



# Veggies on Wheels



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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,**

**Garlic and more**



**When checking our Food Box Basket Contents** (<https://www.pfenningsorganic.ca/Basket-Contents.htm>), you will often come across "Golden Acres," one of our main farm suppliers. Dianne and her husband, Rob – owners of Golden Acres, along with their daughters, Julie and Rachel – have been friends with Almut for some 4 decades and grow absolutely outstanding organic vegetables. Julie concentrates especially on their legendary **Garlic** production (see some of her garlic storage facility above), with around 100 different varieties – all certified organic. Until recently, my own understanding of garlic was pretty much limited to recognizing one seemingly widespread variety: Music. How horizon-expanding it was to learn that there are literally dozens of strains, some of the main categories of which are Porcelain, Marbled Purple Stripe, Purple Stripe, Rocambole, Asiatic, Creole, Turban, Artichoke (softneck), Silver Skin (softneck) and so many more. Julie, and for many years her older sister, Sheri, have successfully been growing garlic since 2006. They are represented at the Stratford Garlic Festival every year and ship out their garlic to anywhere in the country, if requested. Other than garlic, you will know that Dianne supplies us – and our Store and Food Box customers – royally with all sorts of excellent veggies, notably Kale, Parsley, Carrots, Potatoes, Onions and much more – all coming from their 100-acre Golden Acres Farm and its rich soil just north of Stratford.

By the way, if you are thinking of planting your own garlic, it's now or never (at least for this year). According to Dianne, you should not plant any later than October 10<sup>th</sup>. Almut lost no time and – with my willing assistance – did just that the other day, faster than you could say "get that garlic in the ground." Hint: check back in last year's Oct. 4<sup>th</sup> Newsletter # 274 if you need to brush up on **how to plant garlic**.

## Broth from Vegetable Leftovers

Although our fall weather has graciously been holding on before temperatures plummet to what would coincide with the word “fall,” we have started looking into those much-cherished comfort foods at this time of the year. Almut suggests a broth and soup including all your vegetable peels and scrapings from carrots, beets, potatoes, cabbage, celeriac and so on. You could let yourself be inspired by our fabulous **Potato Soup** recipe which you will find on our **Recipes** page – and you can just add Leek to make it into a Potato-Leek Soup. Where it says to add water or vegetable broth, you can liberally put in all your veggie peels and scrapings left over from another meal and let them simmer, then straining them when the broth is done. Talk about enriching your broth with valuable minerals and vitamins and oodles of flavour!

## Turkey for Thanksgiving

If you missed it, we have been taking orders for local, organic, free-run Turkeys from our long-standing Elmira farming friends and from Yorkshire Valley Farms. As before, give us a quick call or send us an email ([store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca)) for your last chance to get on the **Turkey List**. This year, Thanksgiving is on the 10<sup>th</sup> of October – just one week from now. Incidentally, since 1957, our Thanksgiving is always celebrated on the second Monday in October, just like the American Columbus Day is, coincidentally, always celebrated on that same day since 1971. However, for all you history buffs, the two holidays are unrelated, with one having cultural significance, while the other has historical relevance.

Finally, just in time for your Thanksgiving dinner, the local **Cranberries** have come in. Due to a late harvest and labour shortages, they are in tardy this season, so we are told. If you would like Cranberries added to your pending order for this week, just send me a quick email – [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – and we can deliver them last-minute with your order.

## Spice Corner



Did you know that tucked nicely away in the back corner of our Store, you will find our much-cherished **Spice Corner** with over 160 different spices, in bulk and packaged? Many customers will spend quite some time perusing the almost overwhelming variety of all sorts of different spices and herbs. As Kimberley from Kitchener informed us: ***“You should know that your dried spice and herb cupboard is really great - the best around!”*** Since we are not prone to getting involved in arguments, we will leave it at that and continue to let our customers decide – and keep doing our best to make it easy for them to come to their own conclusions. Of course, you can check out our spices online in our online Catalogue in the **Spices & Herbs** department (under the GROCERY section). To all our Food Box customers: when you order your spices, send back a jar or container of your choice with your name on it in your return Bin or box, and we will fill it with your spice order to be sent along to you with the rest of your order. Saves on packaging, reduces the use of those plastic bags, and provides you with your chosen spices all set and ready to go for your culinary adventures.

As for our own spicing ventures, Almut went all out this season and fully utilized the capacities of our dehydrator to make our own dried basil, parsley, dill, Hungarian pepper and thyme. Local as local can be.

**Wishing you all a placid Thanksgiving and Happy Halloween upcoming,**  
**Wolfgang**