watch for when receiving your home deliveries. Our new slogan – **Bringing it Home** – underlines what we do and have been doing since 1998: bringing you wholesome, healthy and delicious food and groceries right to your home.



**Enjoy to the fullest this hallowed time of the year,
Wolfgang**