



# Veggies on Wheels



Volume 24 – # 285      NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX      August 8, 2022

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

"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.

## Dear Pfenning's Food Box Community,

### Season's Abundance

Seeing the recent widespread much-needed rainfall throughout our region, we can honestly say that we are **extremely thankful and happy** (although we can now certainly use some more). After a few more restful days camping close to the shores of Lake Huron, again on the Hack Farm north of Kincardine, we return invigorated from the Civic Holiday break, looking forward to serving you again with our Home Delivery Service. Sister-in-law, Elke (Almut's older sister) and her husband Martin, along with his son Matthias, and Martin's brother Uli, were hustling to get the hay and straw in from the fields before the expected downpour, some days working until late into the night. As you may know, they bio-dynamically and organically raise beef and grow grain, while Elke and Martin's son-in-law, Chiel, grows potatoes and red beets, among other things. We were happy to bring along a few hundred pounds of the first batch of just harvested **Annabelle potatoes** – which, in our opinion, is one of the tastiest yellow potato varieties around. Along with his sister-in-law Heide, Chiel is also growing garlic, which was already harvested and is in the process of being dried. Their excellent local garlic will soon be available at Pfenning's Organic & More.

In our own nearby vicinity, the season's abundance is likewise delightfully apparent. If you cannot come to our Store to see it live, go to our online **Vegetables** page to see what is currently available. At the top of the page, **Basil** markedly catches the eye. This year's basil is beautiful and very fragrant. You can put it in your salad, on your pizza, on your sandwich, or use it in any desirable way to embellish and ennoble your dishes. For us, the application of choice for basil is to transform it into **Pesto Sauce**. Pesto is so easy to prepare with such delicious results that you may want to give it a try if you have not yet done so. You can find the recipe under **Sauces & Dips** on our online **Recipe** page. Essentially, all you need is basil, garlic, olive oil, cashews (you can also take hemp seeds or pine nuts, but these are quite costly) and – optionally – some salt which you all mix in a blender to the desired consistency (not too fine). Buon appetito !



### Local Fruit

Don't forget that you can also partake in the abundance of **Palatine sustainably-grown local fruit** –Peaches, Plums, Apricots and Nectarines are on the menu now. Get in touch with us for greater quantities, such as full or half cases.

### Chickens and Turkeys

We just received our first batch of local, organic, free-run heritage Chickens. If you missed it, you will be relieved to know that our next batch is set to be ready by October. We are already taking names of anyone wishing to be on this next **Chicken List**. Give us a call or send us an email to get on the list.

We are also working on our **Turkey List**, with a limited number of local, organic, free-run Turkeys to be ready for Thanksgiving which is only about two months away. We are bringing this to your attention early to give you enough leeway for your planning. Again, give us a call or send us an email to get on the **Turkey List**.



## Store Changes

Anyone who made it to our Store in St. Agatha recently (*we're just 5 minutes from Waterloo*) could not miss our new vegetable display counter offering what is being called the best selection of local organic veggies all around. We all may have felt a bit of nostalgia when retiring our old wet counter, which was with us for almost a quarter of a century (and already used then), but gave the new, much-needed stand a warm welcome. It's quite a bit bigger and keeps all the veggies, cheese and much more nice and fresh with much more efficiency. We'd be happy if you dropped by to have a look and say hello if you are in our area.

### Before...



### After...



**Wishing you all a wonderful August,**

**Wolfgang** (*with Almut & Barnhild greeting you from the Store*)

