



Veggies on Wheels



Volume 27 – # 321 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX June 2, 2025

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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,

Talk about the weather, again?

Seems like this is one of the traits from our British national heritage we have been dearly holding on to: talking about the weather. Understandable, seeing how spring has been quite cool and wet, leaving us desperately longing for the long-awaited arrival of summer. Regardless, field and all farm work – destined to produce our food in the coming months – has been diligently pressing onward, and some of the early greens, such as chives, [spinach](#), [salad mix](#), [radishes](#), [mini cucumbers](#), [apero tomatoes](#), [baby bok choy](#), [garlic greens](#) and even [asparagus](#), have already been pampering our palates. As for last year's harvest, we can still offer [potatoes](#), [rutabagas](#), [parsnips](#), [red beets](#), [onions](#), [cabbage](#) and much more, which you can always find when visiting our [Vegetable page](#). More to come as we go along, stay tuned!

Southern France

In our [last Newsletter](#), we shared that I would be travelling to Southern France with our oldest son, Adam, while our oldest daughter, Barnhild, did a great job of looking after your Food Box deliveries. Now that we're back, we'd like to share a few impressions from our trip. The area we travelled to is known not only for its beautiful geography, situated in the foothills of the Pyrenees, that broad mountain range along the border between France and Spain, but also for its rich cultural heritage and historical significance, notably for the relentless persecution of the [Cathars](#), a Christian religious movement opposed to the teachings of the Roman Catholic Church, in the 12th and 13th centuries. Speckled with

dozens of castle and stronghold ruins (such as the most notable,

[Montségur](#), just above) on top of mounts overlooking valleys nestling quaint villages, and innumerable churches, cathedrals, abbeys and monasteries of which we visited and looked into not too few, this region in the French département [Ariège](#) (just north of the Principality of [Andorra](#)) appeared to us as absolutely picturesque and stunning and left us still processing the unforgettable impressions of our trip.



Not to Forget: French Cuisine

Visiting France inevitably entails partaking in its world-renowned gastronomical offerings, which we also did



to a certain measured extent, culminating in the long-anticipated and simply mouth-watering tasting of the popular regional dish called [Cassoulet de Castelnaudary](#) (slow-simmered stew of white beans, sausage, [duck confit](#), and pork). Among the less spectacular specialties the country has to offer, we were carried away by the impressive variety and quality of pastries and baked goods and ended up sampling a variety of chocolate croissants that in Southern France are affectionately called “chocolatines” and which we also offer in the [Store](#) as [Pain au Chocolat](#). Needless to say, they were all simply delicious, although our own chocolate croissants from our local [Golden Hearth Bakery](#) – as you can see Almut and me contently confirming – do definitely hold their own.

Summer Holidays – Delivery Schedule

Once again, we are approaching this year’s halfway mark and it’s time again to set our sights on the upcoming summer holiday season. Below is our **NO-DELIVERY Schedule** for this summer. 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 (1st week of July)

→ **NO DELIVERY June 30 + July 1 + 2**

Looking ahead:

NO DELIVERIES the 1st full week in August (Civic Holiday week)

→ **NO DELIVERY August 4 + 5 + 6**

Biweekly Deliveries

Customers on a **biweekly delivery schedule** will simply miss their delivery during the No-Delivery weeks. 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 – just send an email to store@pfenningsorganic.ca, or call us at 519-725-4282.



Eby Manor – the [Guernsey Milk](#) people – Open House June 14th

Eby Manor is hosting an [Open House](#) event on June 14th from 11:00 am to 3:00 pm. This event is **FREE** and aims to bring the community together. There will be plenty of activities (barn tours, wagon rides, door prizes) for the whole family, so bring some lawn chairs/blanket and come enjoy a sunny day on the farm. The event will be on the [Eby Manor Farm](#) at 1174 Weeby Place, Waterloo, just north of Sawmill Rd. between St. Jacobs and Conestogo.

Have a joyful month of June,

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