



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

Halloween already?

Scary, but on my deliveries, I was recently reminded by some early spooky trimmings – still in September, mind you – that we are heading into the month of Halloween, with the actual event another four weeks away. At this rate, we may be looking forward to seeing Christmas adornments going up towards the end of this month. Well, first we have to make it past Thanksgiving which is just around the corner. If you don't have them yet, you may want to avail yourself of our fresh **Cranberries** (find them in our online Catalogue under "Fruits") from Quebec. Even after Thanksgiving... it's that time of the year. Their fruity and fresh tartness goes well with all kinds of dishes, with or without turkey.

Garlic Galore

Speaking of the end of September, we just got done planting our very own **Garlic** – which is ideally done in September. We get most of our garlic for the Store and Food Boxes from our niece and her husband, Heide and Dan, who farm on Heide's parents' Hack Farm north of Kincardine – and who grow about one acre's worth of the absolutely best garlic in the whole province. Of course, we can't compete with Heide and Dan's divine garlic, but as every year, we did our best and have been seeing very pleasing results in the past.



Just to give you a quick rundown of the procedure: you can take any garlic (organic, of course), break the bulb into cloves, then find a sunny plot in your garden where you don't intend to do any spring planting (ours is about 8' x 10'), dig your planting trenches (about 3" deep) and set the cloves in the trench with the pointed tip up, about four to six inches apart. If you have several trenches, keep them at least eight inches apart. Finally, cover the trenches with soil or mulch. That's it. When winter is over, the garlic will begin to sprout and grow scapes (which you can eat like chives) in late spring and can be harvested in late summer (early August) or when the lower leaves start turning yellow. Sounds pretty easy, doesn't it? Still a lot of work, as Monica (who works in the Store) and her sore posterior can confirm after just helping Dianne and Julie plant their garlic (about 1/2 acre's worth) for the better part of a day. We'll talk more about harvesting, curing and storing your garlic when the time comes next year. One thing we can tell you is that we have all the respect in the world for Heide and Dianne along with their helpers for all the effort, hard work and TLC they put into their garlic production. Our garlic offered in the Store – and which you can find in our online Catalogue under "Vegetables" – is from Heide and Dan. Important to know: garlic likes to be stored in the dark with the bulbs kept whole and as dry as possible with good air circulation. You could keep it in a wire mesh basket or paper bag inside the pantry. Just like onions, never put garlic in the refrigerator! A final thought: Make sure that when you eat garlic, you all eat garlic – much more conducive to a long-lasting friendship and mutual appreciation.



Thank you for your condolences

We would like to thank all our customers, friends and thoughtful fellow human beings for conveying your heartfelt condolences for the passing of Almut's mother, our children's grandmother and my mother-in-law, Barnhild Pfenning. Your kind and comforting thoughts were well-received and so very much appreciated. Thank you to you all!

Almut's Chili Peppers



Since we just spoke of planting and harvesting, we should mention Almut's very own **Chili Pepper** growing endeavour. Around mid-September, Almut harvested her mostly bright red chili peppers, with some other varieties too, and proceeded to cut off the stems, then dry and process them. The drying takes about three days! Then they are ground down in a food processor to the desired texture – and you are all set to spice up your favourite dish and add some heat to the coming frigid winter months. We had included some Chili Peppers (or Cayenne Peppers, as they are also called) in one of your previous Food Boxes, and hope and assume they were

well-appreciated. You may be seeing them again before the local growing season draws to a close.



Ainsley Unpacking Food Box

Finally, we wanted to share a cute snapshot of Ainsley – one of our youngest customers – tending after her Wednesday-morning delivery in Waterloo. We assume the red pepper and all the other items she received that day passed her scrutinous inspection. Thank you for your support, Ainsley and the whole family!



Wishing you a blessed Thanksgiving and a happy October,

Wolfgang