



Veggies on Wheels



Volume 25 – # 301 NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX November 6, 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,

Frosty Mornings and a Quarter Century of Food Boxes!

After what seemed like a beautiful month of October with astounding fall colours, we are now into much more seasonal weather, starting off with a few freezing nights past week. That being said, we encourage all you Food Box recipients out there who get an early delivery on Tuesday or Wednesday to take **cold delivery precautions** when early morning temperatures are anticipated to be sub-zero (see our online [Storage Suggestions](#)). I was happy to see that several of you watchful customers already thought ahead and left out your blankets, quilts or sleeping bags for me to wrap your orders into, keeping them protected against any frost damage.



Last month, we gleefully celebrated 30 years of **Pfenning's Organic & More**. This month, we are looking back to November of **1998** when we delivered our **FIRST Food Box** (to Stratford, incidentally). Following our customers' suggestions and requests, we began our **Home Delivery Service 25 years** ago. What started out initially as an opportunity to get acquainted with organic food in the days before it became more commonplace has since evolved to a reliable and convenient source of local organic production and high-quality sustainable health products. May you, our faithful Food Box customers, continue to avail yourselves of all our Store has to offer through our Home Delivery Service. May you, all our new customers, allow us to offer you the opportunity to come to the same appreciation.

End of Year Holiday Preview

We know that once the year draws towards its end, people start making holiday plans. To help facilitate those, here is our upcoming **Holiday Delivery Schedule** for you to mark down in your calendars. As always, let us know any of your own delivery updates, breaks or cancellations as soon as possible. You can also schedule these [Blackout Dates](#) on your own in your online profile.

The last delivery run for 2023 will be on December 18-20.

NO DELIVERIES on December 25-27 and NO DELIVERIES on January 1-3, 2024.

We will be back again for deliveries in the New Year on January 8-10, 2024.

No worries, you may expect another holiday delivery break reminder in our December Newsletter.

Orange Shortness and Supply Crunches

If you have unsuccessfully been looking for **Oranges** in our online [Catalogue](#), may you be reassured by the fact that we are currently right in the middle of an [orange shortness](#) – although our supplier sees Valencias on the horizon. Keep checking our [Catalogue Fruit department](#) for availability! We are told that the orange harvest this year has suffered greatly due to difficult weather and disease, putting particular stress on the **Orange Juice** (available at Pfenning's from [Black River](#) and [Happy Planet](#)) supply situation. Anyone ordering certain other products, especially in bulk or larger quantities, may also have noticed that you need a lot of patience, as supply crunches have seen us waiting for much longer for some products to come in. Fortunately, we still have a variety of [Fruits](#) available that can also supply vitamin C or other nutrients you may be seeking in oranges, although you may have to do without its distinct and so well-liked citrus taste for a while to come.

No Shortness of Egg Nog!

Just in time for the pre-festive season, we are thrilled to announce that Harmony's incomparably delicious [Egg Nog](#) is now available until Christmas. Enjoy it while you can!



Love your Mayo – and make your own!

Moving on to more appealing items, I recently had a culinary epiphany in the much-loved realm of **Mayonnaise**. Many years ago (when I was still a bachelor and discovering the convenience and joy of preparing foods from scratch), I took a heightened interest in making my own mayonnaise. The sudden insight I just referred to stems from my initial understanding that when making mayonnaise you used only the yolk of eggs, not the whites, and had to very carefully drizzle the oil into the yolk while beating it and only then add the other ingredients. What a revelation it was for me to learn that – when Almut and our daughter Aurélie started making it – there is a much simpler recipe for Mayonnaise where you use the whole egg and don't have to fuss around much when adding the other ingredients (based on [Matt's Recipes](#) and using [Matt's Fine Oils](#)).

Long story short, here is **Almut's and Aurélie's Mayonnaise recipe** (modified from [Matt's Recipe](#)):

Sunflower Mayonnaise Blender Recipe – using [Matt's Oils](#), locally-pressed fresh every month

Ingredients (all organic, if possible) – IMPORTANT → all at room temperature!:

2 [Eggs](#)

2 tbsp. [Apple Cider Vinegar](#)

[Garlic](#) (1 clove, minced), Salt, Pepper, to taste

1 tsp. [Mustard of choice](#) (we like [Koops Arizona Heat](#) or [Horseradish](#))

1 squirt [Lemon](#) Juice (or to taste)

Dash of [Cayenne](#) (optional)

[Sunflower Oil](#) 1 to 2 cups, as needed

Blend all ingredients (except oil and vinegar) with a blender or in a mixer until thoroughly combined. ALL ingredients must be at room temperature! With the blender/mixer still running, very slowly drizzle in some of the Sunflower Oil, with the quantity adjusted to what you need until creamy, mayo-like consistency is reached.

Then, slowly add Apple Cider Vinegar and continue to blend until all blended.

Again, very slowly, drizzle under Sunflower Oil and continue blending until thick (mayo-like) or desired consistency is reached. Don't be hasty with the procedure. Be patient and delicate!

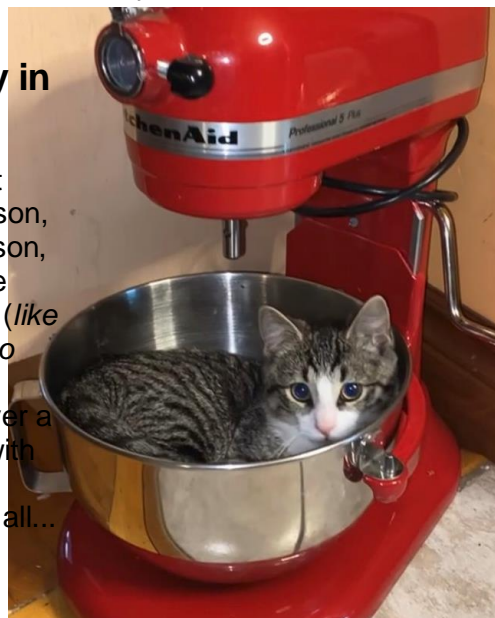
Refrigerate. Keeps well for about 3 weeks (*but will very likely be consumed before that, like in our house!*).

Now how is that for a simply mind-blowing recipe of a staple item in western cuisines? So easy to prepare, and – all depending on your taste accommodating ingredients – so delicious! Need I say what mayonnaise can be used for? Get in touch with us if you are at a loss. Very important: **ALL** ingredients must be at room temperature. If you still prefer pre-fabricated mayonnaise, [Maison Orphée Mayonnaise](#) is back in stock, or any others to be found in the [Condiments department](#).



Brat in a Box and Kitty in a Bowl

Whether it's at the Store or at home, whether it's our grandson, **Marcel** (Barnhild's adorable son, now 6 months old) or our little kitty, **Mina**, in a blender bowl (*like the one you could make mayo in*), we are always well-entertained – and there's never a dull moment. We leave you with these images of serenity and capriciousness and wish you all...



A peaceful month of November... Wolfgang, Almut & team