



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,

Bring on those April Showers!

April is here, and with it the promise of spring finally coming to fruition - hesitatingly. As someone recently commented, "We have seen the first day of spring, but not the last day of winter!" Such is the weather hereabouts. Nonetheless, if you haven't yet done so, now's the time to get sowing. In just a few weeks, the big farmers will be doing the same, and some will get very busy transplanting their seedlings that have been growing diligently in nearby greenhouses. Almut has now planted her seedlings which are just beginning to sprout. If our own greenhouse – which we have been planning for a long time and is just in the process of being set up – were ready, we would be transplanting much earlier to get a head start. As it is now, we will have to wait until there is no more night frost expected and the temperatures remain steadfastly in the warmer realms – so likely not before the beginning of May.

Looking Ahead

Sowing and planting are clearly activities that are done looking ahead in anticipation of reaping their life-sustaining benefits further down the line. Nothing new there. What is new, however, at least for many of us, is the now evolving tendency of continually rising prices and growing supply shortages. While it seems that most of the main products and staple items are still in good supply, it has been impossible to ignore that producers and suppliers all around have been increasing the prices of their goods to meet their own obligations.

This may be a good time to reiterate the importance of looking ahead and purchasing wisely, notably in larger quantities as much as possible, in order to "get more bang out of your buck." Our **Buy by Bulk** section in our online Catalogue offers just that possibility. Whenever we have savings from our suppliers, we pass those on to our customers.

One of our most recent specials is for **Savör Organic Fruit Spreads** – as you may already have seen on our Instagram page – and we are offering that to all of you thinking of replenishing your waning supply of jams and fruit spreads. You get a case of **12 jars of Savör Fruit Spread for \$36.00** – that is \$3.00 per jar (individually they cost \$3.75), saving you \$9.00.

We have the Savör Fruit Spreads in three flavours: Strawberry, Raspberry and Apricot, and you can find them in our online Catalogue under GROCERY in the Jams, Jellies & Spreads section.

Some more case specials of interest for you:

Eden Beans: Garbanzo, Adzuki, Kidney @ \$43/case of 12, Navy @ \$41, Small Red @ \$39
Pizza Pasta Sauce @ \$48/case of 12
Crushed Tomato @ \$54/case of 12



Coffee Corner

It's been a long time in coming, but our **Coffee Corner** has finally been set up at our Store in St. Agatha! Barnhild and especially Aurélie, who are now working in the Store alongside Almut (who is always ready and willing to assist them with her invaluable experience), finally saw the coffee corner dream come true. It took some rearranging of a cooler and shelves and a bit of painting, but now the results are pleasantly visible and invite anyone visiting the Store to have a seat and relax in our coffee corner with a cup of coffee. We – Almut and Wolfgang – followed the invitation, as you can see above, and were our own first customers, which included freshly-made specialty coffee, prepared by Aurélie, and some pastries from Golden Hearth Bakery in Kitchener (available only on Wednesdays at our Store).



Coffee Lovers Update

Speaking of coffee, we just added a new variety to our assortment: **Balzac's Farmers Blend**, made from 100% Whole Arabica Beans which is described as bright and complex, a hearty, country morning brisk, with a clean acidity that apparently combines light, medium and dark roast into one incredibly flavourful blend.

We will definitely have to see Aurélie prepare us a coffee from these beans. You may or may not know that she worked for a few years for Baden Coffee where she was properly introduced into the fine art of brewing coffee and was well on the way of honing to perfection her skills as a barista.

Come and drop by for a coffee in our new Coffee Corner if you are in the area.

Internet Down? Plan B!

If, for whatever reason, we should ever experience an Internet outage, disallowing you to place your online orders, please, be aware that you can always **phone in your orders** to our Store landline at **519-725-4282**. You can also **fax** it in to **519-725-9968**. Let's hope this never occurs, but it can't hurt to have a Plan B.

**Happy month of April to all,
Wolfgang**

