



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,

Local Greens and upcoming Plant Sale

Despite being followed by a row of cold days and nights, the planting season did begin last week, burdened by the challenge of rather soggy fields. In the meantime, we have been thrilled by early greenhouse produce coming in from local farms - such as beautiful [Green Onions](#), lush [Salad Mix](#), enticing [Swiss Chard](#) and dark-green loose [Spinach](#) – which you have been and will be seeing in our [Local Baskets](#). If you have been following our [Blog](#), you will have seen suggestions for what you yourself may want to sow in a given month – such as some [sowing ideas for May](#).

If you are a bit late for any of your own planting projects, don't forget about Brenda's upcoming **Plant Sale** at our [Store](#) on **Tuesday, May 12th, from 12-5pm**. We introduced Brenda in our [April Newsletter](#) and she will be offering a whole host of plant seedlings to give you a good head start for any crops you may want to grow in your own garden – be it in your backyard, on your balcony or even in your living room. You can see some of the plants that will be available in our online [Catalogue Plant Seedling Sale](#) category, where you can also order them to be delivered to you, and in Brenda's [Veggie, Herb, Flower Seedlings](#) list.

Delivery Van Update



As we had reported in our [April Newsletter](#), we have been delivering to you in our **new Sprinter van**. We are now happy to let you know – and many of you already do know – that the van has finally been provided with revelatory graphics and lettering. May the pictures speak for themselves. In any case, you will now know, without

second-guessing, who is dropping off your Food Boxes. For you "tekkies" out there, what turned out to be a very pleasant discovery – notably in these times of ever again rising combustible prices – was the very economical fuel consumption of the new delivery van. When driving judiciously, I have managed with an average fuel consumption of about 7-8 liters per 100 kilometers. Not too shabby for a delivery van!





One Year of Selling Organic Wines, Beer and Cider

About one year ago – in May of 2025 – we began offering organic **Wines, Beer and Cider** at Pfenning's Organic & More, striving to include all the organic varieties offered by the LCBO and the Beer Store. We are happy to say that, overall, it has been well-received. If you have not yet done so, you can check out our selection in the [Alcoholic Beverages](#) category.



Hemp and New BULK Items

Our [Catalogue](#) is constantly being updated, with new items coming in while others may be leaving. Some customers were wondering about Ricardo's Hemp Seeds. While they are still grown on a Canadian farm, our [Hemp Seeds, hulled](#), are now coming from a different supplier. What makes **Hemp Seeds** so popular, you may ask? An inquiry reveals that Hemp Seeds (hemp hearts) are considered a highly nutritious superfood that is **rich in plant-based protein, fibre and essential fatty acids** that are said to promote heart health, improve digestion and help to address skin issues. They also provide significant amounts of magnesium, iron and zinc, which is good for heart health and helps to lower blood pressure. No wonder it's so sought after (*although there may be additional factors involved*).



We recently also added some other new Bulk items that you may be interested in:

- [White Kidney Beans](#)
- [Deluxe Nut Mix – Roasted, Salted](#) (not organic)
- [Tri-Colour Quinoa](#) (red, white & black)
- [Cocoa Berry Bliss Granola](#) (not organic)

Sprouting Seeds from Tourne-Sol

If you prefer to grow your own plants from seeds, you can still do so, even if we are well into spring. We have a well-stocked wide variety of seeds in our [Garden Seeds](#) category from [Tourne-Sol](#), a Canadian company from next-door Quebec. You can do multiple, staggered plantings – as we do – to keep harvesting the fruits of your labour throughout the summer. Taking a look at procuring your own food security, you may even consider converting some of your lawn into a garden where you grow your own food – as local as can be.



LOCAL Roasted Hazelnuts are back!

They are back: local **organically grown roasted Hazelnuts** from the Wilz Farm (north of Wellesley). We had mentioned them in our [February Newsletter](#), if you want to read up on them, with nutritional information and suggestions how these delicious filberts, other than simple snacking, can be enjoyed in many other creative ways.

Dr. Hauschka products are back

If you are looking for **Mother's Day** ideas, the renowned Dr. Hauschka body care products are back. You can find them under in the [Health & Beauty](#) category in the [Body Care/Facial Care](#) department.



A wonderful month of May – and a Happy Mother's Day coming up, Wolfgang, Almut and all of us at Pfenning's Organic & More