



Veggies on Wheels



Volume 24 – # 284

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

July 11, 2022

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

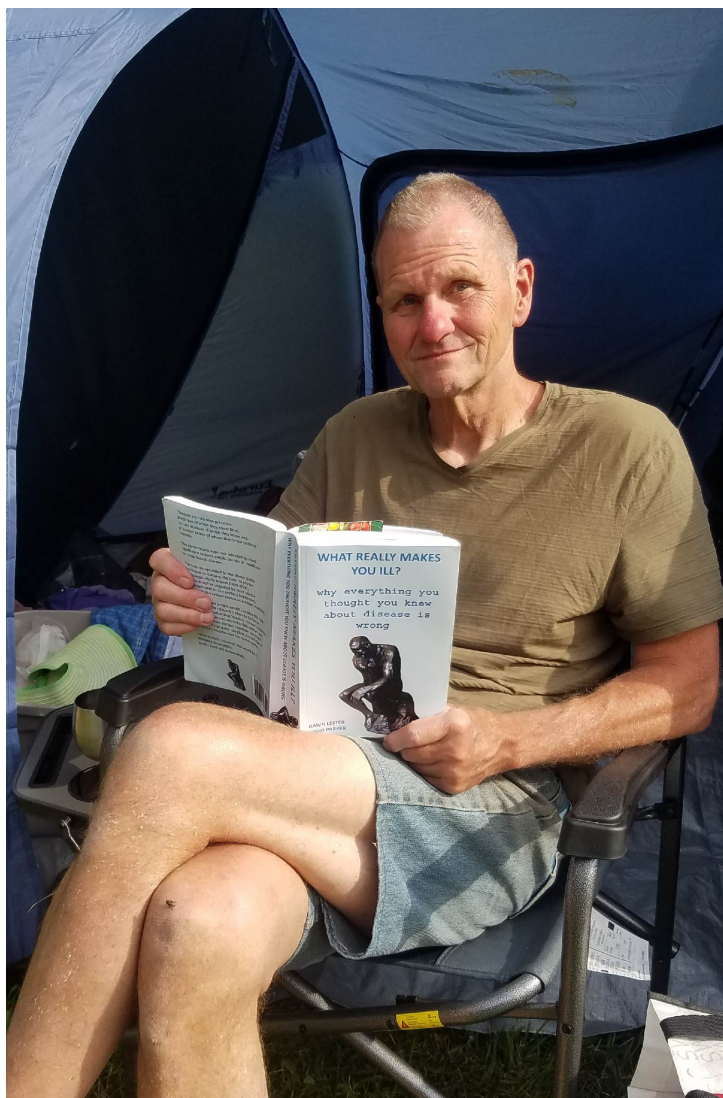
Dear Pfenning's Food Box Community,

Summer's finally here!

Although it took a while, the "lazy" days of summer are here at last. Lazy not for everyone, of course, as all farmers and growers can certainly attest to, busy as they have been to keep up with planting, scuffling, weeding, watering and – hurrah! – harvesting. You may have seen the first cuts of hay being brought in, gleefully unperturbed by any precipitation which is not really welcome when performing this vital task aimed at bringing in the feed for cattle, horses, goats and sheep to be stored for the cold season. As the old saying goes: "One person's joy is another's sorrow." The recent prolonged lack of rain was painfully felt by anyone else who was growing grains, vegetables or fruits. Many resorted to irrigation, wherever possible, but our morning sprinkle a little over a week ago was an absolute godsend for big and little farmers all around. The ground has soaked up the water and the rain barrels were somewhat filled, as we now look ahead to the next round of "lazy" summer days.

Holidays on the Farm

As every year for the last few years, Almut and I were again so fortunate to be able to spend some relaxing Canada Day holidays on the **Hack Farm**, our in-laws' farm north of Kincardine. With our home campsite right next to a field of bio-dynamic soy beans and Elke's (Almut's sister) strawberry and vegetable garden (*with FRESH strawberries on our breakfast yogurt, what a treat!*), we cherished our family get-together, as well as daily visits to the beach on "Ontario's west coast," as Lake Huron is touted these days. We, along with the cheering spectators, were also very impressed by **Kincardine's Scottish Pipers** who so eloquently marched piping down Queen Street during the Scottish Festival for the first time after a two-year break. Much of our "unwinding"



Trust us, it's big!



Kincardine Pipe Band Parades - Saturday Nights 8pm

on the farm was devoted to welcoming the invigorating sunrise, celebrating the spectacular sunsets, and immersing ourselves in one of our favourite pastimes: reading, as you can observe from the impromptu action shot Almut took of me actively engrossed in my current 'page turner' (*What Really Makes You Ill?*).

If you have a heightened interest in **Kincardine's Pipers**, you may be interested to learn that there are Saturday Night Parades in Kincardine at 8 pm sharp every Saturday night in July and August 2022. You can find out more right here: <https://www.kspb.ca/>.

Civic Holiday Delivery Schedule Reminder

As summer carries on, we would like to remind you about our second summer **delivery break** coming up during the **first week of August** with the **Civic Holiday**:

NO DELIVERIES the 1st week in August

→ **NO DELIVERY August 1 + 2 + 3** (*Civic Holiday and more Family Vacation Time*)

As always, you can schedule any “**Blackout Dates**” of your own (when you will be away not needing a delivery) in your Pfenning’s account to accommodate for your own vacation time. Let us know if we can assist you with this, or send us an email with your “no delivery” dates and we can set that up for you.

Biweekly Deliveries Reminder

Please, remember that if you are on a **biweekly delivery schedule**, you will simply miss your delivery during the off-week. Your deliveries will resume two weeks later according to your biweekly delivery schedule. So, if you are receiving a delivery on July 18, 19, 20, you will miss out on August 1, 2, 3 and receive your next delivery on August 15, 16, 17.



PALATINE Fruit from Niagara starting up!

Local Ontario Fruit from the Niagara Region, grown sustainably by **Palatine** (Eva and René) is starting up again – beginning with a variety called “Sandra Rose” which is a large red sweet cherry and great for fresh eating. As we go along, you will be seeing Palatine Fruit in your Food Baskets as it becomes available.

PALATINE

Fruit  *Roses*

Palatine Fruit and Roses – <https://palatineroses.com/> – grow soft fruit, such as Cherries, Apricots, Plums, Peaches, Grapes, and Pears and Apples too, employing sustainable near-organic methods.

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.

New Catalogue Category – Books

It’s not often that we introduce a new Catalogue category, and admittedly, books may no longer be at the top of many people’s minds. However, when a dear long-time customer from Stratford publishes a mentionable novel, we feel that we should make it available to any of our customers who may want to look into the creative (and thought-provoking) offerings of a gifted **local writer**. You will find this new category in our online Catalogue in the “Home” department. Only one book in this category, so far. There may be more to come. Let us know if you yourself are working on any works that the local public would be happy to learn about. Onward local talent!

We Are Hiring!

We are looking for a good fit for our Store for a **part-time position**. Give us a call for more information: (519) 725-4282.

Happy days of summer,

Wolfgang