



# 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,

**Welcome to a brand new year of fascinating organic products and service!** We are very excited to be back again to bring you the very best of local and imported organic food and products, brought to you by our very dedicated and knowledgeable team – Almut, Kacy and Andrea – and delivered to you with incomparable gusto and singular commitment by me, Wolfgang.

The old year went and the New Year came with classic vehemence – alluding to the “classic winter” which the experts have been promising for this cold season. With the more than classic cold finally relinquishing its stronghold grip, some of the old timers may facetiously interject that despite the frigidity, we have still not reached classic snow levels. Yet, I have heard seasoned locals maintaining that “it’s still enough.”

We have all heard that the extreme cold has a large part of the continent in its grip. We are feeling that in the availability and pricing of certain items. In any case, we are still looking forward to again receiving **fresh greens**, for example Kale and Spinach, packed specifically for Pfenning's and coming up to us from **Florida and Georgia**. This steady stream of fresh produce from our own longitude will help to supply us with greens all the way into spring.

## Mountain Gems Coffee

Another item coming to us from southerly realms to offer us nourishment of a different kind is... coffee. Our **Mountain Gems Coffee** – check it out here: <https://tinyurl.com/yczhg4bp> - is currently **on sale** for \$15.00/lb (reg. \$17.00/lb). **Mountain Gems** is fair-trade, organic and roasted right here in Canada, Mississauga actually. One of our great-tasting coffees!



## Cold Delivery

Although we greatly enjoy talking to you about warm places and what all is coming from there, we also have to keep our feet on the ground and bring to your attention the importance of helping us with your **cold delivery**. We deliver early in many cases, so early you may not be up yet. So until you get to bringing your goodies in out from the cold, we would greatly appreciate if you helped insure they remain safe from the cold... by leaving out a **heavy blanket** or a **sleeping bag** or a **cooler**, and we will wrap your order up or transfer it to the cooler – and you will be all the happier for it, finding everything in great condition when you go out to bring it in an hour or two later.

Thank you for assisting us with our element-safe delivery procedure!



## Shopping Organically Wisely

No too long ago, someone placed a Food Box order with us, maintaining that she had changed jobs and was making less money now, but still wanted to eat organically. She started with some of our pre-packed Baskets, eventually making little Add-Ons. Some time later, she dropped by at the Store, not only to do a little shopping while she was out, but also to share her experience... and learn a little more.

Turns out that our **Food Baskets** helped her to not only shop on a budget, but to make do with what she had. She made sure to use up everything she got, planning it judiciously into her meals throughout the week. She valued the quantities and the variety of what she received in her Baskets. Almut helped her some more by pointing out the ever applicable golden rule to live – and eat – with the seasons. Eating with the season at this time means embracing root vegetables, mostly. We can throw in the mix Onions, Squash (*only Butternut locally available now*), Cabbage, (*still*) Leek and Mushrooms, even Sprouts and hydroponic Lettuces. What an enticing variety for this time of the year. And it fills your shopping cart a whole lot more, quantity and weight-wise, than if you focus on imported produce. Oh yes, it does mean spending time in the kitchen and doing some old-fashioned cooking. But what better can we do than this for our health and well-being! Saving money on top of all that, that's really shopping organically wisely.



### Soup 'n Stew Vegetables

While we are delving on the archaic notion of actually spending time in the kitchen and preparing meals from scratch, it may be redundant for some, but others might be interested in learning that Almut has planned a new item that will make it a pleasure to prepare one of the classic winter dishes: **Soup, or Stew**. Get a bag of **Soup & Stew Vegetables** – check it out here: <https://tinyurl.com/y7axqzrf> – and away you go with all the ingredients to prepare a delicious, wholesome, healthy and satisfying winter dish. Have a look at a given week's Local Basket and add on any veggie not included – which would be Rutabaga and Celeriac this week.

### Soup 'n Stew Vegetables - Recipe

Let's say you have your 2.2 lb bag of **Soup 'n Stew Vegetables** and want to prepare a soup or stew. Nothing simpler than that. Here's how:

- After washing them (no need to peel), chop or dice the vegetables coarsely/fine.
- You may want to add a heaping tsp of grated Turmeric for some added flavour.
- Put the veggies in a pot and cover them with water.
- Optional: You may also add 1 cup of green red lentils or split peas.
- Cook everything until it is soft.
- You can leave the veggies whole or purée them.
- Add 1 big Tb of butter (or ghee) and season to taste.
- Seasoning tips: The veggies in themselves have a great taste, no need for much seasoning. If you like, you can add some pepper and salt, cumin, curry, ginger, that's about it.
- If you add more water, it will be more like a Soup. With less water, it will be more like a Stew. Turns out differently every time. Done!

**Wishing all our customers a happy, peaceful and healthy New Year,  
Wolfgang, Almut, Kacy and Andrea**