



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,

Here we go – the LAST Newsletter of 2016, well, at least the last full Newsletter. We are planning a final one for the Christmas week and this year's last delivery coming up on December 20/21.

While we are talking about delivery, here is our **Holiday Delivery Schedule**:

There will be **NO DELIVERIES December 27/28** – so NO DELIVERIES the last week of December.

There will be **NO DELIVERIES January 3/4** – so NO DELIVERIES the first week of January.

Please, mark these dates down in your calendars and do let us know if you would like us to cancel any upcoming deliveries for you. We know that traditionally there is a lot going on when we are heading towards Christmas and we would be happy to arrange your regular deliveries around your holiday plans.

We will be back for regular deliveries in the New Year on January 10/11, 2017.

All you Biweekly Customers out there, be aware that you will simply miss out on your usual delivery if it would be during one of the holiday weeks. Your next delivery will then be two weeks down the line. Let us know if you wish an adjustment.

Wrapping Things Up

Now that we have the delivery formalities out of the way, we can start by bringing all the thoughts worthy of mentioning into a delectable form. Plenty to talk about in our wrap-up Newsletter. A bit late, but I had wanted to inquire about how the Great April 2016 Garlic Challenge turned out for all of you who participated.

There was some critical advice coming from my better half suggesting that it is indeed a bit late to ask about this and that this year's personal Garlic bounty is on no one's mind anymore. I do hope that, even if your Garlic may no longer be on your mind, it is tangibly and forcefully on your plates. I also had planned on sharing some final field news from the Pfenning's Farm. It seemed intriguing to me that, while the field work on the whole has now been completed, we have still been harvesting beautiful Spinach and Red Kale and there is still more out there, despite the recent intemperate conditions (rain and cold, rain and cold...). However, you may be loath to hearing about field happenings again, so we'll just offer a recent field shot from the Kale field in all its red-violet splendor – check out the colour version on our Newsletter page: <http://pfenningsorganic.ca/Newsletters.htm>.



“BBD”

What does beg to be mentioned is a recent newscast I overheard reporting on the **world's first food waste supermarket** – no, not in Canada, but in Denmark! No sooner had we talked about how 31 billion dollars worth of food is wasted right here in our country (that was in our last Newsletter), when it turns out that someone on the other side of the Atlantic realized that they too were throwing out too much – about 700,000 tonnes of food every year (in a country with only about 5 and a half million inhabitants). So instead of throwing expired or blemished food in the garbage, a new Danish supermarket is now offering a tasty alternative to food waste by giving leftover, unwanted food a second shelf life. While it's illegal to sell food past its date of expiry in Denmark, it's still legal to sell food that's past its best-before-date – **BBD**. The Danish Food Waste Supermarket is a huge success there. They are about to open another one with a third one in the planning. Britain is also following the trend when it opened up its first food waste supermarket this year. People from all wakes of society seem to be flocking to these stores to get a deal on food past its best-before-date.

So, the obvious question is: Would this work in Canada? It turns out that there are already some grocery stores in Windsor that are selling products beyond their "best-before-dates" – and it appears to be perfectly legal. What is legal may not necessarily be safe, you might object. Before we boggle you with too much theory, be aware that the term "best-before" (the same as "use by...") is not an indicator of food safety, only of food peak quality, a manufacturer's best guess as to when their claim regarding the product's freshness, taste, nutritional value or other claims may no longer be valid.

So is BBD Food safe to eat?

While this point is clearly not on some people's minds, whether to consider eating BBD (best-before-date) food or not may now have made its way onto your food radar. After all, safety first, right? Yes, but there's more to it than meets the eye – literally. I heartily recommend you take a look at Getty Stewart's excellent article **What You Need to Know About Best Before Dates in Canada:** <http://tinyurl.com/js76qop>. It puts everything into perspective and sums it all up, even offering some hands-on examples. In the end, we have to make our own judgment calls based on our food knowledge, experience and reliable, trustworthy information. For example, would you throw out a 3-year old Cheddar which is one year past the BBD? Hardly, because you know that age will only make it better.

Incidentally, as you may know, in our Store we also offer BBD products – in our in-Store **Outlet** – and encourage the acceptance of not-so-perfect but safe-to-eat better-priced food. It's not quite like in Denmark yet, but people hither and you are open to avoiding food waste – and saving some money at the same time.

Store News and Specials

Speaking of savings, Almut puts out a **Store News and Specials Newsletter** every week where you can stay informed featured and specialized items. If you want to get on the email list for the Store Newsletter, you can do so on our site at <http://pfenningsorganic.ca/newsletters/subscribe.cfm>. For Almut's Newsletter, choose **Store News and Specials**. For Wolfgang's Newsletter (the one you are currently reading), choose **Home Delivery**.

Green Mountain Gardens



Several weeks ago, we were happy to receive our first shipment of greenhouse greens from **Green Mountain Gardens** in Stoney Creek. In this startup greenhouse operation, we will be seeing these and more greens throughout the winter months: Baby Bok Choy, Green Kale, Spinach, Parsley, Chard, Cilantro, Collards, Dino Kale and Green Onions. They are shipped to us in bulk as available every week and we bunch and pack them in the facilities of the Pfenning's Farm. This means less reliance on imported leafy greens and thus more sustainability, it will keep us busy during the winter months, and we will have local greens year round. These greens are very tender and mild-flavoured, and we are excited to be including them in our Local Baskets in the months to come.

Bin sign up

We would like to encourage our newcomers with regular deliveries or a Standing Order to consider requesting delivery in our **Plastic Bin**. We don't mind delivering in cardboard boxes, however, it is easier to stack and transport the Bins and they offer your Food Box goodies more protection. Do get in touch with us and let us know if you would be alright with this. We may also be contacting you. You should know that there is a refundable \$25.00 Bin Deposit which would be added on your first Bin delivery.



Custom Box Minimum Order

No one likes price increases, but due to ever increasing operating costs, after a very long time, we need to adjust our **Custom Box Minimum Order** up from \$50.00 to **\$75.00** for free delivery. This Minimum Order adjustment will be taking effect in the New Year. Pre-packed Baskets plus any Add-Ons are still delivered free!

Cash Coupons

Lots of our customers enjoy the **Cash Coupons** we give out for cash payment. We will also be adjusting the amount of Cash Coupons we hand out for cash payments to keep them in line with the 1% you may deduct from your total for Interac e-Transfers. So you will still be getting Coupons if you pay with money, only not quite as much.

Wishing you all a peaceful and healthy pre-Christmas season,

Wolfgang

