



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,

Welcome to 2026!

We are very happy to be back to continue serving you with our [Store](#) and Organic Home Delivery Service which has been providing all your organic needs, with primary emphasis on our local and regional production, for now going on 28 years.

On our last deliveries just before Christmas, we were very much humbled by the generosity and thoughtfulness of many of our customers. **Thank you** to you all for your kind gifts and recognition of our efforts to provide you with the best quality and service possible.

Let it snow!

Looking back, it seems like during the Christmas song season nature took the old classic "Let It Snow! Let It Snow! Let It Snow!" very seriously – and has been responding in kind ever since. You could almost count the days when it **didn't** snow, although we are currently enjoying a little breather. We have seriously been getting the best snow-shovelling workout in years, and trust that the same may have been the case for many of you as well!

Of course, with the snow comes the cold. Hence, our repeated request to all our Food Box customers, especially those of you receiving early morning deliveries on Tuesday and Wednesday, to think of safeguarding against the possibly damaging effect of **freezing temperatures** before you can bring them inside. If possible, allowing for access to an enclosed porch, mudroom, shed or garage is very helpful. However, leaving out cold weather sleeping bags or heavy blankets to wrap your early morning deliveries in when it's extremely cold has been very accommodating. Even an oversized cooler box will work!

Parsley Root & More

'Tis the season to be rooty, one could say! One of the most underrated root vegetables, so it seems, is [Parsley Root](#), belonging to the carrot family. Just by its looks, it resembles parsnips. However, an inquiry explains that [parsnips](#) are sweeter, nuttier, and starchier with a distinct core and ideal for roasting and mashing. **Parsley Root** (from a small local farm, of course) is more slender, tastes earthy like [parsley](#) and [celeriac](#), and – as we can attest by our own cooking experiences – is uncontestedly the best for flavouring soups and broths where a savoury depth is desired. Almut categorically maintains that "it's a must in soups and stews" – and nobody can dispute that!



Looking at the first [Local Basket](#) of the year, you will be getting plenty of roots, tubers and storable veggies – such as [Red Cabbage](#), [Yellow Potatoes](#), [Yellow Onions](#), [Carrots](#) and [Garlic](#), but also [Napa Cabbage](#), [English Cucumbers](#) and [Crimini Mushrooms](#). So, what about the much-praised [Parsley Root](#)? You may look forward to seeing that in next week's (January 19-21) Food Baskets!





Muesli & More

With the new year also come some new products, one of them being [Mestemacher's Muesli](#). This organic **Berry Muesli** is a whole-grain cereal with oat and wheat flakes, a mix of freeze-dried berries, raisins, dried apples, and roasted hazelnuts, no sugar added and high in fibre – making it a wholesome, natural breakfast option. Soak overnight in some water for better flavour and easier digestion, and then you can serve it with [milk](#) or [yogurt](#).

Muesli is very popular in Europe, especially Switzerland and Germany. The word Muesli actually comes from Swiss German, a diminutive of the word Mues, meaning "mush," "purée," or "soft food". It was developed in Switzerland around 1900 by Dr. Maximilian Bircher-Benner as a health food, initially called Birchermüesli, the name reflecting its original mushy, purée-like consistency.

Mestemacher is also renowned for its excellent **Pumpernickel Bread** – a coarse, very nutritious dark rye bread, famously known for its long, slow baking in steam-

heated ovens that gives it a deep colour, moist texture with a nutty flavour and long shelf life. We offer three varieties: [Whole Rye](#), [Sunflower Seed Rye](#), and [Three Grain Bread](#) – all of them being a delightfully rustic, tasty and very satisfying dark bread.



Comfort Food Requested

Although we are being treated to a little lull in the ongoing cold weather we have been seeing since December, comfort food is always welcome in the deep of winter. Since this week all but the Local, Smoothie and Fruit Baskets are including [Cauliflower](#) (*thankfully at a very reasonable price*), we would like to share an incredibly simple comfort dish par excellence: **Cauliflower Parmesan** (found [here](#)).

Ingredients

- 1 lg. head [Cauliflower](#), stem trimmed, cut vertically into 1" planks
- 3 Tbsp. Extra-Virgin [Olive Oil](#)
- [Salt](#) to taste
- Freshly-ground [Black Pepper](#)
- 1 ½ cups [Marinara Sauce](#) (Italian-style tomato sauce)
- ¼ cup freshly grated [Parmesan](#)
- 1 cup shredded [Mozzarella Cheese](#)
- ¼ cup [Basil Leaves](#), torn if large
- Crushed [Red Pepper](#) Flakes

Directions

- Preheat oven to 425° F = 220° C. Arrange cauliflower in a single layer on a rimmed baking sheet and brush both sides with [oil](#). Season with salt and pepper.
- Roast, flipping once, until cauliflower is tender and golden, about 35 minutes. Remove from oven and top each cauliflower steak with marinara sauce. Sprinkle with mozzarella and half of Parmesan.
- Switch oven to broil and broil cauliflower until cheese is bubbly and golden in spots, about 3 minutes. Serve with remaining Parmesan, basil leaves, and red pepper flakes.

Wishing all of you a healthy, happy and fulfilled 2026, and looking very much forward to serving you soon with our home delivery service,

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