



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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

Dear Pfennings Food Box Community,

Pinnacle of Summer!

Welcome back to all of you who may be coming home from your summer holidays! It's the height of summer, and what a summer it has been. Regardless of any obscuring factors, we have been enjoying beautiful warm weather, sometimes bowing to climatic tradition and offering us a something-to-talk-about heat wave, and even appeasing us with good amounts of rain when needed, at least for the most part.

Back from our short camping-on-the-farm interlude at our in-laws' north of Kincardine, the precipitation they finally received there (around 2" or 50mm when we left) and bringing to an end a long period of dryness, was welcomed with enormous relief and gratitude. Oh, so we are told, how often do the promising clouds blow in from nearby Lake Huron, only to pass them over and deliver their precious wetness further inland. Not this time! The **Hack Farm** – known to many of you for its **Ground Beef, Beef Bones** and Elke's hardy, healthy and tasty **Spelt/Rye Bread** which you can find in our Store and online Catalogue – as well as all the farmers of the area are happy and thankful for this abundant rainfall which was necessary for the benefit of all their crops. We rejoiced along with them, even though our camping trip ended a bit on the wet side. Thank you, Martin and Elke, for your cordial hospitality!

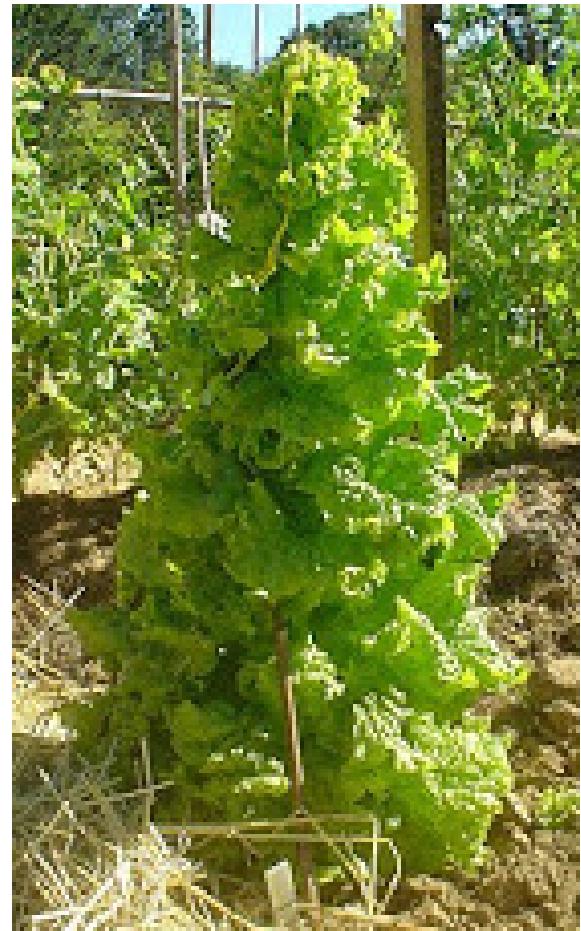
Coming back home, we were pleased to see that we too got our part of the system – with 80mm (almost 3 1/4") beaming at us from our backyard rain gauge. Keeps all the greens going, as you can see if you check out our online Produce Department and focus on "LOCAL!"

Corn, Squash, Beans

That would be the three sisters, as cultivated for hundreds of years in Native American agriculture. **LOCAL Corn and Squash** have come in now too, so the three sisters are complete. You can find and order them in our Produce Department.

On Bolting

With all the intense heat we have been seeing, one undesirable effect that most small and big-time farmers may have had to contend with is **bolting**. What exactly is bolting? Does the plant run away? In a sense, yes. When a plant – mostly leafy greens such as lettuce, spinach, arugula, basil, cilantro, dill and even cabbage – develops a flower stalk and goes to seed, we call that bolting. That's when your lettuce starts to look like a Christmas tree without the ornaments. Once that has happened, the leaves turn bitter and tougher, so basically no longer fit for appealing human consumption. This happens readily in maturing plants in hot and dry weather and is hard to avoid. In farming, **succession (or staggered) planting** is used to make sure there will be a next batch ready for harvesting soon if one ends up bolting or doesn't turn out for other reasons. Planting in a partially shaded spot is said to possibly be helpful for small gardens. Some words for the wise: it's best to consume your greens before they bolt. Go figure, when Almut and I came back from camping, alas, our lettuce had bolted. So much for the wise.



