



Veggies on Wheels



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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.) generally appears around the beginning of every month.

Dear Pfenning's Food Box Community,

WELCOME ALL to a whole New Year!

We are more than thrilled to be back to serve you, our Pfenning's Community! The Store has been open again since last week, but Food Box deliveries had to wait until this second week of the year and a rekindled supply situation allowing us to resume with renewed vigor, although any vigor may be somewhat dampened by much the same situation we found ourselves in exactly one year ago (you can read about this "déjà vu" in last year's New Year's Newsletter: [https://www.pfenningsorganic.ca/userContent/documents/NEWSLETTERS/NEWSLETTER%20-%202011-1-2021%20\(bare\).pdf](https://www.pfenningsorganic.ca/userContent/documents/NEWSLETTERS/NEWSLETTER%20-%202011-1-2021%20(bare).pdf)). We are nonetheless looking very much forward to seeing you again on our deliveries, and in the Store if your travels take you our way.

Please, all you **early morning delivery recipients**, if you have not yet done so, do help us keep your deliveries safe from freezing by working out a **safe delivery strategy** with you. 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, you can also leave out some heavy blankets or even a sleeping bag – or a cooler, of course. Get in touch with me at store@pfenningsorganic.ca to work something out to keep your delivery from freezing on a cold winter delivery morning before you can bring it inside.

Thank you!

At this point, we would like to thank you – all our faithful and considerate customers – for all your well-received and very much-appreciated holiday wishes and acknowledgements. We were very touched by your generosity and kindness. May you be assured that it is our greatest pleasure to serve you and know that you are a vibrant part of our Pfenning's Community.

From our family to yours, we would also like to wish you all the very best for the New Year already well in progress. You can see us all here where we gathered in our home for the holidays. From left to right: Barnhild, Almut, Wolfgang, Aurélie, Holger, Adam and Bernhard – not to forget Charlie (right in front of Barnhild and Almut).



– Happy New Year from all of us! –

New Faces? Not Really.

The New Year will see some faces more regularly in the Store now. You already know that our youngest daughter, **Aurélie**, has been in the Store full-time for a few months now. Our oldest daughter, **Barnhild**, will also eventually be working full-time at the Store, while also looking after some Store projects involving woodworking – which is right down her alley. Even if you are not a regular visitor in our Store, you may recognize their names from your Food Box orders which they help prepare and pack for you with all their care and devotion. We think they may have a few more innovations up their sleeves.

Here we go, Aurélie and Barnhild – great to see you on board, and let's keep the family spirit alive and thriving!



M-C Sour Cream (and more dairy)



Late last year, we came across the excellent products from **M-C Dairy** (Toronto) and have since taken them up in our dairy inventory. M-C produces a whole range of delicious dairy products, such as Butter, Cottage Cheese, Crème Fraîche, Yogurt (in different flavours), Goat Yogurt, Kefir (with cream on top) and Sour Cream. The Crème Fraîche (40% M.F) and Sour Cream (14% M.F) especially are the big hits at our house. After inquiring with our dairy-inclined children, the M-C Sour Cream was given highest praise for its rich taste and texture. They even went out on a limb suggesting that the Sour Cream was almost as good as Crème Fraîche, only not quite as thick and copious.

M-C sources its milk from several Ontario farms that raise Jersey cows, whose milk is higher in butterfat and protein than that of other breeds, which would explain its richer, more full-bodied milk products. It should be emphasized that these farms

are certified organic and meet the 75% grass-fed requirements for the Dairy Farmers of Ontario's Grass-Fed Milk Standard.

We have already had a few customers express their fondness for the new products and some have asked for M-C to be their default dairy choice. The proof is in the pudding, I guess. You can find all our M-C Dairy products in our online **Dairy/Goat/Sheep** department (3rd one down in **FOOD**), or all of them together if you put **M-C Dairy** in the search window at the top right on the Catalogue page.

**We wish all of you a Happy, Peaceful, Healthy and Harmonious New Year,
Wolfgang, Almut and all of us at Pfenning's Organic & More**