



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

November 1, 2021

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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,

Countdown for the End of the Year

We're almost there – at the end of 2021. Some will say, "good riddance," while others may just take things the way they are. Clearly, things are not the same for everyone. Some like their egg yolks runny, while others prefer them hard. Some like it hot, while others thrive more in cooler weather. Some give their trust to health apostles and gurus, while others choose to follow the wisdom of their bodies and the natural world. Some pay no heed to the nature of their food, while to others it is of the utmost importance that the food they allow into their bodies be of the highest quality and nutritional value. If you are part of the **Pfenning's Community**, be it for Home Delivery or the Store, you will most likely identify yourself with those who value organic and nutritionally beneficial food. You are the people for whom we are here. You make it all worthwhile – and fun! Thank you for lending your support to us and the dynamic local farming community, thus promoting sustainable agricultural practices and helping to maintain a strong and healthy local economy.

Regional Production

We will continue to offer the best our extended growing community can offer in organic food production – and regional diversity and availability has been improving delightfully. Throughout this growing year, we have very successfully been reaching out to smaller local farmers all around to make their so far under-represented, yet excellent production available to our customers. If you are receiving Food Baskets, you will certainly have been noticing the diversity and outstanding quality of the produce which Almut has been planning into your Boxes. We have been keeping close ties to **local farmers and growers**, regularly roaming the surrounding area extensively – notably in Mennonite country – to pick up the veggies of the season available. Almut herself has been very pleased and thankful to offer her own production, such as arugula, chili peppers, rhubarb and stinging nettle (when in season), to our customers. Encouraged by the good outcome, she may expand her growing endeavours in the coming year.

Local Parsley from Golden Acres

Recently, you will have received beautiful big bunches of **Curly Parsley**, grown lovingly by Dianne from Golden Acres Farm north of Stratford. Since parsley is quite robust, it will withstand colder temperatures more readily. So, this is one local green which you will still be seeing fresh occasionally in your upcoming Food Boxes. Much tastier and flavourful than the parsley or any green coming from California during the cold season.

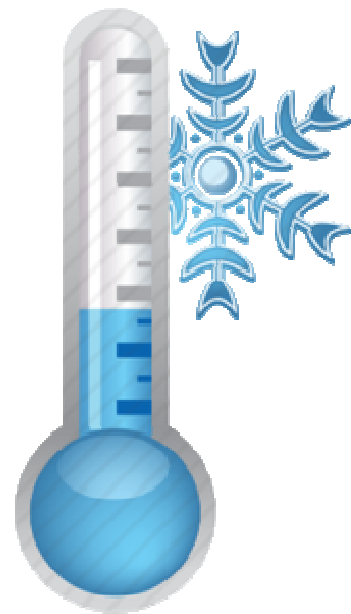
As Almut does, you can wash and chop up any surplus parsley (or other herbs) you have and freeze it in ziplock bags for the coming winter months to add to your soups, salads, stews, roasted vegetables and crock pot dinners. Check out our newest IG post – <https://www.instagram.com/p/CVII2tslpzY/> – for a dynamic parsley-chopping clip.



Bringing it Home to You since 1998

Yes, it was in 1998, last century, when we began our Home Delivery Service. You can read more about the details on our **About Us** page. We have been so fortunate and thankful to still be doing this – after 23 years which have been incredibly rich, varied, instructive and fun. Thank you to all of you, our faithful customers.

In order to continue ensuring that your deliveries get to you in top-notch condition, we must take heed of the now rapidly changing season and, as every year, bring forth our **Cold Delivery Advisory**. As is to be expected, it has been getting progressively colder, and we are soon heading into sub-zero temperatures – even some flurries in the forecast for this first week of November. As you will know, our deliveries start very early in the morning. Some of you may receive your Food Boxes as early as 4 a.m. on Tuesday and Wednesday deliveries. We do not expect you, our customers, to be up that early to receive your deliveries, but we do need to safeguard against anything freezing on you on a cold morning before you can bring it safely inside. Ideally, we are happy to leave your orders in a garage, foyer, Florida room, enclosed porch, shed or the like. Wherever this is not possible, we have had very good experiences in the past years with people leaving out some heavy blankets or even a sleeping bag – or a cooler, of course. If you need some assistance or ideas to help with your specific delivery situation, please, do contact us. You can email me, Wolfgang, at store@pfenningsorganic.ca and I will be more than happy to help you out. After all, we want to continue providing the excellent service we aspire to when “bringing it home to you.”



Christmas Turkey? Beeswax Candles?

Although we just celebrated our own Thanksgiving, we are only about seven weeks away from the festive season, and we have already had some of you inquiring about a **Christmas Turkey**. As every year, we are now taking orders for just that: your certified organic holiday gobbler, coming from a family farm in Elmira which has been supplying us for many years and is known for producing very tasty, succulent turkeys that were raised outside in the sunshine, and on real grass.



To brighten up your holiday season, you may also be happy to learn that we just had a shipment of wonderfully fragrant natural **Beeswax Candles** arrive at the Store from B.C. (find them in our Catalogue under “Candles Beeswax & Incense Stick”). Lots of different styles to choose from, whether it be tube, votive, pillar, column, birthday, emergency or tealight candles... there's a candle for every occasion, and there is nothing like the warm glow and honey-like fragrance coming from a beeswax candle in the comfort of your cozy home on a cold winter night.

Flash Update: We just learned that **Egg Nog** is now available for November and December. Check for it in our Catalogue in the **Dairy Department**. Talk about the festive season announcing itself!

Happy Halloween and a felicitous next-to-last month of the year,
Wolfgang