



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,

What a Summer!

Middle of the season, and it's turning out to be one great summer for anything growing out there! Although some regions were recently stricken with an overabundance of rain, such as St. Catharines and Niagara-on-the-Lake (they received close to 10 inches past week causing substantial flooding), we around here seem to have been getting very agreeable amounts of precipitation. Hence, you will see a plethora of veggies available on our [Catalogue Produce page](#). Right at the top, [Basil](#) – as fresh and local as all our greens offered now – may catch your eye, and entice you (as it does us!) to make some fresh **Basil Pesto**, with a helpful recipe [here](#) on our [Recipe](#) page under [Sauces & Dips](#). If you have lots, you can also conveniently freeze your Pesto and dish it out to everyone's delight in the "low" season.

If you feel overwhelmed by too many herbs in your Food Boxes, such as [parsley](#), [cilantro](#), [thyme](#), consider chopping them up and freezing or dehydrating them. Almut does that in preparation for the long winter months when you can take the finely chopped herbs out of your freezer and ennoble your salad, rice and pasta dishes or add some colour, flavour and summer freshness to any meal.



Stock up on fresh locally raised Chickens

Fresh, farm-raised [organic Chickens](#) ("Rustic Rangers") are coming to the Store again on August 28th – the last Friday of the month. Food Box customers will be able to have the chicken they ordered delivered fresh on the following Monday, Tuesday and Wednesday delivery days. These popular meat birds – selling for \$7.00/lb and weighing around 5-7lbs – are again coming from a Mennonite farm near Elmira. If you prefer and let us know, we can freeze them for you and deliver them when convenient. Early birds can already place their order [here](#).

Niagara Fruit coming in weekly

Every Thursday since the beginning of July, we drive down to Niagara-on-the-Lake to pick up the popular soft fruit from [Palatine Fruit](#). If you haven't already, you can [subscribe](#) to the **Palatine Fruit News** (on our [Newsletter](#) page) which we send out every weekend as we learn which fruit will be harvested. Currently, as you can see on the [Palatine Fruit CASE orders page](#), we are picking up [Nectarines](#), [Peaches](#) – with freestone [peaches](#) on the way – and different varieties of [Plums](#), such as [Early Golden](#), [Blue Vibrant](#) and [Ozark](#). Food Box customers, you can also order smaller than case order quantities on our [Fruit page](#). **The Palatine Fruit case order deadline is TUESDAY at 6pm!**

On one of our visits to Palatine, René (in the middle in the photo) gave us a memorable tour of the Fruit Farm – and it was more than impressive. Now looking after about 16,000 trees, they have been growing soft fruit

such as cherries, apricots, [plums](#), [peaches](#), [apples](#) (now certified organic), currants and [grapes](#) on some 70 acres for several decades. The excellent quality of their fruit is a testament to René's deep passion for fruit trees which he has continued pursuing since he left his home country of Switzerland many years ago. Along with his team, he has diligently been managing the challenges for Palatine presented by the recent heavy rains and flooding in the area.





Tomatoes anyone?

[Tomatoes](#) – or pomodoro in Italian (meaning “golden apple”) – are in full season. They are never as juicy, flavourful and as tasty as at this time of the year.

Did you know that the supposedly moot matter of whether **tomatoes** should be classified as a [fruit](#) or a [vegetable](#) was dealt with as far back as 1893 in a decision by the Supreme Court of the United States?

In this ruling, the U.S. Supreme Court maintained that tomatoes are legally “vegetables” for tariff purposes, even though they are botanically fruits. The Court held that laws should be interpreted according to the ordinary, everyday meaning of words, based on the ways in which they

are used, and the popular perception to this end unless the law clearly says otherwise. Since people commonly think of and use tomatoes as vegetables in cooking, they were subject to the import tax on vegetables, which the plaintiff had hoped to avoid by arguing that tomatoes are a fruit – which botanically they truly are. End of story, the plaintiff had to pay the tax on imported vegetables – and had the option of taking a consolatory bite out of a nice, ripe tomato.

Cold Brew Coffee (Mazagran Coffee)

During the hot summer months, our daughter Aurélie has been making many customers happy by offering **cold brew** or **iced coffee** in our little coffee corner. We sometimes tend to make our own at home – and so can you. You can find some interesting methods how to go about this right [here](#) (*contact me for a printed version*).

Among the many suggestions for making iced coffee, we came across an [inspiring modification](#) which is anything but new and goes back to the mid-19th century. The idea is to add [lemonade](#) or sweetened [lemon](#) juice! This is called “Mazagran coffee.” Its creation is credited to French troops defending the Mazagran fort in Algeria in 1840. They began watering their coffee down with sweetened cold water to stretch their supplies – and the first iced coffee was born. The drink gradually made its way to other European countries, and sweetened lemon juice replaced the water to create a new citrus-spiked coffee drink.

The combination of bitter coffee and sweet lemonade makes a delicious and refreshing complement. You choose your own ratio, but equal parts of espresso cold brew and lemonade sweetened to your taste is a good start – all in a tall glass filled halfway with ice cubes. For the most pristine delectation, it's best to leave out any milk or cream. Enjoy!



Still Requesting Amazon Packaging

We are still happy to take along any **bubble wrap packaging** from Amazon or other suppliers. We reuse them to **wrap up frozen items for deliveries** – and it works like a charm. Just leave them out for us on your delivery day.

Thank you!

**Have a happy ongoing month of August,
Wolfgang, Almut and all of us at Pfenning's Organic & More**