



Veggies on Wheels



Volume 28 – # 337 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX September 7, 2026

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: store@pfenningsorganic.ca – <https://www.pfenningsorganic.ca/>

"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,



Heading into Fall

It's hard not to notice that the days are getting shorter and there's a hint of fall in the air.

Lots of adjustments coming our way. Summer vacationing – the beach, the cottage, the lakes, the mountains, the parks and campfires, and all those summer leisure activities – is gradually winding down for the season. Back to school, for some, and back to the familiar routine is on the agenda for most of us. Of course, we still have the option of getting together for those community backyard barbecues so cherished by many Canadians. Living – and eating – with the seasons is the best way to go. Not to forget that this is a great time to savour the abundance of fall.

Local Peaches done

After nine glorious weeks of picking up Palatine Peaches from the Niagara Region every week (sometimes doing two runs a week), we are sad to say that local Peaches are done for the season. You can still [order](#) smaller quantities in the Store, but case orders for Peaches will have to wait until next year. There will still be some trips to the Niagara Region coming up for [Plums](#) and [Apples](#). While all the soft fruit from Palatine is as close to organic as can be, their [Apples](#) are

now certified organic. If you have not yet done so, you may want to [subscribe](#) to the **Palatine Fruit News** so you don't miss any updates on what fruit is currently available.

Torpedo Onions

In your upcoming [Food Baskets](#), you will see **Torpedo Onions** – a new variety even for us that is coming from Vernon's farm just outside Elmira. Torpedo [Onions](#) are elongated, football-shaped sweet-tasting heirloom [Red Onions](#) originating from Southern Italy, much like a cross between [Onions](#) and [Shallots](#). Being milder than regular onions, they can be used raw in salads, sandwiches and burgers, bruschetta and salsa, as well as cooked for grilling and roasting, sautéing and frittatas, and soups and stews.

While they may look like a cross between a Shallot and an Onion, the main difference appears to be in the less harsh pungency and milder flavour of the Torpedo Onions. Up to you to determine the difference!



New product: 3% Hydrogen Peroxide

In addition to our long-standing [35% Hydrogen Peroxide](#), we recently added the often requested [3% Hydrogen Peroxide](#) which is safe for immediate, out-of-the-bottle household tasks without the need for dilution. Some of its uses are: for sanitizing sprouting seeds/grains, washing fruits and veggies, nuts, fish, chicken and meat; adding to humidifier, diffuser or nebulizer water; rinsing throat, ears or mouth; freshening flower water, boosting plant health; removing skunk odour; oral care, clean toys, cleaning sinks, counters, cutting boards, baby items and laundry; treating cuts, scrapes and wounds. This grade of Hydrogen Peroxide can be delivered!

Abundance of Fall

Taking a closer look at the abundance of fall, some of the notably LOCAL items that deserve our attention now – and which you will be seeing in your Food Boxes – are [Grape Tomatoes](#) (coming from Brenda west of Wellesley), [Sweet Corn](#) (coming from different local farms), [Garlic](#) (from Vernon and Heide on the Hack farm near Kincardine) – and we are so thrilled to announce that we now have [LOCAL Carrots](#) and [Leek](#) (right from the Pfenning's Farm)!



Speaking of [Garlic](#), Almut is getting ready to plant our own crop – and you can too. We spoke in depth about planting garlic in our [October 2021 Newsletter](#). The time is now, so mid-September until the beginning of October. In a nutshell, separate the bulb into cloves, find a sunny plot in your garden where you don't intend to do any spring planting (ours is about 8' x 10'), dig your planting trenches (about 3" deep) and set the cloves in the trench with the pointed tip up, about four to six inches apart. If you have several trenches, keep them at least eight inches apart. Finally, cover the trenches with

soil or mulch. You will be able to harvest your garlic in about 10 months. Sit back, enjoy the winter, and bask yourself in the expectation of your very own garlic coming to you next year.



Amazon Packaging always requested!

Don't throw away that **bubble wrap packaging** from Amazon or other suppliers! We have been reusing them to **wrap up frozen items for deliveries** – and it works like a charm. Just leave them out for us on your delivery day. Thank you!



Thanksgiving Turkeys

Just 5 more weeks until Thanksgiving! Book your [Thanksgiving Turkeys](#) now! Order from our [Catalogue](#), or give us a quick call to reserve at (519) 725-4282.



Happy transition into fall,

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