



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,

Healthy and Happy New Year!

We are back for another year of offering you our ongoing organic home delivery service – going strong with the committed support of our customers since 1998 (hard to believe that's 27 years).

A very heartfelt **Thank You** to all our dedicated and so considerate customers for all your well-received and much-appreciated holiday wishes, gifts and recognition. We were very touched by your generosity and kindness. As always, it is our pleasure to serve all of you in our lively Pfenning's Community. We will continue in our efforts to bring you the best in local as well as not-so-local organic foods and goods.

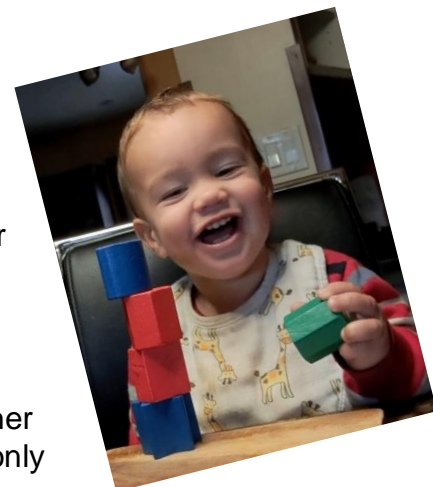
Thank you



As our children grow older, they continue to create their own lives and be up and about, making it ever challenging to get us all together for a family photo. Hence, we underline our good wishes for the New Year with an earlier group shot from all of us (we all still look pretty much the same), with Barnhild, Almut, Wolfgang, Aurélie, Holger, Adam, Bernhard, and Barnhild's little Marcel below sending you greetings for a thriving, healthy and happy 2025!

Once Again – Safeguard your deliveries against freezing!

We may definitely sound repetitive, but we do want to make sure that all our Food Box customers – notably those of you receiving early morning deliveries – take precautions to safeguard your goods against the possibly damaging effect of **freezing temperatures** before you can bring them inside. If you should not have seen them yet, you will find some **Storage Suggestions** on our [Delivery Arrangements](#) page. Thank you to all of you who have already been leaving out your sleeping bags, blankets and quilts for me to wrap up your early morning deliveries and keep them protected from any sub-zero temperatures. Allowing for access to an enclosed porch, mudroom, shed or garage also works very well. Leaving out a big cooler to put your box in or transfer items to is another great method to keep things from freezing until you can bring them inside. The only items we're not worried about are those that are already delivered frozen.



It's Root Veggie Time

Once January rolls around, we can really feel that fresh local veggies are concentrating mostly on all those roots and tubers. If you have a look at our [Local Baskets](#), you will see things like [Sweet Potatoes](#), [Carrots](#), [Yellow Onions](#), [Rutabagas](#), [Yellow Potatoes](#), [Parsnips](#), but also [Leek](#), [Crimini Mushrooms](#), [Baby Bok Choy](#), and [Garlic](#). If you are looking for fresh [Broccoli](#), [Green Onions](#), [Cucumbers](#), [Zucchini](#) or [Spinach](#), you will have to opt for the [Blender](#) or [Wild Baskets](#), or even the [BITZI](#) or [Smoothie Basket](#). Now that we are into our more seasonal colder temperatures, all those roots lend themselves to a hearty soup, stir-fry or veggie casserole – for all of which you will find ideas in our [Recipe](#) section.

As always during the low season, and – going by experience – especially in the new year, prices for imported vegetables (such as [Celery](#) or Cauliflower) shoot up, only to come down eventually, or after few weeks. With all the great local offerings that we have at our disposal, this is one ride you may just want to sit out – as Almut does when she backs off from purchasing over-priced produce for the Store. Almut does a great job of providing the best value and variety possible in your Baskets and in the Store – every week!

Fancy Fruits?

If you fancy fruits, this week's [Fruit Basket](#), or the [Smoothie](#), may entice you with [Bananas](#), [Avocados](#), [Ambrosia Apples](#), [Blueberries](#), [Clementines](#), [Cara Cara Oranges](#) (very tasty!), [Red Anjou Pears](#) and [Lemons](#). Quick update: we just got [Granny Smith Apples](#) in from B.C, if you like their crunchy tartness. Or wonderfully sweet [Blood Oranges](#) for an added citrus variety. Looking for more fruits? You can always add anything on to your pre-packed Basket from our [Fruit](#) section, or place a **Custom order** from our [Catalogue](#) with anything you like – delivered with a smile right to your front door.

How to Get Enough Vitamin D in the Winter

Along with the dipping temperatures, something else that goes down during these shortest days of the year that are so poor in daylight are our **vitamin D levels**. Since we run into this every year around this time, we have already talked extensively about this matter in a [past Newsletter](#) (back in 2023, if you care to check it out), but it may deserve to be looked at again.

As we all know, sunlight in our latitudes is much sparser in the winter, despite the curious fact that we are on the same latitude as southern France. Furthermore, whatever we do get when the sun shines is much less taken advantage of because we tend to stay indoors much more, the sun is less intense and our skin that synthesizes vitamin D when exposed to sunlight, is all nice and bundled up. Short of going outdoors and exposing as much skin as possible to the sun when it does make its appearance, we can look at food to boost vitamin D levels. According to [government statistics](#), some things we can do are eat [fish](#), drink [milk](#) or fortified [plant-based beverages](#). Other than this meagre advice, which does not mention other foods containing vitamin D such as [egg yolk](#), [cheeses](#), diverse [veggies](#) and [mushrooms](#), we highly suggest you look back at our very concise [article](#) pointed out above – or ask us and we can give you a printed version.

NEW: Beef Tallow

We recently added 100% grass-fed organic [Beef Tallow](#) (from Elmira) to our [Catalogue](#). Beef Tallow is great for high-heat cooking, like deep frying, roasting and searing. It can also be used as a binder to help seasonings stick to food and create a crispy crust. Finally, also looking at the vitamin D challenge we just addressed, wouldn't you know that Tallow is a good source of vitamins A, **D**, E, and K!



Happy 2025 to all of you!

Wolfgang, Almut and all of us at Pfenning's Organic & More