



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,

Spring on the Way!

We made it through a month that had some of our more mature customers exclaim that this was turning out to be **"a winter just like in the good old days!"** We're still glad to see it behind us, and many have reached new levels of fitness (hopefully not of frustration) from all that snow clearing and shovelling. Here's a recent picture of our [Store](#) and all those mounds of snow – and another one below of Almut's completely snow-covered, dormant greenhouse not too long ago.

After several months of urging our Food Box customers to help keep your orders safe from freezing on early morning deliveries by leaving out blankets, coolers and sleeping bags, now that spring could be on the way, we may take a leap of faith and ease up on this warning – finally, after so many months of ongoing extremely low temperatures. Still, we recommend that you keep a watchful eye on those early morning temperatures and take the precautions we suggest if they do drop significantly.



Egg Carton Pick-Up

If you happen to have any used and intact dozen-size **egg cartons**, especially the cardboard type (not plastic), we would be happy to take them back for our suppliers. Just leave them out for us on your next delivery – or put them in your return Bins or boxes – and we will be happy to take them along.

Thank you!



Rye Porridge Sourdough Bread by Golden Hearth

For a few weeks now we have been including Golden Hearth's [Rye Porridge Bread](#) – and this excellent, tasty and easily-digestible bread where the wheat and rye flour are fermented for 5 days, is becoming very popular with our customers (and us too).

Please, be aware that all [Golden Hearth](#) bread is available freshly picked up on Wednesday morning. So, it is available fresh – after 9 a.m. – to Kitchener-Waterloo customers. All you Monday and Tuesday customers can also avail yourselves of this, as well as of any of [Golden Hearth's](#) superb [breads](#) and [pastries](#), by having it delivered to you frozen fresh when it comes in on Wednesday to be delivered to you – frozen – the following week. Just let us know by our [Saturday noon deadline](#)!



Eggs, the best Protein Source?

We keep hearing that [Eggs](#) appear to be in short supply with prices rising steadily. So far, we are happy to say that we have been able to avoid this scenario and aim to keep it that way.

While **eggs** are said to be one of the best sources of protein (*and we still love them*), if you are looking for a viable alternative to the egg, both as a breakfast and protein option, here are some satisfying and worthwhile ideas that even provide as much or more protein (here's the [complete source](#), if you are interested). Here we go – and you will find them all in our [Catalogue](#) too:

[Kefir](#): thick, creamy and yogurt-like, rich in protein and probiotics, with a delicious, tangy flavour. Use it in smoothies or for baking, even for [muffins](#) and [pancakes](#).

[Pumpkin Seeds](#): a good source of both protein and fat – great raw or roasted sprinkled over oatmeal, [yogurt](#) or [kefir](#) or in a smoothie.

[Oats](#): great in [oatmeal](#), of course, and for all kinds of baking ventures.

[Greek Yogurt](#): thick, rich, creamy – use it like yogurt and top it with [fresh fruit](#), [granola](#), [nuts](#), [seeds](#), [honey](#), [maple syrup](#).

[Chicken Sausage](#): if you eat meat, a great protein source for breakfast or any meal.

[Smoked Salmon](#): another meat-based breakfast alternative you can put on toast and add [cream cheese](#), if you like, for more protein and a creamy texture.

[Peanut Butter](#): a classic – its applications are boundless, only limited by your own imagination.

[Cottage Cheese](#): sweeten with crunchy [nuts](#) and sweet [berries](#), or use in [salads](#), [lasagna](#), smoothies, or even add slices of [cucumber](#) or [pepper](#) for a savory touch.

[Buckwheat](#): a plant-based complete protein, use like oats, best to soak overnight.

[Hemp Seeds](#): a plant-based complete protein including healthy minerals and fats – soak before use.

[Lentils](#): a powerhouse of nutrition, rich in both protein and fibre – super food for the winter months.

[Tofu](#): the classic plant-based complete protein, great for vegans, vegetarians and omnivores alike.

[Milk](#): the classic choice, and still a great, extremely versatile supplier of liquid protein.

[Chickpea Flour](#): use much like traditional all-purpose flour, only with more protein – and gluten-free!

[Tempeh](#): try replacing [bacon](#) with our delicious [Henry's Tempeh](#)! **Tempeh** is a fermented soy product.

Enjoy the month when spring finally kicks in,

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