



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX July 5, 2016

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – <http://pfenningsorganic.ca/>  
"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,

Just about a month ago we were happy to announce the few local items that were being harvested. And now...? There are almost too many to list here, many more now than what comes from abroad. But you can always check up on our **Local Basket** contents or go to our **Catalogue Produce** page – <http://pfenningsorganic.ca/ecommerce/food/produce/vegetables> – to see what is locally available. Despite the ongoing need for rain, everything is growing quite well. Our last Canada Day rainfall was ever so thankfully received, even though it may have put a damper on some of the holiday festivities.



Interestingly, every year when the summer months and holiday season roll around, we run into some fewer Basket deliveries as people head out for travel, pursue a busy summer schedule or live off their own or nearby gardens. On a side note, for this reason, you may expect your deliveries a bit earlier than usual these days. As always, please, let us know if we need to accommodate for any of your delivery conditions.

## Delivery Break for Regular Baskets – August 2/3 and 9/10

We have already been marking down special holiday delivery requests and cancellations for you. As every summer, we too will take a brief delivery break for the Regular Baskets. We are letting you know well ahead so you can adjust your own schedules. Please, be sure to mark down the following dates:

**LAST WEEK of JULY:** Delivery on Monday & Tuesday, July 25/26, exceptionally!

**FIRST & SECOND WEEK of AUGUST – August 2/3 and 9/10:** NO Delivery of Regular Baskets – **ONLY CUSTOM ORDERS** Delivered!

You can place Custom Orders on our **ONLINE CATALOGUE** at <http://pfenningsorganic.ca/ecommerce>. This is a great opportunity for you to try out what else Pfenning's Organic & More has to offer! After that, we will be resuming our normal delivery schedule again on August 16/17.

If you already get a **Custom Box**, you will get your delivery as usual, only the day and time may be adjusted for those two delivery weeks. Our daughter Barnhild will be faithfully delivering your Baskets during this time. She will contact you ahead to let you know when you may expect your delivery.

Any questions? Get in touch with us! Call 519-725-4282 or email [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca).



## Last Call for the Chicken List!

There are not too many left, but there is still time to order your **Whole, Fresh Chickens** for pick up at the Store on July 14<sup>th</sup> – or delivery to your house the following Tuesday and Wednesday (July 19/20). No worries, we will keep your birds (@ 5-8 lbs, \$5.00/lb) nice and fresh in our walk-in cooler. Sourced locally from Elmira, raised outdoors on pasture and organic grains.

Call the Store (519-725-4284) or order online: <http://tinyurl.com/pgc2pbe>.

## Thinking Things Over – Question to Our Customers: RESULTS

In our last Newsletter, we had put out the question of possibly increasing the price for the Small and Large Baskets to accommodate for rising food costs. We got lots of feedback – and the general consensus suggests that most of our customers are **happy with the Baskets the way they are**. Variety and quantity were found to be great for the needs of most people. There may have been one or the other customer who would like a bit more food, but we pointed out that they can always check out the upcoming Basket Contents and then go to our Catalogue and add on whatever they need extra. There are also many combinations of Baskets you may want to try to fill all your produce needs. Remember, we have five different types of Baskets in two sizes each, so lots to choose from. So for now, we are leaving things the way they are. As the saying goes, if it works, why mess with it?

## Canada Day Fallout – Bottle Pick-Up

After any holiday merriment, such as this past Canada Day, you may be stuck with some empty spirit bottles. Please, remember that during our delivery run, we offer a courtesy pick-up of any empties you may loathe dragging to the beer store. Just leave out any empty beer, wine or spirit bottles for us on your delivery day and we will take them along for you.



### Potatoes, Potatoes, and Potatoes

Almut asked me to put forth an apology to you for imposing so many **Potatoes** on you in the recent Baskets. They weren't the prettiest, but we always very generously planned in a good amount more. Since it is that season, you may want to cut them in slices, roll them in olive oil, add your favourite spices and throw them on the barbecue until they are golden brown in just minutes. Great finger food and excruciatingly delicious!

## Farm Tour and More – July 14

Every year, we get inquiries from our customers about tours of the Pfenning's Farm. This year, there will be a **Farm Tour**... and more. On July 14th, the Pfenning's Farm will be holding an event centered around the **Temporary Foreign Worker Program**. Part of the event will also be offering a farm Tour. So come out to the Farm on July 14<sup>th</sup>.

**As Jennifer Pfenning says on the Farm site:** *Join us for a fun and informative evening! Food, field tours, a panel discussion and outdoor screening of the documentary, *El Contrato* (The Contract, about 1 hour long).*



Here is the **Schedule** (<http://pfenningsfarms.ca/14-july-film-on-the-farm>):

**6:00pm Food!** Get some delicious gluten-free and vegetarian food from Meme's Café and other vendors (\$\$).

## FARM TOURS

**6:30, 7:00, 7:30, 8:00 pm are your start times for field tours.** These will give you a chance to talk to our Jamaican workers as they give you a tour of our fields.

**8:00 Panel Discussion and Q&A**

**9:00 Film (*El Contrato*)**

Check out our facebook event page (<https://www.facebook.com/events/242256539485549>) for updates and to join the conversation!

Your chance to see the Farm and meet some of the Jamaicans – among them Christopher in the picture above – who will show you around and answer your questions.

**Happy summertime,  
Wolfgang**