



Veggies on Wheels



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"Veggies on Wheels" (edited by Wolfgang W.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

Dear Pfenning's Food Box Community,

After a beautifully relaxing camping experience at "HRP" ("Hack Farm Regional Park"), we are happy to resume our weekly deliveries for all our customers who are still staying close to home at this holiday-prone time of the year. While we had planned to set up camp in a field available after the first hay cut, we ended up having to improvise and settling for another site. As more or less all over southwestern Ontario, the previous weeks in the Kincardine area had likewise been so wet that hay cutting was simply not possible. Thankfully, this has changed in the meantime, although it appears that the longer it takes to cut hay that's ready, the less tender that hay may be – meaning less culinary enjoyment for those hay eaters.

REMINDER: August 8/9 NO DELIVERY

The days are getting shorter again, yet we still have one more holiday to look forward to: the **Civic Holiday** on the first Monday in August. Once again, we ask you to get out your calendars and please mark down our other upcoming **NO DELIVERY WEEK**.

NO DELIVERIES on August 8/9 – the Civic Holiday week.
We'll be back for regular deliveries after that on August 15/16.

Lettuce anyone?

In our last Newsletter, we had our hopes set high on the first local greens to be harvested. In the meantime, local production has been accelerating dramatically, as we can see in the **picture from the Pfenning's Farm** with Desmond and Paul and their team harvesting chard. Freshly cut beautiful Romaine, Green and Red Leaf Lettuce are now coming in regularly and Almut is thrilled to include it in all the boxes, especially the Local Basket. So once again, we are just a bit at a loss of trying



to explain some of our customers' requests to exclude **Lettuce** from their Baskets. We often see the request to have Lettuce substituted with Salad Mix, which begs the question of how is it made, what is its nutritional value and how does it compare with fresh Lettuce. Granted, fresh Lettuce takes quite a bit of effort to process until it is finally in the salad bowl, appealingly presented with a mouth-watering dressing that underlines the tender crunchiness of a delicious dish of leafy greens. Yes, local organic Lettuce comes in freshly cut from the field and may still have some residue of sand and soil on it. You have to wash and rinse it well, as many times as it takes until there is no more sand in the rinse water. Nothing as disappointing as a Salad that still harbours within its leaves some of the earth it grew in – this is grit between your teeth you want to avoid. So wash and rinse it meticulously. Then and only then can you proceed to shake off any excess water, cut it and present it according to your liking.

Dressing, please!

Ah, but the next step would be... **the dressing!** This may very well be the deciding factor when it comes to befriending a Salad. Bygone are the days when you simply poured over some oil and vinegar (**ANY oil and vinegar**), even sugar, and presto, your one-fits-all take-it-or-leave-it salad dressing was done. We suggest you go to our Salad Recipe Page – <https://www.pfenningsorganic.ca/Salads.htm> – where you can find at least three different salad dressing recipes, from simple to more elaborate, that are sure to make a feast of any Salad.

However, we also would like to share our own very simple **Salad Dressing** recipe with you, using entirely **local ingredients**. We usually make a batch and put it in a sealed glass jar in the fridge. There are five ingredients in our Dressing. We take **Mat's Camelina Oil** (wild flax, <http://tinyurl.com/yay8btbp>), our local organic oil pressed fresh every month, but very mild in taste. We use **Apple Cider Vinegar** (<http://tinyurl.com/y77bezw6>), made from organic apples, aged in oak casks and unpasteurized. We also add some **Mustard** (you may want to try Orphee Dijon: <http://tinyurl.com/yb7hn89k>), a tad **Maple Syrup** if desired (try our Wellesley medium: <http://tinyurl.com/y7c57cwk>), and some minced **Garlic** – the first fresh **local Garlic** (*wonderfully scented!*) has already come in: <http://tinyurl.com/yacmsloa>! You will be pleasantly surprised if you try our home-made Dressing – using only local ingredients. It is very delicious and adds undeniable character to any salad. Sorry to say, but it beats any packaged dressing by miles.

Garlic Scapes

This delivery week, July 11/12, you will find local **Garlic Scapes** – the flower bud of the garlic plant which is removed in late June/early July to encourage the bulbs to thicken up – in all veggie Baskets. They taste like garlic, just not as pungent, and are a wonderful addition to your kitchen at this time of the year. If you like them, you can order them extra from our Catalogue – <http://tinyurl.com/ydefvlfz> – where you will also find some inspiring recipes and applications. Grilled Scape, Scape Butter, Scape Hummus, Scape Pesto anyone?



The Good Peach – LOCAL FRUIT

Ah, the time has come for our **local Niagara Fruit** to make its entry – and it *HAS* made its entry. Quickly and a bit unexpectedly we got the message past week that **local Cherries** are coming in now.

If you are not yet familiar with **The Good Peach**

(<https://thegoodpeach.ca>), just log in, create an account and away you go. When ordering – *you always place your order through The Good Peach* – you can choose St. Agatha as a pick-up location, that's us, Pfenning's Organic & More, the Store. Any customers outside of the pick-up area (Guelph, Kitchener, St. Agatha) can still place their order and choose. "St. Agatha." We will receive any fruit you order and keep it in cool storage until we can deliver it with your upcoming delivery.

We are very much looking forward to the upcoming Fruit Season – with much more to come soon: Apricots, Plums, Peaches and Grapes!

Chicken List – Final Call!

Our **Chicken List** – offering fresh whole organically-fed local Roasters – has been extended. The birds need to grow a bit yet and are now scheduled to arrive at the Store on July 19th. If you are still in the dark about our local Chickens, do visit our site to check them out: <http://tinyurl.com/y9r4t4qs>.

We also apologize to any non-meat eaters in the hope that they do not take offense at our notification. We cater to all varieties of dietary inclinations, consuming meat well being one of them. For whatever it's worth, a consoling sentiment proffered by a thoughtful customer was to welcome that at least these "chickens are raised so well and had good lives."

A blissful July to all our customers and readers,

Wolfgang