



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

December 19, 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,

Here we go with our LAST DELIVERY week for this year!

Again, so much has happened this year, and if you have been looking into our monthly Newsletters (which you can read on our site – <https://www.pfenningsorganic.ca/Newsletters.htm> - going back all the way to 2014), you are in the loop. We are hastily heading towards the end of this year and time is fast running out. Looking back, food production-wise it was a good year, at least in our closer vicinity. Others were not so fortunate, such as California which supplies us with so many fruits and vegetables during our low season. Their Lettuce shortage, for instance, due to disease and climatic concerns must certainly have come to your attention, as we have been low on Lettuce for several weeks now. Fortunately, we can compensate this lack with other greens that are in good supply, and resort to the time-tested technique of eating with the seasons. In that spirit, you will be seeing many roots, tubers and long-storage veggies, such as Leek, Cabbage and Onions in your Food Boxes, especially the Local ones. We have been doing our utmost to keep any looming price hikes in check as much as possible. Other than taking advantage of our sales and better-priced bulk items, you will be well-advised to **"eat seasonally" and local**, focusing on cooking from scratch and keeping processed foods to a minimum, if not foregoing them altogether. Not only your pocketbook, but also your personal health and well-being will greatly benefit from this approach.



Early Morning Delivery

We encourage you to keep leaving out your **sleeping bags, blankets and quilts** for me to wrap up your **early morning deliveries** and keep them protected from the cold morning temperatures. We're heading into the seriously cooler season.

HOLIDAY DELIVERY BREAK

If you missed it in our last Newsletter (Nov. 28, Vol.24 # 289), here again are our upcoming **NO-DELIVERY** dates:

NO DELIVERIES December 26-28
NO DELIVERIES January 2-4, 2022.
Back for regular Deliveries Jan. 9-11, 2023

STORE Holiday Schedule

Pfenning's Organic & More (the Store) will be open until 1 p.m. on December 24th. After the Store Holiday Break, we will reopen again for business on Thursday, January 5th, 2023. Looking forward to seeing you at the Store, if you can make it.

Thank you to all of you who have been supporting our Store and our Home Delivery Service! We – and all the local farmers and growers that we are working together with – are very grateful for your ongoing support and clientele!



From all of us at Pfenning's Organic & More, we wish you a peaceful, happy and Merry Christmas and a thriving New Year, Wolfgang, Almut, Barnhild, Aurélie and Kate