



# Veggies on Wheels



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*"Veggies on Wheels" (edited by Wolfgang W. – with no AI participation) generally appears around the beginning of every month.*

## Dear Pfenning's Food Box Community,

### Halfway Mark

Halfway through the year, and the growing season – off to a slow start after a stubbornly cold spring – is now chugging along nicely and is treating us to fresh local greens and more.

Go to the [Produce](#) – notably the [Vegetable](#) department – in our [Catalogue](#) to see all the **fresh local greens** and **veggies** that have been coming in: [Asparagus](#), [Lettuce](#) and [Salad Greens](#), [Parsley](#), [Red Radishes](#), [Spinach](#), and [fruit-wise](#) we have nice and tangy fresh, local [Rhubarb](#). Incidentally, we have been announcing the arrival of Asparagus and Rhubarb in our [Blog](#) – which you may want to look into from time to time for latest updates.

Speaking of [fruit](#), the **Niagara Fruit season** is imminent. Some of our customers may not yet be familiar with **Ontario fruit from the Niagara Region**, grown sustainably by [Palatine Fruit and Roses](#) using near-organic methods. Throughout the summer months, we will be going down to Niagara-on-the-Lake weekly to pick up [soft fruit](#) as it becomes available. We may look forward to Cherries, Apricots, Plums, Peaches, [Nectarines](#), [Grapes](#), as well as [Pears](#) and [Apples](#), and will be including this seasonal Palatine Fruit in your Food Baskets as it becomes available. If desired, you will be able to order extra fruit, also in full and half cases.



To be at the cusp of what Niagara fruit will be available as it comes in, you may want to [subscribe](#) to the **Palatine Fruit News** (on our [Newsletter](#) page) which we send out when we learn what fruit will be harvested. Any questions? Just call the [Store](#) – (519) 725-4282 – or send me (Wolfgang) an [email](#) and I'll be glad to help.

### Summer Holidays – Delivery Schedule

Being halfway through the year, we need to let you know about our upcoming **summer delivery breaks**. Below is our **NO-DELIVERY Schedule** for the summer of 2026. As always, let us know about your own vacation plans and when you won't be needing a delivery – or go ahead and schedule your own "[Blackout Date](#)" in your online [Pfenning's account](#).



**NO DELIVERIES** during the Canada Day week (1<sup>st</sup> week of July)

→ **NO DELIVERY June 29 + 30 + July 1**

Looking ahead:

**NO DELIVERIES** the 1<sup>st</sup> week in August (Civic Holiday week)

→ **NO DELIVERY August 3 + 4 + 5**

The [Store](#) will be open, as usual, during this time – except for Canada Day (July 1<sup>st</sup>).

## Biweekly Deliveries

Customers on a **biweekly delivery schedule** will miss their delivery during the No-Delivery weeks. Your deliveries will resume two weeks later according to your biweekly delivery schedule. For questions about any other delivery rhythms or adjustments, send us an email to [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca), or call us at **519-725-4282**.

## New Spice Corner

In the past weeks, Barnhild has been indomitably busy working on our **new spice rack**. Last week, she wrapped up her project by installing and setting it up – to the glee of many of our customers. Our old spice corner was already much lauded, as one of our customers said: *"Your dried spice and herb cupboard is really great - the best around!"* May the pictures of



the new one speak for themselves. You can see all the spices and dried herbs we have in our [Spices & Herbs](#) department.



## Bread, Bread, and more Bread

After expanding and enhancing our [Bread selection](#), we can now say that we never before had such a varied assortment [bread](#) for all different tastes and needs (should you not yet have noticed). We also offer a presentable variety of [gluten-free breads](#) – and with summer on the horizon, [Hamburger & Hot Dog Buns](#) too (regular and GF). As you may know, our Wednesday deliveries may include freshly baked bread – and [pastries & cookies](#) – from the [Golden Hearth Bakery](#) in Kitchener. Monday and Tuesday deliveries can get this bread frozen when ordered ahead.

## Introducing Crown Custom Exteriors

Our youngest son, Bernhard, recently launched his own independent business: **Crown Custom Exteriors**. While Bernhard has been making a name for himself in the community for many years, his move to independence is opening him up to offer not only his initial areas of expertise, **siding and eavestroughing**, but also a whole range of other applications – see his card below – which he has been continually perfecting. We are sharing this with you in case the services Bernhard is offering coincide with any projects of your own you may have been planning.





**CROWN**  
CUSTOM EXTERIORS

Bernhard Wurzbacher  
Owner / Installer  
**226-748-8706**

- Installation and Repair**
  - Siding • Eavestrough
  - Soffit • Fascia board
- Standard & Custom**
  - Aluminum Trim Work
- Caulking**
  - Windows • Doors
  - Vents • and more
- Removing & Replacing**
  - Windows • Doors

Enjoy the month of June and the coming of summer,  
Wolfgang, Almut and all of us at Pfenning's Organic & More