



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

It's Groundhog Day... again!

And once again, all of us at Pfenning's Organic & More got together for our start-of-the year reunion – which also qualified as a belated Christmas gathering. Here we are: Kyla, Aurélie, Wolfgang, Almut, Sheri and Barnhild – the whole crew greeting all our Pfenning's customers!

Another annually recurring event is, of course, Groundhog Day. Although this evokes visions of spring on the horizon, it may turn out to be (again) nothing more than a pipe dream. Judging by the relentless winter with copious amounts of snow and biting cold that we are being treated to, the latter seems the more likely scenario. However, we feel inclined to take an optimistic stance and focus on this being the shortest month of the year with only 28 days, then giving way to March, the month when spring is on the way – if only on the calendar..



Carrot Juice, anyone?



As everyone is aware, we are in the midst of "root season." Fresh greens, especially local, are hard to come by and quite costly. If you are looking for a tasty, healthy root veggie application, you may want to think of the old classic: **Carrot Juice**. Carrots are rich in beta-carotene, potassium, and vitamins A, C, and K, which are said to significantly boost immune function, enhance eye health, and promote radiant skin. On top of that, drinking Carrot Juice on a regular basis is also supposed to support heart health, aid digestion, and provide high antioxidant protection against oxidative stress. Not to mention that kids tend to love Carrot Juice due to its sweet taste. If it's too sweet, you can offset the sweetness by adding some

[Red Beets](#) (not too much, they have a strong flavour), [Celery](#) stalks, [Cucumber](#), [Green Kale](#) or [Granny Smith Apples](#) to the juice for a fruitier note.

Carrots at Pfenning's Organic & More are currently offered at a great price. If you do a lot of juicing, you may want to look at the [25lb bag](#) option for \$30.00. That's \$1.20/lb! Of course, you can also get it in [5lb](#) or [2lb](#) sizes.

Local Roasted Hazelnuts

If you are looking for a tasty, healthy, low-sugar treat, you will want to try our [Roasted Hazelnuts](#) – organically-grown, harvested and dry-roasted (no oil) on a local farm just north of Wellesley. These Hazelnuts – also known as filberts – are absolutely delicious, with a delightful crunchy, yet buttery tastiness. They can be added to [cereal](#), [yogurt](#), [ice cream](#), or simply eaten as is.

Incidentally, Hazelnuts have a high content of protein and healthy fats, are rich in nutrients, including vitamins, minerals and antioxidant compounds, and are generally considered a healthy, low-sugar snack packed with fibre.

Roasted Hazelnuts lend themselves to both sweet and savoury dishes. Some sweet applications are for homemade hazelnut spread or chocolate hazelnut mousse, while some savoury dishes call for sprinkling them finely chopped over salads or creamy soups, or adding them to homemade hazelnut pesto, buttered pasta or risottos. Apparently, just eating them plain or tossed with [butter](#), [thyme](#) and [sea salt](#) is a treat in itself. There are no limits to what your imagination might come up with to include this healthy nut in your diet.



Harmony Milk is back!



We're Back!

1L Glass Bottles and 4L Bags that are now available, starting January 26, 2026. Call your distributor **now** to order.



We are happy to announce that since this past week, so we are told, **Harmony Organic Milk** is finally to be back on the market. It took a while, but they now have restarted their milk production, processing and distribution in glass bottles at a new processing facility after their previous bottling by Hewitts had been discontinued. They won't be offering their whole range at the start but will begin with their 1L returnable glass bottles (**Whole Milk, 2%, 1%**) as well as 4L bags (**Whole Milk, 2%, 1% & Skim**). Shortly, they will also be offering 1L glass bottles of Nature's **Whole Unhomogenized Milk** and a new product: **10%**

Cream 1L glass bottles. *Please, keep checking in our Catalogue for these products – or give us a call!*

In the coming weeks, Harmony will be introducing their new **2L** and **1L plastic bottles** and also **500ml plastic bottles**. Their much-loved and sorely missed **Chocolate Milk** and **Buttermilk** will be returning as well.

All we can say for now (and we are certain to be echoing many of our customers' feelings) is "Welcome back, Harmony – we missed you!"

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