PALATINE Fruit!

Sustainably-grown Ontario Fruit from **Palatine** in the Niagara Region is also at its peak. Here's what Andrea has to say about this week's Fruit offering:

"What a beautiful rain we have had the last couple days! This will do wonders for the fruit, veggies and all the fields! This week is pretty boring fruit-wise, just a repeat of what we have had for the last couple of weeks. I found out today we are about a week away from the first of the canning peaches starting!"

*The peaches will be the **Garnet Beauty Peach**. This peach, a larger, yellow-fleshed peach, has golden skin with a smooth red blush. Great for fresh eating, in pies and cobblers. It is semi free-stone.*

*The **Early Golden Plums** are yellow plums with a pink cheek. Great for fresh eating or making jam."*

If you haven't already, you can **get on Andrea's mailing list by emailing her at farm@brookfrontfarms.com** – and have your fruit delivered to Pfenning's Organic & More. We will store it for you until you either pick it up or have us deliver it to you. Contact us for details.

Fishy News

Just recently, Almut informed me that something fishy is going in at the Store. You may be able to help clear up the mystery if you go to our online **Catalogue Seafood Department** (<https://tinyurl.com/y6358x3n>). There you will find some enticing new fishy products if you are a fish fan. How about **Arctic Char** that was farmed in Iceland? Or **Sea Scallops** wild-caught in Nova Scotia? Or pre-cooked **Salad Shrimps**, also wild-caught in Nova Scotia? A word on you **Whitefish** lovers: Although we still have some Whitefish in stock, we may be running into a little lull. It appears that as the lakes are warming up from the summer heat, the Whitefish tend to go into deeper, colder water, and are thus not as plentiful and harder to catch. Fortunately, there are plenty of other varieties to choose from, such as Halibut, Haddock or Tilapia, just to name a few.



Golden Hearth Delivery Break

Just a quick update that **Golden Hearth Bakery** (Kitchener) is on holidays now, to be back again the last Wednesday of August. So sadly, none of the excellent and delicious Golden Hearth bread or pastry will be available for the next 2-3 weeks. But of course, they need a much-needed break too. Enjoy your time off, Trevor, Nate and Chris!

As for Bringing it Home...

Once again, starting this Monday, and on into Tuesday and Wednesday, we will be back on the road bringing you your organic goodies right to your door – or wherever you want them. We have a few new customers who may want to be brought on par with how we do our deliveries. There may even be some pointers for those of you who have been with us for a while, some of you for a decade or two!

Depending on what day you are receiving your delivery, you may receive it midday to mid-afternoon on Monday, or early to mid-morning on Tuesday and Wednesday, while some Wednesday deliveries may even be around midday. We always tell our first-time customers about what time they may expect their deliveries in our welcome e-mail (if you're not sure, email me). If you ordered only a pre-packed Basket, your total will be as ordered – and upon ordering you should always receive an instant **order confirmation** and a **delivery reminder** one day prior to your delivery. The total for Custom Orders, or orders where you have requested substitutions and are willing to pay a bit more for any difference, may change. For these orders you will receive an email update on your final total, usually a day or two before your delivery. Payment is either by **e-Transfer** (sent only after you have your final total), **cheque** or **cash**. On delivery day, you just leave out your intact cardboard box or clean Plastic Bin (only for Standing Orders or regular deliveries) and we will exchange it for your new order. **A note for your delivery:** We have been noticing that our little co-critters, such as squirrels, raccoons, rabbits, skunks, etc., have been taking a bolder interest in more closely examining the edible contents of your deliveries. In some cases, they even managed to open up the Plastic Bin and indulge, smart beasts. If this ever occurs with your delivery, let us know and we can work out a critter-preventive delivery scheme. Finally, should you have any quality concerns regarding your delivery, please, let us know as soon as possible, ideally within 24 hours. We will be happy to give you a credit on your next order. All that is part and parcel of **Bringing it Home!**

Happy height of summer,

Wolfgang