



# 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,



### Summer rolling on

As summer rolls on, we become aware that local Asparagus, Rhubarb and Cherries have come and gone so fast. However, Greens, [Beans](#), [Garlic](#), [Potatoes](#), and lots of [Zucchini](#)s and [Cucumbers](#) are here in abundance (check out our [online Produce](#) page to see it all). In the way of Fruit, we are looking at [Nectarines](#), [Peaches](#), [Apricots](#) and [Plums](#) from **Palatine** in the Niagara Region, as well as [Melons](#) (Sugarbaby and Galia) and [Blueberries](#) from **HOPE** and the Aylmer area.

**Almut's Greenhouse** – set up just last year (see our [May 2022](#) and [June 2022](#)

[Newsletter](#)) – is gradually coming of age and to much-welcomed fruition. If you have been enjoying our [Arugula](#), it came from Almut's greenhouse, as has some of the [Green Leaf Lettuce](#), mostly in our [Local Boxes](#). As you can see, everything is fecundly growing and thriving under her nourishing care, instilled in her growing up on her family's farm. Still, Almut is not overly impressed by the slow progress of crops that prefer it on the dry side and that cherish the sun and heat, such as [Tomatoes](#), [Basil](#) (let us know if you would like to bulk order any of these), [Peppers](#), and even [Onions](#). She recently transplanted some Hungarian Peppers from our open-air garden into the greenhouse in hopes of having the warmer conditions encourage it to grow faster. Almut loves to dry her Peppers and make them into a powder. Whatever you can't grow on your own, you may want to check out our extensive (10 pages) online selection of [Spices and Herbs](#) – according to feedback from some of our customers it's the best far and wide.



## – Civic Holiday NO-DELIVERY Reminder –

Once again, a reminder that there will be **NO Food Box deliveries** for the **Civic Holiday** during the **second week of August**. We'll be back again for regular deliveries on August 14-16.

**NO DELIVERIES** the 2<sup>nd</sup> week in August  
**→ NO DELIVERY Civic Holiday week, August 7 + 8 + 9**

### Biweekly Deliveries → Please take note!

As you know, customers on a biweekly delivery schedule who just received their delivery this past week – July 24-26 - will not get a delivery during the Civic Holiday week. Your next delivery will be two weeks later according to your biweekly delivery schedule, so August 21-23. If you have not yet done so, let us know if you would like to pull your next delivery ahead to August 14-16 when we are back again. You can send us an email to [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca), or give us a call at **519-725-4282**.

### Golden Hearth Bakery on Vacation

Apparently, we are not the only ones to take a vacation, although [Golden Hearth](#) (specializing in Sourdough Breads and handmade Croissants), where we pick up fresh [Bread](#) and [Pastries](#) every week, are shutting down for the first half of the month of August – until the week of August 21<sup>st</sup>, to be precise. While we have quite a few customers who make the trip to our Store on Wednesday when the fresh baked goods are brought in, we do also [deliver](#) them to some customers in Kitchener-Waterloo – however, only on Wednesday. Our Monday and Tuesday customers are sadly unable to receive these excellent breads and pastries fresh, although we do have some who will take them frozen, notably the bread.



### Need PALATINE Fruit from Niagara Delivered?

As you will know, if you have ordered any Palatine Fruit by the case (or half case), we can also cold-store it for you and deliver it to you for a \$5.00/case fee. If you need more information, please, give us a call at the [Store](#): (519) 725-4282.

### Too much Parsley, Dill, Basil?



Among the local [Greens](#) that are so readily available at this time of the year, you will also come across [Parsley](#), [Cilantro](#) and sometimes even Dill and Basil in your [Local](#), [Wild](#) and [Blender Baskets](#) – less frequently in your [Smoothie](#) and [BITZI Baskets](#). Granted, you can only use so much of these herbs. But what to do if you end up having too much – even after having prepared your beloved [Basil Pesto Sauce](#)? Fear not! As we all know, our warm season where everything is plentifully available is not ever-lasting. Therefore, we generally suggest that you take any extra herbal greens you have, chop them up, put them in baggies and freeze them. Now you have a stash of fresh, well, frozen herbs that you can use to add some stored local goodness to your dishes in the depth of winter.

Another suggestion coming from Almut is to dry any surplus of herbs in a dehydrator and then rub them into the desired consistency, something she has been doing since last year to produce our own high quality dried herbs.

**Happy month of August,  
Wolfgang**