



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,

It was bone-dry, but finally the rains came! After a beautiful few weeks where all farmers were able to blissfully catch up on any loose ends resulting from the coldest April on record and all the snags that came with it, it was turning out to be very dry so early in the season. That changed with the recent delightful rains we got – especially beneficial for all the hopeful transplants growing in the fields, but also for the weeds which always tend to proliferate much better than the crops. That is why we have our trusty



and experienced hoers, who have been in the fields keeping the weeds at bay for a few weeks now. You can see the results in a recent close-up shot here of **Chard** growing on the Pfenning's Farm. Not much longer, and it will be ready for harvesting – along with a whole list of greens we have been waiting for... such as new Spinach, Lettuce, Dandelion and more to come. Next week, for instance, we are expecting Lettuce and Kale – not from Pfenning's just yet, but hang in there, it's coming!

With the return of all this local goodness, we must congratulate all those **Local Basket customers** who have been hanging on throughout the whole "Potato, Beet, Rutabaga and Parsnip Season." Tip of the hat to all of YOU! You can also say thanks to Almut for holding off from putting Black Radish in your Local Baskets. Although it supposedly boasts considerable health benefits, most of us would gladly forego these and instead seek our health kicks elsewhere.

Just to sum it up, here is some of what's available and will be coming in the next few weeks: Asparagus, Baby Bok Choy, Lettuce, Kale, Spinach, English Cucumber, Red Radishes and Peppers. So far, they have been coming up to us from the U.S., but we are also expecting **LOCAL Strawberries** to roll in any time soon now. Keep checking the **Catalogue** – <https://www.pfenningsorganic.ca/ecommerce/food/produce/fruits>.

First Chicken Run of the Year Coming Fast!

As we have been announcing in our Newsletters, both this one and **Almut's weekly Store News and Specials Update** which you can subscribe to here if you like, <https://tinyurl.com/ycmhq9qj>, our **FIRST Chicken Run** of the year, scheduled for **June 29th**, is drawing very close – only three more weeks to go. Still time to sign up for your locally-sourced sustainably raised birds – free-run, organically fed, non-GMO grains, about 6-8 lbs for \$5.00/lb. To order, please, go to our **Catalogue**: <https://tinyurl.com/y83h2hb9>.

Canada Day Holiday – NO DELIVERY July 3 + 4

Summer holidays are coming up for many, especially our school children. As every year, we will be taking the Canada Day week after July 1st off. So **NO DELIVERIES on July 3/4**. Please, mark this date in your calendars

Many of you will be heading out for some vacation time yourselves at this time. Inspired by an account written by Lynda Wilson, **Walking Home**, Almut and I will be taking on the **G2G Trail** (Guelph to Goderich Trail) – a 127 km hike through southwestern Ontario along what, up to 1988, used to be a Canadian Pacific Railway route used mostly to transport grain from the Great Lakes to the eastern seaboard. Lynda and her husband Doug took their long, long walk in 2014, just before the trail opened. We will be passing through Elmira, Milverton, Blyth and McGaw, treading through farmland and wooded areas, over streams and rivers. We will also be coming close to some of our suppliers and make a little midsummer's stop at Christian and Gabi Boettcher's Farm, who are one of the suppliers of Lamb's Meat (ground and stewing lamb) to Fieldgate Organics. We will be looking forward to sharing our insights when we are **back for regular deliveries on July 10/11**.



On Plastic Packaging – Follow-Up

Since some of you had requested the option of using as little plastic packaging as possible in your Food Boxes, we announced in our last Newsletter that we would pursue this path. In the meantime, we have included the possibility to choose this option when ordering your Food Baskets. We were actually surprised to see so many of you go ahead and check off “**Yes, please use NO PLASTIC or as little as possible in my Basket.**” Although we had planned to replace plastic with paper bags, this has turned out to offer its own sustainability challenge. Paper, after all, is also a raw material which should be used sparingly and judiciously. It is also more costly than plastic, which imposes a new logistics challenge. So we will continue putting items that can handle it right into your Boxes without any packaging – such as apples, carrots and potatoes. For sensitive produce, such as leafy greens and lettuces, we may be using plastic bags so that everything gets to you as fresh as possible. In the long run, whenever necessary to use them, we will be working on choosing plastic bags that are biodegradable and have minimal environmental impact. Thank you for understanding and for working with us on this.

Warm Delivery Precautions

No longer do we have to worry about your goodies freezing after being delivered. But we do have to take precautions that they don't get too hot and spoil before you can bring them in, even if we do deliver early in the morning in most cases. If you go to our **Catalogue** and click on **Delivery Arrangements** (<https://tinyurl.com/ybob9s3h>), you will see a list of suggestions of what you can do to keep things from spoiling in **very warm delivery weather**. Get in touch with us for more individual solutions. We want to make sure you get everything in top shape. Please, also let us know if there are any quality issues so we can give you a credit.

Happy summer and pleasant holidays,
Wolfgang