



# Veggies on Wheels



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1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: [store@pfenningsorganic.ca](mailto: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,

### Fall Veggies Coming In!

It looks like we are being treated to a beautiful beginning of fall. Although farmers all around were happy to get all their harvesting done without the interference of too much rain, the recent precipitation we were treated to was very welcome – and harvest season continues. We are seeing things going and coming as the season moves on, and I was reminded of by Almut telling me that Basil is more or less done. I will miss the strong, fresh, aromatic and unmistakable fragrance floating through the delivery van on delivery days. Although fresh local greens are still going strong, we are now seeing those fall veggies come in, such as [Beets](#) (different varieties), [Cabbage](#) (green and red), [Carrots](#) (in many packaging sizes), [Celeriac](#), [Garlic](#) too, [Leeks](#), [Onions](#), [Potatoes](#), [Squash](#) (many varieties!) and [Sweet Potatoes](#). With a nod to Yvonne (our dear long-standing Brantford customer of over 20 years), we are including a **Red Cabbage Recipe** and some pointers below for anyone not quite sure yet how to deal with it.

### Thanksgiving Turkeys

With our **Thanksgiving** just a couple of weeks away, it is time again to offer our [Thanksgiving Turkeys](#) (from Yorkshire Farms, Woodstock). We still have room to accept some orders for fresh Turkeys, but they are going fast. After that, frozen birds will also be available. As always, contact us at the [Store](#) if you are interested and to pre-order: (519) 725-4282 – or send us an [email](#).



### Fresh Cranberries

What are Turkeys without them - [Fresh Cranberries](#)! We will be adding them to Food Boxes during the week before Thanksgiving (October 14<sup>th</sup>). You may know that Cranberries, which are native to North America and were very probably part of the American Indians' diet, are believed to have been a menu complement at the first Thanksgiving feast some 400 years ago, back in the 17<sup>th</sup> century. They are easy to prepare (with a very simple recipe right on the package and on the [website](#)) and freeze well, if you want to stock them for future festivities or even to include them in muffins and other baking.

### Red Cabbage Recipes

Although in the meantime, Yvonne may have found a way to make [Red Cabbage](#) tastefully edible, we are still saying a word or two in their favour for anyone still at odds with this cruciferous veggie. There are several ways to cook or prepare Red Cabbage, but the most common are to braise or pickle it, although it's also delicious raw in winter salads and coleslaws – and adds beautiful colour. Red Cabbage is full of vitamins (A, C and K), minerals and antioxidants, so eating it raw or juicing it also provides a fantastic health boost.

## [Sweet and Sour German Red Cabbage](#)

This easy classic [German Red Cabbage recipe](#) has just 4 ingredients and takes about 30 minutes to make.

### Ingredients:

2 tablespoons [butter](#)

½ large [red cabbage](#), sliced ¼-inch thick

2 tablespoons [sugar](#)

¼ cup [balsamic vinegar](#)

[Salt](#) and freshly ground [black pepper](#)

### Preparation:

**Sauté cabbage:** Melt butter in large pot, medium heat. Add thinly sliced cabbage, toss to coat with the butter. Sauté appr. 5 min. till slightly wilted.

**Add sugar and vinegar, simmer:** Sprinkle sugar over the cabbage, toss to coat evenly. Add balsamic vinegar to the pot, bring to a simmer, then reduce heat to medium low.

Cover and simmer till cabbage is completely tender but not mushy. Stir often, about 30 to 45 minutes total.

**Season:** with salt and pepper to taste.

## [Traditional German Red Cabbage](#)

[This recipe](#) is a bit more complicated but is as traditional as it gets and includes 2 ingredients which – according to Almut – are indispensable: Apples and Cloves.

### Ingredients:

**Red cabbage** (also called purple cabbage), one whole head, thinly sliced.

**Apple:** any kind, but Granny Smith, McIntosh or other tart apples are especially delicious.

**Apple cider vinegar** (or white vinegar). The vinegar and apple help the cabbage to retain its vibrant colour.

**Brown sugar** or **granulated white sugar**.

**Whole cloves.**

### Preparation:

**Shred** the cabbage. Put half the **cabbage into a pot**. (Medium-sized and heavy, or Dutch oven)

**Grate** half an apple on top of the cabbage. **Spick** the other half apple with cloves and add to pot.

Add remaining cabbage to pot. In a small bowl, **combine vinegar, water, sugar, salt and pepper and pour over cabbage**. Add 2 Tablespoons **butter** and cover the pot with a lid. Bring to **boil**, then **simmer for 1½ hours**. Remove clove-spicked apple and discard. **Stir and serve!**

**A final word:** Prepared Red Cabbage stores very well for about a week in the fridge and tastes better when reheated. It pairs well with all potatoes and all kinds of [meat](#), but especially [pork](#).

## **Honeynut Squash**

With [Squash](#) season upon us, in this week's Food Baskets you may be happy to find [Honeynut Squash](#).

When you do a search, you learn that **Honeynut Squash** is a hybrid winter squash bred in the 1980s from [butternut](#) and buttercup squash. However, it didn't enter the markets until around 2015. Honeynut has a similar shape and flavour as butternut squash, although much smaller and significantly sweeter. Honeynut Squash can be roasted, sautéed, puréed, added to soups, stews, and braises and has enough sugar content to even be used for desserts.

Enjoy while it is available!

Happy October,

**Wolfgang**

