



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,

Autumn on our Doorstep

It was to be expected: summer is slowly coming to an end, and we have already felt autumn knocking on the door. However, it does look like summer is set to give us an impressive finale before we head into the season of falling leaves. On my weekly delivery tours, I have already been witnessing the first maple trees to sport colourful leaves as harbingers of what is to come. A good dry stretch is also much-welcomed by all farmers and growers looking to continue their harvesting activities. As they can all confirm, the generally quite rainy summer definitely contributed to making field activities an ongoing challenge. As to be expected, some crops did not take all too well to the recurring precipitation. We heard from some farmers having to deal with blight on [Tomatoes](#), compromised [Onions](#), or sluggishly ripening [Peppers](#), just to name a few. Any field work was made more difficult by what some may consider to have been a capricious summer. Gleefully, Almut just informed me that she successfully harvested our own little Onion crop, and it appears to have turned out very well. It must be said that we have very light and sandy soil that can handle a lot of moisture, while loamy and heavy soil will tend to be more waterlogged under wet conditions, making growing efforts much more challenging. While mentioning harvest activities, you may also want to know that fruitwise [Palatine's Apricots](#) have come to an end, and local [Peaches](#) are almost done too. [Apples](#), [Pears](#) and [Grapes](#) are up next. What's in season right now? Local [Carrots](#) have been coming in, as have [Red Beets](#), [Bok Choy](#), [Broccoli](#), [Cabbage](#), [Cauliflower](#), [Celery](#), [Celeriac](#), greens such as [Chard](#), [Lettuce](#), [Cilantro](#), [Corn](#), [Cucumbers](#), [Dill and Sage](#), [Fennel](#), [Garlic](#), [Green Beans](#), [Kale](#), [Leek](#), [Mushrooms](#), [Onions](#), [Parsley](#), [Peppers](#), [Potatoes](#), [Rutabaga](#), [Spinach](#), [Squash](#), [Tomatoes](#)... Hungry yet? Have a look at our [online Catalogue](#) to see it all – and [contact us](#) for bulk orders (especially [Roma Tomatoes](#) for sauce).



Fresh Chickens and Thanksgiving Turkeys

It is that time of the year again when we are offering fresh organic farm [Chickens](#) (heritage breed, Rustic Ranger) coming up from Elmira around the middle of the month – at \$7.25/lb. At the same time, we are putting out the call for [Thanksgiving Turkeys](#) which are set to arrive (from Yorkshire Farms. Woodstock) in time for the holiday at the beginning of next month. As always, contact us at the [Store](#) if you are interested and to pre-order: (519) 725-4282 – or send us an [email](#).



Coffee & Croissants

Regular Store visitors have been seeing the changes that our girls, Barnhild and Aurélie, enacted in the Store. We have been offering [Coffee](#) and especially fresh local [pastries](#) – such as Danishes and [Croissants](#), and recently also the new [Almond Croissants](#) – from [Golden Hearth](#) for quite a while now (*order these frozen for Monday and Tuesday deliveries*). However, the newly renovated coffee corner and a more proficient Espresso machine have greatly added to the ambiance at Pfenning's Organic & More and are being vividly embraced by our customers.



Whenever you make your way out to our Store (just 5 minutes west of Waterloo), be sure to take a moment to settle down and perhaps allow Aurélie or Barnhild to spoil you with a specialty coffee and a pastry.



Wound & Burn Salve

On our July outing to our inlaws' Hack farm north of Kincardine (see our [July Newsletter](#)), we once again visited the Mennonite-run produce and general store in Bervie where we always get fresh local produce and fruit during our stay. We also found the **Burns and Wound (B&W) Ointment** made by the Mark Stoll family, which is also where the excellent HOPE produce comes from which we offer in the Store and include in our Food Boxes. As you know, we greatly value all natural approaches to any health challenge that may arise. This soothing salve, which we have already very successfully used for our own needs, contains only [Honey](#), [Lanolin](#), [Olive Oil](#), Wheat Germ Oil, [Marshmallow Root](#), [Aloe Vera Gel](#), [Wormwood](#), Comfrey Root, [White Oak Bark](#), Lobelia Inflate, Vegetable Glycerin, Bees Wax and Myrrh. It can be used to alleviate symptoms of cuts, burns, bruises and tissue injury (when not too serious). We were so impressed by this salve that we are offering it at our Store now for anyone who values natural healing assistance.

**Wishing you all a pleasant month of
September,
Wolfgang**

