



Veggies on Wheels



Volume 25 – # 302 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX December 4, 2023

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – E-mail: 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,

Snow on the way, but not quite yet...

Now that we have entered the final month of the year, we are welcomed by what rather resembles dreary November weather. Fortunately, all the necessary farming field work has been completed, and the land can settle into its well-deserved winter rest – and wait patiently for the now coveted blanket of snow to bring on its winter covering. Almut's garden and even [greenhouse](#) have been put to rest, although we were still enjoying some [salad greens](#) from it very recently. We were thankful to even be able to offer our own local Arugula to you for so long, although it too has now come to an end. Let's go with the season and set our sights on all those delicious [tubers](#), [roots and other winter veggies](#) now.

Holiday Delivery Break Reminder

Here again is our **Holiday Delivery Break Schedule** for the last month of this and the first month of the coming year. As most every year, there are two weeks that we won't be delivering → **NO DELIVERIES the LAST WEEK of this year and the FIRST WEEK of the New Year.**

**NO DELIVERIES December 25-27
and NO DELIVERIES January 1-3, 2024.
Back for regular Deliveries Jan. 8-10, 2024**

As always, do let us know ahead about your own holiday plans and when you will not be home and will not need a delivery.

As you will know, you can log into your [online profile](#) and set up any [Blackout Dates](#) on your own when you will not require a delivery. Of course, you can also send me a [personal email](#) telling me about anything you would like us to observe regarding your deliveries.

Biweekly Customers: You will be missing either the Christmas week or the New Year's week delivery and receive your next one two weeks later according to your biweekly schedule.



Seasonal Highlights

Around this time of the year, some of the highlights that make the season brighter are [Egg Nog](#), festive [Beeswax Candles](#), [Turkeys](#) and – just in time – [Stickling's Christmas Bakery](#). Not to forget, if you can make it to the [Store](#), an entirely delightful and delectably delicious [coffee](#) or [tea](#) of your choice prepared by one of the Barrista Girls – Aurélie or Barnhild – in our cozy Coffee Corner. On a personal note, Aurélie's [London Fog](#) (and my favourite) is an absolute treat!



[Egg Nog](#), as you know is only available until Christmas so you have another three weeks to enjoy it. [Beeswax or Honey Candles](#) come in all shapes, sizes and colours and are available a bit longer, as some enjoy them all year round (such as we do). [Christmas Turkeys](#) this year – certified organic, of course – are available frozen from Marvin and Almeda's celebrated Elmira area farm. Moreover, they are offering **corn-free and soy-free Turkeys**, if anyone should be interested. You may not be aware that Marvin and Almeda also produce their own high-quality [Pork Lard](#), something that apparently is not too easy to find these days. Giving you some background information, lard can be used as any other cooking fat for In its solid form and added to amounts to deep frying, that lard and continent in baking recipes. You can also use small grease pans or skillets or larger amounts for best in cast-iron cookware. History tells us tallow were a commonly used fat on this pioneer days.



Mushroom Coffee?

It's true, we have a new coffee made from... yes, [mushrooms](#). This is NOT a coffee alternative, rather a healthy [coffee](#) to add to your daily ritual. You can enjoy the great taste of coffee without the taste of mushrooms and experience the benefits of [Chaga Mushrooms](#) taken daily. Chaga Mushroom is a type of fungus that grows mainly on the bark of birch trees in cold climates, such as Northern Europe, Siberia, Russia, Korea, Northern Canada and Alaska, and supposedly has quite the health benefits. Here are some of the benefits attributed to Chaga Mushrooms:

Immune-Boosting Power: Strengthen your defences
Supports Vitality: Energize your body and mind
Promotes Wellness: Nurtures overall health
Supports Digestive Health: Enhances gut well-being
Balances Mind and Body: Find inner harmony
Enhances Mental Clarity: Sharpen your focus
Boosts Immune System: Stay resilient
Encourages Restful Sleep: Promotes relaxation
Elevates Mood: Uplifts your spirits
Revitalizes Energy: Feel rejuvenated



If you like [coffee](#), but want to avoid its challenging aspects, try our [Chaga Mushroom Coffee](#) (in [different varieties](#)) – and we would be happy to get some quality feedback from you too!



Wishing all of our dear friends and customers a very comfy, cozy and not overly stressful last month of the year and a very happy and peaceful pre-Christmas season,

Wolfgang, Almut, Aurélie, Barnhild & Marcel, Bethany and Paula (new on board)

