



Veggies on Wheels



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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,

Happy Canada Day!

We're exceptionally dating this Newsletter for Tuesday, July 1st, and wish all of you a very Happy Canada Day!

It seems to me that summer is undeniably here once we see our local [Strawberries](#) coming in. They are in full swing now, and should you wish a larger quantity or a flat for making jam or for other projects (strawberry shortcake, tart, or just fresh with [Whipping Cream](#)), please, let us know ahead so we can pre-order them for you! You may want to act promptly, as our suppliers tell us that due to the warm weather, Strawberries are coming fast but are also coming to an end rapidly – so we may not even be able to fill all orders.

No Food Box deliveries this week, as you will know – back again for the week of July 7-9. Should you be planning a visit there, the [Store](#) is closed on Canada Day, but will be open again for regular [business hours](#) as of Wednesday. If you do come to the [Store](#), you may want to respond to the steamy summer weather we're getting now by trying our **Iced Coffee** which the girls will be happy to prepare for you in our Coffee Corner.



August Civic Holiday Delivery → NO-DELIVERY REMINDER!

Once our Canada Day delivery break is over, the next summer break to remind you of is the one during the Civic Holiday week at the beginning of August. See the **NO-DELIVERY reminder** below. Again, let us know about your own vacation plans and when you won't be needing a delivery. You can also always schedule your own "[Blackout Date](#)" in your online [Pfenning's account](#).

NO DELIVERIES the 1st full week in August (Civic Holiday week)
→ **NO DELIVERY August 4 + 5 + 6**

Biweekly Deliveries REMINDER

Customers on a **biweekly delivery schedule** will miss their delivery during the Civic Holiday week. Your deliveries will resume two weeks later according to your biweekly delivery schedule. As always, let us know if you wish to adjust this in any way by sending us an email to store@pfenningsorganic.ca, or by calling us at 519-725-4282.



Attention: Ripe Bananas

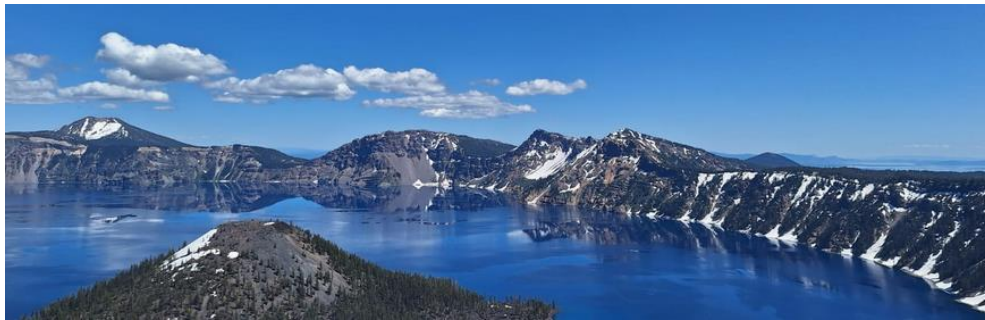
At the height of summer, please, be aware – and thank you for understanding – that [Bananas](#) tend to ripen very quickly, turning yellow and getting brown spots fast. You can check out our [Newsletter #295 from May 1, 2023](#) to see how to slow down their ripening process. Essentially, keep them aerated and cool and away from other very ripe Bananas and ripe fruit. They are still great for baking, such as for Banana Bread, Smoothies or Banana Ice Cream.

Organic Wine & more at Pfenning's Organic & More

As announced, we are now offering organic Wine, Cider and Beer at the Store. We are about to make these beverages available for online shopping in our [Catalogue](#), but it is taking a bit longer than anticipated. For now, we ask for your esteemed patience and suggest you keep checking our [Catalogue](#), as we are aiming to activate this new department very soon. Should you wish to order anything in the meantime, please, just give us a call and chat with one of the girls who will readily assist you with this.

Almut & Aurélie in Oregon

It is summer and, of course, vacation and travelling season. Hence, Almut followed the plea of a dear old friend living in **Oregon** to do some house, garden and animal-sitting so she could visit her family in Europe. Almut has been out west for a month now, and recently, Aurélie joined her to spend some time with her mom and discover that region for the first time – which explains why some of you Store customers have been missing her recently. Almut and Aurélie have been keeping us up to date on their trip, which included the enormous redwoods, the rugged coastline, impressive Crater Lake, also Mt. Shasta, gallantly rolling foothills and even a nearby forest fire (which was thankfully brought under control).



We leave you with these picturesque impressions and hope you enjoy your Canada Day and the midpoint of the year,

Wolfgang, Almut, Aurélie, Barnhild and all of us at Pfenning's Organic & More