



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,

Thanksgiving!

Once again, Thanksgiving is coming up, and all those preceding farm activities associated with this time of the year are beginning to wrap up.

Although we have been seeing lots of warm, glowing days reminiscent of Indian Summer, there were some brisk nights near the end of last month announcing the cold season. It was surprising one early morning in late September when Almut announced that some white frost (also known as hoarfrost) had accumulated on some of the plants (green beans goodbye).

Almut has been harvesting much of the basil and [arugula](#) and some other greens you see in the Store and in your Food Boxes from her garden and the greenhouse. Local basil is done now, and any other local greens will gradually come to an end as more cold nights are on the way – time to throw some protective covering over sensitive crops at night, such as lettuces and other leafy greens, and make sure the greenhouse is shut in the early evening. Root veggies, such as [beets](#) [carrots](#), [rutabagas](#) and [parsnips](#) can handle some minor frost (they get sweeter) and still grow during the day. That is why they are usually not harvested until October.



Cold Night Alert

Although it seems to be early for this kind of notice, it seems like a good idea to bring to your attention the need to **safeguard your early morning deliveries** – notably on Tuesday and Wednesday – **against any frost damage** when the early morning **temperatures start dipping below zero**. Most of our deliveries are made in the early morning hours, and if you have not yet done so, please, have a look at our [Delivery Arrangements](#) page, especially the **Storage Suggestions** for deliveries in extreme temperatures. Short of offering us access to a garage, shed, or enclosed porch, the hands down most effective method is

to leave out some big, heavy blankets, quilts, or a sleeping bag to wrap up your order in. If need be, get in touch with me at store@pfenningsorganic.ca to discuss your options and we'll work it out with you.

CHFA NOW

Last weekend, **Aurélie and Barnhild** were at the [CHFA NOW](#) (Canadian Health Food Association) in Toronto – Canada's largest trade show for natural organic and wellness products ("NOW"). They came back with some inspiration that you may notice in the Store in the near future but were not overly blown away by any groundbreaking tendencies. Some trends that Barnhild and Aurélie noticed were the industry's continuing focus on pushing high-protein unconventional foods (chips, granola, oat milks, mac and cheese) wherever possible, the surge in freeze-dried and dehydrated products, and an expansion of the children's wellness market which focused heavily on highly processed "foods" and snacks. As you may know, we greatly value basic, unadulterated food, which is prepared from scratch, if possible, using predominantly local organic food – which was not a major focus at the CHFA trade show.





Fresh Cranberries

Just in time for Thanksgiving, [fresh Cranberries](#) have arrived, coming from Quebec or Nova Scotia. Did you know how easy it is to make **Cranberry Sauce**?

Cranberry Sauce:

1 pkg [Cranberries](#)

1 cup of Water + juice from the grated zest of an [Orange](#)

½ - 1 cup of [Brown Sugar](#)

Optional: 1 stick of [Cinnamon](#) + 3 whole [Cloves](#)

Put all ingredients in a large saucepan and bring to a boil. Let boil until berries start to pop (about 3 minutes). Stir as they cook. Let cool. For a smoother texture, remove cinnamon and cloves, then purée with a mixer.

So tangy and delicious, even after Thanksgiving. Their fruity and fresh tartness lends itself to all kinds of dishes, with or without [turkey](#), sweet or savory, such as with baked [brie](#), or maybe some easy [cranberry muffins](#)?

Pie Pumpkin Anyone?

[Local Squash](#) is here, but now is also [Pie Pumpkin](#) season, and they are looking gorgeous. Did you know that you can use them to not only make light and fluffy [Pumpkin Pie](#) along with your own



homemade [Pumpkin Purée](#), but also [Pumpkin Pancakes](#)? You can even use Pie Pumpkin in savory dishes, such as in **Soups and Stews** (blended in roasted with vegetable broth, garlic and coconut milk for a creamy soup), **Pasta and Gnocchi** (mix purée into ravioli filling, risotto, or a creamy pasta sauce), or in **Stuffed Pumpkin** (cut the top off a small pie pumpkin, hollow out the seeds, and stuff the cavity with a mix of wild rice,

cheese, nuts, and roasted pumpkin cubes, then bake). Don't toss the seeds, instead make **Roasted Seeds** (rinse the leftover seeds, toss them with olive oil and salt (or cinnamon and honey), and roast at 300°F (150°C) for 20 minutes until crunchy. Maybe you have your own favourite recipe? Let us know!



Local Onions

In some upcoming Food Boxes, you will be seeing local yellow, white or red [onions](#) from Brenda and Maynard's farm (west of Wellesley). The outer layers of skin may show signs of being compromised by the leek moth, but the skin can be removed, as usual, leaving a perfectly good onion. We are helping Brenda and Maynard by making these onions with minor imperfections available to our discerning customers instead of letting them go to waste. You get more onions for a good price, and food waste is minimized.



Keep Bubble-Wrap Packaging Coming

Thank you to all who have been leaving out their **bubble-wrap packaging** for us (from Amazon or other suppliers)! Great to **wrap up frozen items for your deliveries**. Keep them coming!



**Blessed Thanksgiving to all,
Wolfgang, Almut and all of us at Pfenning's Organic & More**