



Veggies on Wheels



Volume 25 – # 300 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX October 2, 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,



**30 years,
really?**

We do know that time supposedly flies, but it is kind of a wakeup call

when you realize that 3

decades have gone by since we started

Pfenning's Organic & More. At the Store, we have been celebrating our 30 years with \$1.00 coffee and a gift basket raffle. You can read more about our 30-year anniversary in our **Blog** and in a feature on local businesses in our local paper – on page 23 of the **Wilmot-Tavistock Gazette** (Sept. 14th edition). If you are not yet familiar with our story, you can learn more on our **About Us** page.

As always, we are grateful for all the tremendous support you, our customers, both in the Store and the Food Box Community, have been giving us throughout the years. Without you, small independent family businesses such as ours would not survive. Thank you from us all at Pfenning's Organic & More!



More Chickens Coming

If you missed out on our recent instalment of **fresh local organic Chickens** that came in near the end of the month, you will be happy to hear that we have another batch coming near the end of this month. Again, they are coming from a farm near Elmira and are the **Rustic Ranger** heritage breed. These birds grow up running free under the open sky and having access to all the plants and bugs that provide their natural diet. We are told that they take a bit longer to reach maturity which makes them grow into healthier birds with higher and more flavourful meat density. We generally encourage anyone interested to order early. Contact us at the **Store** if you are interested or to pre-order. You can call **(519) 725-4282** – or send us an **email**.





On the Trail Again!

Some of you devoted customers who have been with us for a long time may remember when Almut and I took on the **G2G Trail** back in 2018. You can go back and read about it in our [233rd Newsletter](#) from July of that year. Ever since, ambitious Almut was avid to complete the trip which was cut short due to an unrelenting heat wave and, on top of that, troublesome foot woes (my feet!) after a few days of harrowing hiking. Thus, we recently (Sept. 3rd) took on the latter half of the Trail from Monkton to Goderich, just a bit over 60 km, this time on bikes (see us above,

with an old school friend of Almut's and our daughter Barnhild with her 4-month-old son Marcel trailing behind in the caboose). Simple enough, one might think. However, due to a bridge outage over the Maitland River near Auburn, we were forced to take a challenging (very hilly) detour that added 20 km to the trip for a total of 80 km! We learned later from other cyclists that it's actually possible to carry your bikes and wade through the knee-deep river, thus avoiding the strenuous detour. But we did it, in about a half day, starting early morning and arriving mid-afternoon, with a brief lunch break at [Cowbell](#) in Blyth. For anyone interested, the [G2G Trail](#) goes from Guelph to Goderich and used to be a railroad track, but is now a very pretty and well-maintained hiking/cycling trail (with lots of apple trees along the way). Other than the detour mentioned, it's quite a level stone dust trail, and we even encountered an 80-some-year-old cyclist nimbly braving a portion of the trail – with a regular bicycle, not an e-bike, determinedly insisting, “I’m the motor!” What an inspiring example!

Field Update

Autumn is here and harvest season has reached and likely surpassed its peak. We are now getting into the **Roots/Bulbs** (such as [Beets](#), [Carrots](#), [Celeriac](#), [Garlic](#), [Jerusalem Artichokes](#), [Potatoes](#), [Rutabaga](#)) and [Squashes](#). While we have been enjoying our [Sweet Corn](#), we are told that the Feed Corn could well use some more heat units, meaning more sunshine and warmer days. Our part of the country is very much into growing corn for feeding animals, so we are all compassionately hoping that our corn growers may be blessed with a few more weeks of warmth and sunshine to bring their crop to the desired fruition. On the [Fruit](#) front, we have seen local [Peaches](#) coming to a gradual end, while [Plums](#) and [Grapes](#) from Palatine (notably [Concord Grapes](#)) are still going strong. Wonderful [Apples](#) and [Pears](#) have been coming in from B.C. Still a great time of the year.



It's Cranberry Time!

Thanksgiving is just about upon us, and our [fresh Cranberries](#) from Quebec are set to arrive this week. Cranberries are much loved because of their delightfully fruity and refreshing tartness. Easily made into the traditional **Cranberry Sauce** (recipe is on the package), they go well with and enliven all kinds of dishes, with or without turkey. If you are getting a delivery this week and should you like us to add some for you, just let us know promptly!

**Happy Thanksgiving and a beautiful October to all,
Wolfgang**