



Veggies on Wheels



Volume 25 – # 296 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX June 5, 2023

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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,

Grandparents!

Almut and I have heard a lot about it from others, but we are now experiencing it first-hand: becoming grandparents! On April 30th, **Barnhild** gave birth at home to Marcel, her beautiful little baby boy. Everything went well and Barnhild is now taking some time off from the Store to devote all her time to the new family member. This does allow for the occasional visit, as you can see here, with Barnhild and Marcel enjoying the sun along with granny Almut, grampa Wolfgang and auntie Aurélie in front of Pfenning's Organic & More in St. Agatha.

Summer Holiday Schedule

While speaking of time off, we are once again heading rapidly toward the summer holiday season – time to look ahead at our and perhaps your own holiday schedule.

Once again, Almut and Wolfgang will be taking some time off on the bio-dynamic organic [Hack Farm](#) near Kincardine, which, as you know, is the home of Almut's sister, Elke and her husband, Martin (who provide us with their popular hearty [Spelt/Rye Bread](#) and excellent grass-fed [Ground Beef](#)).

You might have your own vacation plans for this summer. Please, do let us know if you won't be needing a delivery – or go ahead and schedule your own "[Blackout Date](#)" in your online [Pfenning's account](#).



NO DELIVERIES during the week following Canada Day (1st week of July)

➔ **NO DELIVERY July 3 + 4 + 5**

Looking ahead:

NO DELIVERIES the 2nd week in August (Civic Holiday week)

➔ **NO DELIVERY August 7 + 8 + 9**

Biweekly Deliveries

Customers on a biweekly delivery schedule will simply miss their delivery during the off-weeks. Your deliveries will resume two weeks later according to your biweekly delivery schedule. As always, let us know if you wish to adjust this in any way – best to send an email to store@pfenningsorganic.ca, or call us at **519-725-4282**.

Asparagus and More

Well, it's finally here, that so greatly missed growing season – and it is shifting into first gear by bringing on [Asparagus](#) and [Rhubarb](#), which is hand-picked fresh by **Almut** in her garden (*see it to the right*) as the orders roll in, and there is even the first [Cilantro](#). Of course, we have already been seeing local production – which you [Local Basket](#) lovers have been getting first-hand offerings of, – such as those greenhouse items like [Spinach](#), [Chard](#), [Kale](#), [Tomatoes](#), [Peppers](#), [Mushrooms](#), [Cucumber](#), and certainly those storage veggies, such as [Beets](#), [Rutabagas](#), [Potatoes](#) and [Cabbage](#). We're all looking forward to seeing more of those greens grown under the open sky, and judging by the fair weather we are being treated to now, it shouldn't be taking too much longer.



Asparagus and Rhubarb Recipes

If you are curious, you might want to venture over to our online [Recipes](#) section and check out the one very simple [Asparagus recipe](#) we have, or the several Rhubarb preparations we offer under [Desserts](#).

The simplest **Rhubarb** application is probably as a sauce. Well, yes, it does contain sugar, but here is the recipe anyway: **Old-Fashioned Rhubarb Sauce** (*found [here](#) in the [Almanac](#) under [Favourite Rhubarb Recipes](#)*)

Ingredients:

2 cups water

2 even cups [sugar or sweetener](#) of your choice (*probably less for sensitive pallets*)

3 lbs [rhubarb](#) cut into 1-inch pieces

Preparation:

Make a syrup with the water and sugar. Boil together a few minutes.

Add rhubarb to syrup. Then, when it starts boiling in centre, watch closely and let boil just 1 minute.

Now here is the trick that makes ordinary rhubarb sauce a Sauce Deluxe: Pour into a bowl or pan with a tight cover. Leave tightly covered until cold, and you will find a sauce very different from any you have ever eaten.

Bread 'n Butter Pickles – yes, there's a story to them...

While we are hanging in there to see the imminent arrival of all that local summer produce, we may have to draw upon some of the preserved foods to add some variety to our meals – such as the well-liked [Bread 'n Butter Chips](#) (actually pickles), which usually don't last long at our house. Very recently, I was intrigued to learn that the term may have come from a depression-era way of preparing very basic, simple, down-to-earth food with few, inexpensive and readily available items – such as [bread](#), [butter](#) (which was most certainly much cheaper in those days) and [pickles](#). If you are interested, you can read the fascinating story in this entertaining article with the enigmatic title [The Elusive Story of the Bread-and-Butter Pickle Sandwich](#).



**Wishing all a jubilant June,
Wolfgang**