



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

December 3, 2019

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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! Last (full) Newsletter of the year – after 21 years of Newsletters!

Yes, we started our organic home delivery way back in the last century, in 1998. That's also when we started sharing Store news, Farm news, anything having to do with your deliveries, your well-being and your wholesome living in general through our Newsletters.

It's a bit easier now, since we are sending out our Newsletters virtually. Back in 1998, our monthly Newsletter was available only in the printed version (as it still is today for anyone not partaking in virtual dissemination). The online version became available in 2003 when we moved on from a simple web page to launching our first website. Currently, you have access to all our past Newsletters going back to March 2014, when we launched our second, much improved, website.

We continue to keep you informed, and welcome any feedback and comments. Keeping that **Pfenning's Community** alive and thriving!

Holiday Deliveries

This is it, Christmas is seriously on the way – if only judging by the surge of Christmassy songs one is subjected to in the media and on the radio. Time to let you know about your upcoming **delivery schedule**. Of course, you are also invited to let *US* know about any of your holiday delivery adjustments.

Your **last delivery** for this year will be on **December 17/18**.

NO DELIVERIES on **December 24/25** and **NO DELIVERIES** on **December 31/January 1**.

We will be **back for deliveries again** in the New Year on **January 7/8, 2020**.

The BITZI Basket!

The reception of our new **BITZI Basket** introduced last month has been overwhelmingly positive. There seems to be quite a demand among our customers for modest veggie needs – and we are happy to offer it. If you recall (or are hearing about it for the first time), the **BITZI Basket** is a very modestly-priced Food Box with **LOCAL AND IMPORT** organic produce for **ONLY \$20.00** - mostly veggies and some fruit, about 6 to 8 items - just enough for a single or small household, or for **modest veggie needs**. Almut plans in the best selection possible every week (as she does for all Boxes). You can check it out and order here:

<https://www.pfenningsorganic.ca/ecommerce/food-baskets/bitzi-basket---new-/BITZI-Basket.htm>

Here's what's in this week's **BITZI Box**:

- 1 Red Onion (Pfenning's)
- 1/2 hd Green Cabbage, 2 1/2 lbs (QC)
- 1 bch Broccoli (CA)
- 2 lbs Carrots (Pfenning's)
- 1 bch Spinach (Pfenning's)
- 1 Mango (MEX)
- 1 Avocado (MEX)



Nothing better than LOCAL!

As you all know, we always value and give preference to anything locally produced. Just a few weeks ago, when frost was on the menu, the field teams on the Pfenning's Farm were scrambling to harvest all the greens still out there, storing them in big bins in any cooling facilities available on the Farm. Some quick improvisation was necessary to create even more cooler space. The weeks following, all these greens were processed – washed, sorted, graded, packaged, and brought to the local market – and to you. What a blessing to still have local organic greens available to us in late November. Even now we can still offer Collards, Kale, Spinach, Parsley, Leek, Cabbage (Green, Red, Nappa), Bok Choy and Brussel Sprouts, not mentioning all the root vegetables and tubers already tucked away in storage.

So why do we value Local? What seems a no-brainer is worth bringing back to mind from time to time. Local production is always fresher, harvested and stored much closer to home, so most certainly more nutrient-rich. So with far less distance to travel, having greater freshness and nutrient content and probably also better flavour, it is much more sustainable, and it benefits the local economy, especially local farmers and producers. Purchasing at locally owned businesses rather than nationally-owned keeps more money in the community because locally-owned businesses often purchase from other local businesses, service providers and farms. Ah yes, we can attest to that! Also, sounding esoteric to some but not to be neglected, local food, grown close to where you live, is also much more in sync with you and in tune with your body. There you have it: LOCAL in a nutshell!

Last Call for Christmas Turkeys!

Need a **Christmas Turkey**? Not just any Turkey, but **certified organic** from **Yorkshire Farms** and renowned for their great taste and quality. Turkeys are coming to the Store and can be picked up there on **December 19th**.

Call us **NOW** at the Store – 519-725-4282 – or order here: <https://tinyurl.com/yd8e8u3s>.



Cabbage = Sauerkraut

Granted, this equation is up for debate, but it is still a very popular application for **Green Cabbage**, which you will be seeing in all Boxes this week (except the Fruit and Smoothie). Here's a very "**Easy Homemade Sauerkraut**" recipe for you to try (from **Simply in Season**, by Mary Beth Lind and Cathleen Hockman-Wert):



4 cups / 1 L Raw Cabbage (shredded)

Pack into a clean quart jar. Sprinkle 1 tsp salt on top. Pour in boiling water until the jar is filled to its neck. Heat the sealing lid in boiling water. Wipe off the rim of the jar with a clean cloth, put on the hot lid, screw on the ring, and set the jar in a pan at room temperature. As the cabbage ferments, it may ooze out the top of the jar; hence the need for the pan for at least a week. The ring will get rusty as it stays on the jar until the Sauerkraut is used. The flavour will intensify after the second week.

This might not be the real thing, but it goes fast and tastes much like the original Sauerkraut, which actually took about 6 weeks to ferment when we used to prepare this on the Pfenning's Farm in large vats many years ago with my mother-in-law, Barnhild Pfenning. According to *Simply in Season* (which is very much Mennonite-oriented), this Sauerkraut goes very well with sausage on mashed potatoes. As you like it!

Bon appétit, and wishing you all a comfy-cozy month of December,
Wolfgang