



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,

Happy Civic Holiday!

No deliveries this week, although the Store is open during our normal [business hours](#) – and we wish all of you a wonderfully Happy Civic Holiday!

It's the height of summer, and what a summer it is turning out to be! Although there seems to be a tendency for some to consider the heat we have been experiencing to be exceptionally extreme, feedback from some old-timers (going back 50 years and more) suggests that summers like this were not uncommon back in the day. Only back then, according to the seniors, no fuss was made about it. It has been generously warm and there has been enough rain when needed. Everything is growing delightfully, greens are beautiful and plentiful (visit our [Veggie section!](#)) – and even the **Niagara Palatine Fruit** season is going strong, although the local [Cherries](#) will be done promptly and [Apricots](#) are currently from B.C. We are now looking at local [Early Golden Plums](#), with Peaches and [Nectarines](#) on the way, and local [Grapes](#) something to look forward to as the summer moves on. We now even have a limited supply of [local Blueberries](#) and sometimes even Raspberries.



Organic Wine, Cider & Beer now available!

It took a while, but – as many customers have already been noticing – you can now purchase organic **Wine, Cider** and **Beer** at our Store and [online](#). We hope you find something you like in our selection which has a few more varieties added. There is generally not an overwhelming choice in organic alcoholic beverages available. If you have a particular brand in mind that is not represented in our [Catalogue](#), please, let us know and we will do our best to procure it for you or add it to our selection.

New: Pfenning's Organic Cotton Shopping Bags

If you are able to, you can watch a [short video](#) with Aurélie proudly and convincingly presenting our very own [store shopping bags](#), made from 100% very durable organic cotton and sized for your groceries. If you watch closely, Aurélie's choice of weighty items convincingly demonstrates their robustness. As I can attest, this bag is very sturdy and versatile, with the potential to last you for a long time.



Egg Cartons Still Requested

Thanks to you all for responding so readily to our Egg Carton call! We're still happy to take back your used, clean and intact dozen-size **egg cartons** (cardboard, not plastic). Just leave them out for us on your next delivery in your return Bins or boxes – or drop them off at the Store. Thank you!



It's Basil Time!

You may recently have been the fortunate recipient of a [Local Basket](#) and upon unpacking it, you will have been greeted by the fragrant freshness of our gorgeous [Basil bunches](#). Almut harvests them just before they are added to the Baskets. You can't get them any fresher!

You can also let us know if you would like to order larger quantities of Basil – maybe to make some extra batches of **Pesto Sauce** (here's our classic and time-tested [recipe](#)) to freeze for the winter months, as we do, or to put it in your salad, on your pizza, on your sandwich, or use it in any other way your creativity might come up with to embellish and ennoble your dishes.

Pesto Sauce in a nutshell: all you need is [Basil](#), [Garlic](#) (now locally available!), [Olive Oil](#), [Cashews](#) (you can also take [Hemp Seeds](#) or Pine Nuts, as per the original recipe, but these are quite costly) and – optionally – some [salt](#), which you all mix in a blender to the desired consistency (not too fine). Enjoy!



New: Mixed Nuts

Just in time for the vacation season, we received a new [organic Nut Mix](#). This Nut Mix is a combination of [dried fruit](#) and [nuts and seeds](#). It includes all-organic [cranberries](#), [raisins](#), mulberries, [cherries](#), [cashews](#), [almonds](#), [walnuts](#), and [pumpkin seeds](#) and is ideal for snacking, packing on trips, fuelling up before athletic activities, adding to salads, and much more. Going on a hiking or camping trip? What a great, energy-laden, tasty and healthy snack!

Upcoming Labour Day → YES, we are delivering!

Just to reassure you and avoid any confusion, we will be delivering as usual without any interruption on the upcoming September 1st Labour Day and throughout the first week of September!

Our next NO DELIVERY period is not until the end of the year during the Christmas and New Year's weeks.

Happy Civic Holiday and an ongoing beautiful summer,

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