



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,

Looks like we're in for an early spring! At least if we go by the verdicts of domestic rodent climate experts such as our own Warton Willie and Nova Scotia's Shubenacadie Sam. Down south however, Punxsutawney Phil has forecast another six weeks of winter. Tongue in cheek, one could surmise that they're in for a long cold spell. In any case, and regardless of how much winter we still have to endure, we have entered into that time of the year when staples such as potatoes, carrots, turnips, parsnips, beets and squash are trying hard to make us crave a fresh garden salad or bowl of fruit. Granted, if you look at this week's **Local Baskets**, many of these winter veggies and roots is precisely what you are being offered. Ah, but look again! You will see that Almut – your master Basket Contents planner – has also included local Red Peppers, Belgian Endives, and, in the Large Local, the LAST Leeks, Pea Shoots and Portobello Mushrooms. Not too bleak for an early February veggie offering. Although we are still pleasantly surprised to see quite a lot of you in the Pfenning's Community holding on to the Local Basket, even as the staunchest supporter of local you may eventually get to the point where you will just have had it with the root and tuber inundation. If you still desire to remain true to the local cause, you can mitigate the pressure from the underground fare by alternating Food Boxes. Get a Local one week, then a Blender – or Wild, or Fruit – then the following week faithfully back to your Local... and repeat. Something to consider when trying to find a viable, sustainable solution and still feel good about it.

Meanwhile, still attempting to get a palatable hold on all those roots (and tubers), we came across a nice and easy, yet delicious recipe for **Root Vegetable Patties** – by David Cohlmeier, found in Edible Toronto, No. 36, Winter 2017 – just in time for the season:

Root Vegetable Patties

By David Cohlmeier – Makes 8 patties

These quick and easy golden patties can serve as a vegetarian main course. Accompany them with an assortment of other root vegetables. They can also be served as an appetizer or side dish to any meal.

- 2 large eggs
- 1/2 cup flour (any type, even gluten-free, such as coconut, brown rice, buckwheat or other flour)
- 1/2 tsp salt
- 3 cups coarsely shredded root vegetable(s) of your choice (whatever you have in your Box)
- 1/4 cup cooking oil – we use coconut oil or ghee



Beat the eggs until quadrupled in volume. Fold in the flour, salt and vegetable(s). In a large frying pan over medium-high heat, add 2 tablespoons of the oil. Using a serving spoon, add four spoonfuls of the vegetable mixture evenly into the pan. Press down on each patty to nearly fill the frying pan. Fry until both sides of the patties are browned. Transfer the patties to a towel-lined plate. Add the remaining 2 tablespoons of oil and repeat with the remaining vegetable mixture. Serve with sour cream and/or your favourite salsa.



Butternut Squash

This week, all the veggie Baskets are again including very sizeable, beautiful **Butternut Squashes**. Y'all know what to do with them, right? In case you need a refresher, just trim off the ends, cut it in half and peel (yes, the skin is now more on the hard side and should come off), or cut in slices and peel the skin off each slice going around the edge with a peeler or paring knife, carve out the seeds with a spoon, and finally cut the squash into 1- to 1 1/2-inch-thick slices or dice into large chunks. With these ready-to-cook slices or chunks you can make, just to name a few:

- Squash Soup
- Roasted Squash
- Steamed Squash
- Squash batter for pancakes/waffles.



If you need a bit more of a refresher for any of these ideas, do get back to us and we can help you out.

Local Carrots

February already, and the **Carrot** stash in the Pfenning's Farm's storage facilities is slowly waning. Oh yes, there are still lots around for a while to come yet, only the 2 lbs Carrots, and eventually the 5 lbs Carrots, will be coming to an end in another few weeks. No worries, we will still have Pfenning's **Juice Carrots** for some time yet to be packed for Baskets. After that, we will eventually be seeing Carrots from Florida or Georgia, coming from the U.S. division of Hillside Farms which has been partnering with Pfenning's Farm since last year. They have growing operations in Georgia and now in Florida as well. Wolfgang Pfenning has been down there on occasion to help them to tweak their farming efforts, which are bringing us up here fresh greens from just a ways down south – definitely closer than the habitual supplier for the longest time: California.

Noteworthy Happenings

With a bit of space to spare, why not mention a few noteworthy happenings that not only amused, but also astounded us. As you may know, we travel quite a bit to bring you your fresh organic fruits, veggies and groceries. We were quite a bit taken aback, though, when a customer expected us to deliver a 1 L bottle of **Kombucha** – nothing else – to **Burford** (west of Brantford). When asked if there was nothing else she might need to bring her order up to the minimum required for free shipping, she couldn't think of anything. There must be a dire shortage of fermented beverages in Burford. Even more entertaining was an inquiry whether we sold **organic cigarettes**, no doubt sparked by our April Fools' Blog from last year. Alas, we had to admit that we do not sell organic (or any other) cigarettes, although a quick search did, in fact, reveal that you can actually buy organic cigarettes, notably in the U.S. Apparently, after a lawsuit, the American company offering these allegedly healthier smokes had to add a disclaimer saying that "organic tobacco does not mean a safer cigarette" and "No additives in our tobacco does not mean a safer cigarette." Sorry smokers. As they say, if it sounds too good to be true, it usually is.

Happy upcoming Valentine's Day  – and a joyful month of February,

Wolfgang