



Veggies on Wheels



Volume 25 – # 297 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX July 10, 2023

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

"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.

Dear Pfenning's Food Box Community,

Plenitude – and Plenty of Food!

Faster than many may have anticipated, summer is upon us. And with that arrives – as if with the flick of a switch – the habitual seasonal plenitude of all our local food offerings. What's in season now? Check out our [July Blog!](#) Sadly, we are pretty much done with local Strawberries, but are thrilled to see [Palatine Cherries](#) arriving promptly (more on Palatine below). Moreover, the word is that Ontario [Blueberries](#) are coming soon. For now, they are still imported from far away.

As for vegetables, we had to say good-bye to Asparagus, but are saying hello to and are continuing to enjoy so much other local goodness, such as [Arugula](#), [Red Beets](#), [Cilantro](#), [Fennel](#), [Cucumber](#), [Garlic Scapes](#), [Kale](#), [Lettuce](#), [Mushrooms](#), [Green Onions](#), [Parsley](#), [Peas](#), [Peppers](#), [Potatoes](#), [Radishes](#), [Spinach](#) and [Tomatoes](#). More on the way!

Delving on [Lettuce](#), we continue to observe a rampant dislike for this staple of healthy nutrition. Granted, many have embraced the call to cultivate their own garden and grow as much as possible. Talk about wholesome local production, and savings on top of that. Still, there appears to be a disproportionate hesitancy to include Lettuce in many people's nutritional fare. In the past, we have already put the question out there as to what may be behind this puzzling Lettuce hostility. We are still hoping to learn from you what may be at the root of the persistent Lettuce lethargy.

For any of you who are aware of its health benefits and culinary versatility and who do cherish your scrumptious Lettuce, we have an absolutely great [homemade dressing](#) for you that will make it a joy to include **Lettuce** in your menu. **A personal note on the side:** while the basic ingredients in this dressing are [oil](#) (olive or other), [red wine](#) (or balsamic) [vinegar](#), [salt](#), [garlic](#), [maple syrup](#) or [honey](#), Almut has refined it by including a clove of Garlic, some [Tahini](#), or even some [Mustard](#) – purée all ingredients, and you will get a creamy unique dressing with an almost exotic taste, elevating your Salad to a nearly irresistible culinary delight.

Dare to like your Lettuce!



Civic Holiday NO-DELIVERY Reminder

As we have been traditionally doing for many years now, we will be suspending Food Box deliveries for the **Civic Holiday** during the **second week of August**:

NO DELIVERIES the 2nd week in August
→ NO DELIVERY Civic Holiday week, August 7 + 8 + 9

Again, you can schedule any "**Blackout Dates**" of your own, when you will be away on your own holidays and not need a delivery, in your [Pfenning's account](#) to accommodate for your own vacation time. Let us know if you need any help with this, or just send us an email with your "no delivery" dates and we will set that up for you.

Reminder for Biweekly Deliveries

Customers on a biweekly delivery schedule will simply miss their delivery during the off-weeks. Your deliveries will resume two weeks later according to your biweekly delivery schedule. Do let us know if you wish to adjust this as needed – always good to send an email to store@pfenningsorganic.ca, or give us a call at **519-725-4282**.



PALATINE Cherries from Niagara are here!

As every summer around this time, we are fortunate to get **Local Ontario Fruit** from the Niagara Region, grown sustainably by [Palatine Fruit and Roses](#). Cherries are making the start with a variety called “Lapin” that has “deep ruby-red-coloured skin and a lush, plump size, producing flavours that are rich and sweet.” Sure sounds enticing! Throughout the summer, we will be including seasonal Palatine Fruit in your Food Baskets as it becomes available.

You may know that **Palatine Fruit and Roses** – <https://palatineroses.com/> – grow [soft fruit](#), such as [Cherries](#), Apricots, Plums, Peaches, Nectarines, [Grapes](#), as well as [Pears](#) and [Apples](#), employing sustainable near-organic methods.

PALATINE

Fruit  *Roses*

You can also order fruit for pick-up at our Store. You can order by full or half cases or flats through us on our website or from **Andrea** from **Brookfront Farm** (Monday 12:30 pm to Wednesday 12:30 pm) on their website: <http://sustainablemarket.ca/>. When ordering from Brookfront, make sure you mark your order for pick-up (on Friday) at **Pfenning’s Organic & More**, our Store. We can also cold-store it for you and deliver it to you for a \$5.00/case fee. If you need more information, please, get in touch with us: (519) 725-4282.

Summertime – Holidays and Heat

You know that the height of summer is approaching when the leaves on Almut’s Garlic plants start to turn yellow at the tips – almost time to harvest them, which should be around the second half of the month. All in all, it’s turning out to be a wonderful summer, with rain just on time and all the warmth we need. Some days and nights turned out to be so hot and muggy, that our oldest son Adam took to sleeping outside on our patio, well-protected from any hungry blood suckers under his trusty mosquito net – and we wanted to share this peaceful picture of Adam’s early morning sleep serenity.



As we had planned, Almut and I spent a few days away camping on our in-laws’ bio-dynamic farm close to Lake Huron. Our camp was set up right next to a field which is growing [spelt](#) this year. Acres and acres of mid-height spelt gently swaying in the wind blowing in from the lake greeted us every morning, as did the cattle with their insistent mooing. Adjacent to the grain field, Elke (Almut’s sister) has her annual garden where we were lucky enough to be able to pick some of the last few wonderfully sweet strawberries of the season and could avail ourselves of the many greens and herbs to add flavour to our camping meals. Paradise must be very similar to this.

**Enjoy the height of summer,
Wolfgang**