



Veggies on Wheels



Volume 23 – # 270

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

May 31, 2021

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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,

It's growing!

Finally, with a bang, we had made it out of that long drawn-out cold snap in the first half of May and seemed to be moving on towards summer and unbelievably warm days. Any farmers that had been holding off because it was too cold were enjoying ideal conditions to play catch up – including Almut and her savoury seedlings. She makes sure to plant new batches of greens as we go along to stagger harvesting throughout the summer. We are already seeing the first outdoor local greens coming in from other farms – such as **spinach**, **cilantro** and **parsley**. As we have often seen in the past here in southwestern Ontario, summer comes as if by the flick of a switch, almost foregoing any mentionable spring. While we did just come out of that advance "heat wave" (which sure pushed those little seedlings into a growth spurt), we are all likely to remember the cool, fairly wet spring that just seemed to hold on forever – seeing a little recap of that with our recent cooler rain days. But it looks like the "summer switch" seems to have definitely been flicked, and all we need to keep coming now are those occasional growth-inspiring rains.



Almut's garden – from left to right: basil, green kale, lettuce and the next lettuce generation seedlings



Holiday Delivery Schedule

Summer holidays are almost here, although for many it may again turn out to be a "staycation." Here is our Holiday Delivery Schedule for this upcoming summer:

NO DELIVERIES during the **week following Canada Day** (1st week of July) → **NO DELIVERY July 5 + 6 + 7**

Looking ahead:

NO DELIVERIES the **first week in August** → **NO DELIVERIES August 2 + 3 + 4** (*Civic Holiday and Family Vacation Time*)

Biweekly Deliveries

Customers on a biweekly delivery schedule will simply miss their delivery during the off-weeks. Your deliveries will resume two weeks later according to your biweekly delivery schedule.

Blackout Dates – Cancelling Orders for the Holidays

As always, you can schedule any “Blackout Dates” of your own in your Pfenning’s account to accommodate for your own vacation time as needed. Let us know if we can assist you with this, or send us an email with your “no delivery” dates and we can set that up for you.

Lost and Found (by Jenny P.)

We are some of the new faces at the store! We are Michelle, Hayley and Jenny. Each of us found ourselves at the store because of how our lives were impacted with the events of this past year.

Michelle (*holding the Blackberry Spritzer*) has been involved in the Health Food industry for 25 years and brings a wealth of knowledge and experience to the store. Michelle discovered the store when she was driving by and saw the sign for coffee and stopped in. She found, “an amazing little health food store that honours mask exemptions!” Michelle joined us in January this year.

Hayley (*with the Grapefruit Spritzer*) has been a customer at the store since she was a little girl and fondly remembers her favourite staff members and the little goodies that she would find when she would come with her mom and siblings. During this gap year with mask mandates, the search for full-time employment landed Hayley at the store in the fall.

I am **Jenny** (*presenting the Lemon Spritzer*), and I rediscovered the store because I wanted to support a local independent business and because my mask exemption was honoured. When my hairstyling business began to crumble, I knew I needed to make a new plan. When I saw the help wanted sign in October, I knew I needed to apply!



Through loss, we have found a community of like-minded, health-conscious people who share a positive mindset. We know that we are blessed and we are grateful to be able to work in an environment that is inclusive to all. It is our pleasure to meet you and see your smiles!!

Buy by CASE

You can now check out our new **Buy by CASE** category in our online Catalogue. It has a representative selection of items you may want to get in larger quantities, but by no means everything. To get anything not listed here in larger quantities, please, just contact us directly: 519-725-4282 or email store@pfenningsororganic.ca.

Have a jubilant month of June,

Wolfgang & Jenny (*for the first time in Veggies on Wheels*)