



# 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,

### Groundhog Day and Valentine's Day

**Well, that is some of what this month is best known for.** We all know about our fascination with whether our furred friend will see his shadow or not after emerging from its burrow and the ramifications this may have or may not have on the supposed duration of winter. If still intrigued, you can check out some of our past February [Newsletters](#) where we addressed this issue. There, you may also find some musings on a common event occurring halfway through this month known as Valentine's Day. More important for us – of course – is how are things going around our **Food Box?**

In this regard, we must advance our **profound thanks** to all you early morning Food Box recipients who have so judiciously and diligently been assisting us in our efforts to get your food to you in an unfrozen state by leaving out your blankets, sleeping bags and quilts for us to wrap up your orders and keep them protected against the cold until you can bring them inside. We are very grateful to all of you who keep an eye on expected morning temperatures and prepare for the arrival of your Food Boxes accordingly.

### Carrots and Red Beets

As is to be expected at this time of the year, you are seeing a good amount of root crops, tubers and squashes in your Boxes, especially the **Local Basket**. You will also be seeing [Carrots](#) included quite regularly. In an ongoing effort to offer you not only the best in local organic, but also the best-valued products, we are introducing **Carrots** from [PurDéllys](#), the largest producer of field-grown organic fruits and vegetables in Eastern Canada, situated in western Quebec (just south of Montreal). Since they are of excellent quality and well-priced, we are including them in our Food Boxes and offering them to you, our customers.

You can read more about this impressive organic farm on their [About Us](#) page.



Other than Carrots, the winter months' Food Boxes may challenge you with an abundance of storage-friendly veggies – such as those included in [this week's Local Baskets](#), with [Red Beets](#) being one of them. Without exaggerating, I believe that **Almut's Red Beet Salad** is just about the best you may have ever tasted. Good recipes should be shared, so turn to the next page to see it.

## Almut's Red Beet Salad

- Place 4-5 whole [Red Beets](#) in a pot half-full of water
- Boil gently until soft, which could take up to 45 minutes if they are big
- When soft, drain off red water and let sit till they are cool enough to handle, but still warm
- Scrape off the skin with a knife (should come off easily)
- Into a salad bowl, cut Beets into thin slices (or your preferred shape) with a knife or mandolin
- Peel and dice a small [Onion](#) and add to Beets
- Season with a pinch of whole [Caraway Seeds](#) and ½ tbsp. [Salt](#)
- Add and stir in 3 tbsp. [White Balsamic](#) or [Apple Cider Vinegar](#)
- Let marinate in bowl with a lid overnight
- Next day, add 2-3 tbsp. [Olive Oil](#) and toss

**Important:** Don't make this salad too vinegary, and make sure the Beets are still warm when marinating overnight.



## The Case for Kohlrabi

Back in August 2019, we already spoke about the “ominous” [Kohlrabi](#), which belongs to the same family as [cabbage](#), [broccoli](#) and [cauliflower](#), with its taste being somewhere in between cabbage and broccoli stems. Although many of you may be at odds with this cruciferous bulb, we will re-familiarize you with some of its merits, especially because you will find it in this week's [LOCAL BASKET](#) – and it is readily available throughout the winter months.

This very versatile veggie – which by the way has vitamin C, fiber, potassium and folate – can be eaten raw in salads, steamed, stir-fried or added to veggie casseroles. To prepare, peel off the tough outermost layer of the bulb with a vegetable peeler first. Then you cut off the stems and slice, dice or cut it into thin slices. You can even eat the stems and leaves in sautées and stir fries.

You can purée Kohlrabi into soup, especially creamy, puréed soup with mild [spices](#) so that the sweet Kohlrabi flavor is not covered up. You could try **Kohlrabi Fritters** by shredding it (like [potato](#) pancakes) and mixing it with an [egg](#) and a few tablespoons of flour or breadcrumbs. Then fry in a flat skillet with [butter](#) or [oil](#) by dropping on small mounds and flattening them slightly with the back of a spatula. Fry both sides till golden brown.

You can also roast Kohlrabi in the oven or simply steam it and then use it for anything like frittatas, stir-fries, and [pasta](#) dishes. Or just purée it with a little [cream](#) and simple [spices](#). As we said, Kohlrabi is very versatile, healthy and also tasty. We encourage you to give it a try!

Have a fabulous February – with a special greeting from Bethany and Aurélie busy packing your Food Boxes!

**Wolfgang, Almut and all of us at Pfenning's Organic & More**

