



Veggies on Wheels



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

Dear Pfenning's Food Box Community,

After our wonderful Canada Day holiday, we are back to serve our **Pfenning's Food Box Community**. We spent some relaxing days camping at the beautiful **Hack Farm** north of Kincardine, with their spectacular traditional summer solstice bonfire highlighting our stay. Many of you will know the Hacks because Elke is Almut's sister, with Martin being Almut and Wolfgang's brother-in-law. You may also be familiar with their excellent **Beef** products and nutritious and wholesome **Spelt & Rye Bread** which is available at our Store (*just search Hack Farm in the online site Catalogue*).

Local Production Ramping Up!

While grain and corn farmers are still behind as a result of our cold, wet spring and are yet a far cry from the old farming benchmark, specifically for corn, "knee-high by the Fourth of July," our local production has accelerated dramatically in the meantime. We are extremely thrilled to be able to offer so many **fresh greens** and other regional produce to you now, most of which are coming directly from the **Pfenning's Farm**. Talk about all the Lettuces, Chards, Spinach, Dandelion, Parsley, Radishes, Red Beets, Bok Choy, Cucumber, Garlic Scapes, Green Onions, Kale, Fennel, Cilantro, Peppers, Zucchini, Cabbage, Rhubarb and – finally – Strawberries! We can't put all of these great local veggies and fruits in your Baskets at the same time, but you are sure to see many of them and one or the other in the coming weeks.



Summer Holidays

Many of you have already taken your leave for the summer holidays. We too will be taking a **DELIVERY BREAK** the **LAST WEEK of July** and the **FIRST WEEK of August** (*visiting our 2 oldest children, Barnhild and Adam, in Bavaria*).

Here again is our **Holiday Delivery Schedule**:

NO DELIVERIES the last week in July and the first week in August ► NO DELIVERIES
July 30/31 and August 6/7 (Family Vacation Time).

The **LAST DELIVERY** in July will be pulled ahead one day to **July 22/23 ►** so deliveries on **Monday and Tuesday** exceptionally.

Payment Update

Many of you have thankfully realized that credit card payment is becoming increasingly questionable – applicable mostly to the payment requirements dictated and preferred by online and big box store purchases. In these times of growing focus on sustainability, it would appear as desirable to choose payment options that are direct, without a corporate and parasitic



intermediary that leaches a percentage off each transaction simply for promoting ease of payment. So we are thankful to you, our customers, who are opting to pay by cash or Interac e-Transfer – now our preferred methods of payment. Cash is king! Nothing is more direct and discreet. **Interac e-Transfer** goes directly from your account to the payee, with no intermediaries profiting along the way. We still offer cheque and credit card payment. But if you have the choice and are not dead set on your method of payment, we would ask you to forego credit card payments and consider **Interac e-Transfer**.

Transfer or cash.

Grilled Garlic Scape Pesto

This week, all Baskets (except for the Fruit and Smoothie) are including beautiful **Garlic Scapes** from Golden Acres Farm just north of Stratford. If you are still debating what to do with them, other than cutting them up and treating them like onions, you may want to try the following inspiring **Grilled Garlic Scape Pesto** recipe (from “Homemade with Love,” by Jennifer Perillo) which you can use as a dip, spread, and pasta sauce or in any way your culinary imagination allows:

What you need for about 1 cup or 230 g:

10 Garlic Scapes

½ cup (56 g) freshly grated Parmesan Cheese

½ cup (44 g) shelled, unsalted Pistachios or other Nuts of choice, toasted

½ cup (125 ml) extra-virgin Olive Oil, or more as needed

Freshly ground Black Pepper

How to prepare:

Preheat a gas grill. Cook the Scapes, turning frequently, until they are slightly charred all over, about 3 minutes. You can also broil them: preheat broiler. Place the Scapes on a baking sheet and cook them, turning frequently until slightly charred all over, 2-3 minutes.

Add the Scapes, Cheese and Pistachios or Nuts to the bowl of a food processor. Pulse until the Scapes and Nuts are very finely chopped. Slowly add the Olive Oil – more Oil for a wetter Pesto, esp. with pasta – while pulsing until it forms a wet paste. Season with Black Pepper to taste.

Embrace the Lettuce

Now that the local **Lettuces** (Green Leaf, Red Leaf, Romaine) are in full swing, and for a phenomenal price of currently \$2.25 for a beautiful, voluptuous head, we warmly suggest and recommend that you **embrace the Lettuce!** We have a number of customers who have asked for Lettuce to be substituted – except for Salad Mix, which is from California and will not be in your Baskets during the summer months. You can order Salad Mix extra if you like.

A quick search reveals that although low in fiber, especially Romaine Lettuce is high in minerals, such as calcium, phosphorous, magnesium, and potassium. It is naturally low in sodium, very high in vitamin C, vitamin K and folate and a good source of beta carotene, which converts into vitamin A in the body. Lettuce is also very low in carbs and calories, and actually very easy to prepare – just cut it into pieces, wash it well and spin it dry, and now add your favourite salad dressing or vinaigrette. Embrace that Lettuce!

Finally – Happy Summer,

Wolfgang