



# Veggies on Wheels



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"Veggies on Wheels" (edited by Wolfgang W.) appears about once/month. Biweekly or irregular customers may receive the latest issue at a later date.

## Dear Pfenning's Food Box Community,

**Although** it DID come in more or less like a lion, the past month did not quite go out like a lamb. Now it is slowly beginning to look like we may have turned a corner – and not to soon, for in less than four weeks the growing season will once again be rung in with the beginning of planting season. We have been seeing more than just one of our customers livening up the very "rooty" Local Baskets by occasionally switching over to a "leafier" Basket, such as the Wild or Blender. You – as we all, actually – will be welcoming the new growing year and its promise of luscious local organic produce coming towards us.

While we are patiently waiting for nature to do its job, we are availing ourselves of what we still have in stock from last year's season – such as our much-loved **Chantenay Carrots** from Golden Acres Farm. Oh yes, they are stubby, knobby and seemingly not very well proportioned – but they have the love of our customers! Perhaps because of their sweetness and tenderness? Many of you have been asking specifically for Chantenays, and recently they were even deemed worthy of serving as stars in a photo op in Bright for the upcoming Easter celebration. Alas, Dianne from Golden Acres tells us that they also will soon be gone.



Speaking of Easter, you may be thrilled to hear (if you haven't already) that **Hot Cross Buns** are back!

This traditional Easter treat is from Stickling's Bakery in Peterborough. Here's what you will find in these festively delicious organic buns:

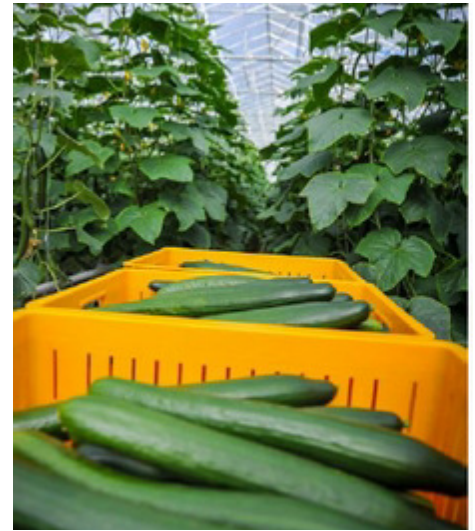
*Organic Wheat Flour, Organic Whole Spelt Flour, Spring Water, Organic Raisins, Organic Sunflower Oil, Sea Salt, Cinnamon, Cloves, Nutmeg, Yeast, Sourdough (Organic Whole Spelt Flour, Spring Water, Natural Bacterial Culture) – No added sugar, low sodium, sourdough leavened, with aromatic spices and lots of raisins.*

Hot Cross buns are available only around this time of the year. Add some delicious wholesomeness to your Easter celebration, while you can.

## Cucumbers

This week (April 4/5), the Local and Wild Baskets are including **Cucumbers**. We are sometimes fortunate to get seconds Cucumbers which, like the Chantenay Carrots, are not the prettiest, but still good quality. These local Cucumbers, grown in greenhouses at this time of the year, are from the Leamington area. We are happy to say that, being seconds, you may see **two** of these Cucumbers in your Basket, which we are hopeful you will not be frowning upon.

What to do with Cucumbers seems like a mute thing to discuss, but it should be noted that children seem to love them. Other than in salads, offering Cucumbers with some kind of tasty dip, preferably home-made with yogurt, kefir, cream cheese or hummus, will appeal to children of all ages, even those of more advanced years.



## Bananas in Ontario?



You may have heard the story of people inquiring at the Farm whether the local lemons would be ready soon. Gently setting them right, pointing out that our rough climate does not really lend itself to growing such tropical fruit, may need to be reconsidered – after one of our customers, John of Stratford, pointed out recently that **Bananas** and other fruits were being grown right here **in Southern Ontario**. The Banana-growing venture was introduced in the Stratford Gazette last week and pointed out that “**Canada Banana Farms**” near Blyth also grows oranges, papayas, pineapples, lemons, limes and guavas. Okay, it must be said that these fruits are grown in hoop houses, well-heated (with wood, by the way) greenhouses covered with long sheets of polyethylene stretched over a frame and thus effectively creating the jungle-like conditions these fruits need to flourish.

Admittedly, this does sound like a belated April Fool’s prank. Rest assured though that we refrained from any such public horseplay this year and this is, indeed, a genuine venture. These fruits and Bananas, supposedly much creamier and sweeter than the imported ones, can be purchased at the

weekly farmers’ markets in Exeter and Goderich. A bunch of four bananas costs \$2. Canada Bananas is hopeful that this may serve as an incentive for more such local growing ops intent on producing more local food. We will certainly let you know when Pfenning’s Farms decides to introduce Bananas and other tropical fruit – grown locally!

## Pfenning’s Site Log-In Issue – Site Secure!

Some of our customers have been running into a minor snag when logging into their Pfenning’s Accounts. When logging into your accounts, a little pop-up message may appear saying that the “*connection is not secure*” and that “*logins here could be compromised.*” Our webmaster has reassured us that despite this new Google security feature our **site remains secure**. There is no need to worry about your log-in with Pfenning’s. Please, just disregard the pop-up message.

**Wishing all our Customers a very Happy Easter,**

**Wolfgang**