



# 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,

### Spring around the Corner?

Many of us have been wondering whether Warton Willie's bold prediction of a possible early spring may actually be coming true, judging by the balmy temperatures we have been enjoying recently. We have also been hearing from farmers that the sap from their maple trees has been running very well, but that the warm days and nights above freezing may slow things down.

### Fresh Bulk Maple Syrup

Now that the sap is running, you can place an order for fresh **Maple Syrup** with us which we get from an organic farm north of Elmira. Bring your preferably large containers/jars/pails to the Store, or Food Box customers, send them along in your return boxes or Bins with your **name and phone number on each container**. Your containers should have a proper **watertight seal for liquids** and be **at least a 1 L size or larger** (glass, plastic pail etc.) with a **large spout** (at least 1 inch wide if possible).



For more information and to order, **CALL 519-725-4282** or email [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca).

This year, prices should hover around **\$15 to 16 per liter**, but we won't know until we get the word from our farmer.

If you can't wait, we also have Maple Syrup available at the [Store](#) in [amber](#) and [dark](#) (in 1L and 500ml sizes).



### Mat's LOCAL ORGANIC Cold-Pressed Oils - UPDATE

[Mat](#) just informed us about his next date for pressing his [oils](#), and it will be during the **week of March 18<sup>th</sup>**. We would be happy if you could please have your **oil orders in by Friday, March 15<sup>th</sup>**.

### "Bringing it Home"

... is what it says on our delivery van. And that is precisely what I do, either to your home, or to ours – meaning in this case the [Store](#). Recently, I came back from **Vernon** – prompting Aurélie to put up this [IG post here](#) or [FB here](#) – with [Carrots](#), [Green Cabbage](#), [Celeriac](#), [Sweet Potatoes](#) and [Onions](#). Vernon and some of the other local growers currently supply us with [Rutabaga](#), [Parsnips](#), [Potatoes](#), [Beets](#), [Squash](#), [Kale](#) and [Garlic](#). With the sun getting stronger by the day, greenhouse greens are also on the way, such as Kale bunches (and much more)



## It's SEED Time!

Just the other week, Almut and Dianne (from Golden Acres Farm north of Stratford) paid a visit to [William Dam Seeds](#) which is just west of Dundas (this side of Hamilton). Needless to say, they had a grand time and got all giddy when they saw the enormous variety of seeds, including organic, all begging to be planted. As you can read on their [About Us](#) page, at William Dam's they pride themselves in offering a vast variety of seeds for food, flowers and soil building. While giving preference to traditional and old varieties, they also do trials with new ones to test their productivity and plant health.

Dianne will be planting for her little Golden Acres farm store as well as for Almut and [Pfenning's Organic & More](#). Almut has already been busy planning her own garden and notably for what she can get started in our greenhouse for early greens and for transplanting.



For your own planting endeavours, have a look at our in-Store certified organic [garden seed variety](#) from Aimers – and let's get planting, but ideally not before mid to end March!

## Chocosol Chocolate Easter Bunny

Last year around Easter, we were quite surprised to see that Chocosol's [Dark Chocolate Easter Bunny](#) (made from sweet 65% Vanilla Sea Salt), turned out to be a customer favourite. Before we could say "Bugs Bunny," all the **Chocosol Easter Bunnies** had hopped away. This year, with Easter coming up near the end of this month, we are giving everyone an early heads up that these coveted bunnies are here again – while supplies last. So, get hopping!



Enjoy the month of March, with a happy St. Patricks Day and a Happy Easter,

**Wolfgang**