



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 Pfenning's Food Box Community,

In the hope that all of you are doing very well, we are pulling our Newsletter (usually appearing at the beginning of the month) ahead, as after this week, there are only THREE more deliveries before Christmas! This will give anyone interested the opportunity to look into some much-cherished Christmas items, such as **Turkeys, Christmas Bakery** and **Egg Nog**. Although we may be heading for the darkest and coldest days of the year, the return of the light with the upcoming winter solstice is just around the corner.

Looking at local production, Lettuce and most Greens, of course, are done for the season. As for the imported Lettuce, coming mostly from California, it has been very scarce and costly due to weather and disease challenges. So, for now, you will be seeing no Lettuce in your veggie boxes. This is truly the time to embrace our wonderful seasonal and LOCAL Squashes and Root Veggies, as well as everything else that is locally grown and produced. We have enough local storage veggies, such as Kale, Chard and Leek, to last until the end of the year – and all of those roots and tubers for the ongoing cold season. At our house, we have been making a feast of all kinds of coleslaws made with regular or napa cabbage, and adding shoots and sprouts. Satisfying and healthy!

Local Carrots

Speaking of local Root Veggies, Dianne and her family from **Golden Acres Farm** just got done harvesting their Carrots, grown with lots of love, the old-fashioned way on a snowy day, with plenty of back-bending and elbow grease, and thus bringing their harvest to a well-deserved finish. You will be seeing these absolutely tasty and crunchy Carrots (and those from other local sources) throughout the winter season in your Food Boxes. Reflect a moment on all the work that went into them when you are enjoying them.



Holiday Delivery Schedule

As every year, here is our **Holiday Delivery Schedule**, early enough for you to make any accommodations for the two weeks we're not delivering → **NO DELIVERIES the LAST WEEK of the year and the FIRST WEEK of the New Year.**

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

Let us know ahead about your own holiday plans and when you will not be home and will not need a delivery. As you know, you can log into your online profile and set up any Blackout Dates when you will not require a delivery. **Biweekly Customers:** You are just missing one delivery during one of the off-weeks and will receive your next one two weeks later according to your biweekly schedule.

Turkeys for Christmas

Just in time for the festive season, we will be getting our last batch of **certified organic Turkeys**. Most of them are spoken for, but if you get in touch with us promptly, there may still be one for you. They will be frozen and we can therefore deliver them to you during our last delivery weeks before the holiday break – on December 12-14 or December 19-21. Of course, you can also pick up your Turkey at the Store if you prefer or live close by. The Store will be open until Saturday, December 24th at 1 p.m. and will reopen again for regular business on Thursday, January 5th, 2023.



Stickling's Bakery and Egg Nog – Holiday Essentials!



Connoisseurs know it: our **Harmony Egg Nog** has made its entry at the Store and is once again highly sought after. Not surprising, as this is the popular holiday beverage at its creamy and velvety best. Sadly, it's only available from late November until Christmas, and then the magic is over – until next year. For an alternative option, try it frothed in your coffee... deeeelicious! You will find the Egg Nog in our online Catalogue in the **Dairy/Milk** section.

Just recently, the décor at our Store changed straight away when **Stickling's** traditional delicious **Christmas Bakery** arrived at Pfenning's Organic & More. That sure brought in that Yuletide spirit! Just like the Egg Nog, it will only be available for the short pre-Christmas season, and then it's over until next year. Keeps us all from excessive overindulgence.

You can find all of **Stickling's Christmas Baking** in our online Catalogue under **Bakery/Christmas Treats**, then go to **Christmas Baking**. From the popular Stollen, with or without the marzipan (almond paste) filling, to the tender Vanilla Crescents, wheat-free Fruit & Nut Cake, Honey Slices, Spitzkuchen (chocolate gingerbread triangles), and Butter Coins (shortbread cookies), Stickling's offers the epitome in traditional German Christmas bakery to brighten up and elevate your holiday season.



Ainslie's Apples

Ainslie from Waterloo, one of our youngest customers is excited about receiving her Food Box every week and actively participates in unpacking it. She counts her apples and learns to sort them by size and weight every Wednesday morning when unpacking her Food Box. Ainslie sometime likes pears more, but in any case, she is probably learning a lot about fresh, healthy, organic food – and it's so satisfying to see our Food Boxes being incorporated into some casual home-schooling. Thank you, mom, for graciously sharing this adorable picture!

“Baby, it's Cold Outside!”

Despite the mild spell we are enjoying, we know that temperatures will plummet soon. Thank you to all of you who have so diligently and mindfully been leaving out your **sleeping bags, blankets and quilts** for me to wrap up your early morning deliveries and keep them protected from any matinal freeze. Keep it up, for soon we will be chanting: “*Baby, it's Cold Outside!*”

Wishing you all a blessed and peaceful last month of the year,

Wolfgang