



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

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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,

Gerber's Meats

Several weeks ago, a man walked into the Store revealing himself as a local pig farmer from Wellesley, very close to us, indeed. He inquired whether we were open to selling his wares, produced on his farm – **bacon, chops, sausage, hams and roasts** – at Pfenning's Organic. After taking note of Almut's judicious hesitation, he came back a few days later with some samples... and that's what won us over! The bacon, chops and sausages he left with us for sampling were among the most delicious we had ever tasted. Jesse of Wellesley, as he could be termed, later explained that, besides grains, he always gives his pigs access to fresh hay 24/7. Lo and behold, having the choice between grains and hay, or grass in the summer, the piggies liberally give preference to the latter – every time! That reminded us of the gradually spreading recognition that cattle also prefer and thrive on grass and hay rather than grains. One might say, "Who knew?" although recent critical examination of the eating habits of pigs and cattle has been pointing to this observation.

To make a long story short, we now have **Gerber Meat Products** in our Store – and of course they are also available to our Food Box customers. Have a look on our Online Pork page: <http://tinyurl.com/hy55plb>. The Gerber products are easy find – those without a picture (for now). We have yet to add those. Although they are not certified organic, they are sustainably raised without the use of antibiotics, hormones or GMOs. Give them a try. We are certain you will not be disappointed!



Stratford Coffee

While we're introducing new products, we may also mention a new coffee from the **Stratford Coffee Company**. Again, some time ago, the fellows from Stratford Coffee paid us a visit at the Store and inquired whether we would be willing to offer their coffee to our customers. Another local coffee company which ended up even providing us with a special blend that we are now selling as our own Custom House Blend: <http://tinyurl.com/jtpnwun> - Pfenning's Medium Dark Roast. We carry a total of four different varieties from "**To Bean or Not to Bean**," as they actually call themselves. Check them out on their site:

<http://www.tobeanornottobean.coop>.

Garlic Update

Yes, we still have **LOCAL Garlic**! It may be a bit softer now, this late in the season. But we are lucky to be one of the few stores still selling local garlic. Remember: chop it, crush it, bake it, etc. (like we do) and enjoy!



Customers on Custom Boxes

We offer first and foremost an **Organic Food Box Home Delivery Service**. We also have one of the longest-standing locally established independent health food stores in the region with close ties to **Pfenning's Organic Farms**. Other than our popular Food Baskets, we also make what our Store offers available by delivering **Custom Boxes** to our customers – and more and more of you have come to appreciate our exceptional quality, unequalled customer care and extraordinary delivery service. Just the other day, we received a pleasant and uplifting confirmation (see it on FB at <http://tinyurl.com/gvyw37r>) that our Custom Boxes are living up to our and our customers' expectations from

Rachel and Allan B. of Waterloo. Rachel and Allan get a weekly Custom delivery finely adjusted to their very personal needs. Rachel (*in the photo on the right happily presenting her Custom Box and a peek into her Box above*) is thrilled when her Box of organic goodies shows up on her doorstep every Wednesday morning. We keep close contact and change and adjust her orders whenever it is requested. All our Custom Box/Add-On customers may expect a friendly phone call to discuss out-of-stock items and suggested replacements. If you value the convenience of shopping organically from your home and having it delivered right to your house, apartment or work place, please, visit our **Online Catalogue** – <http://pfenningsorganic.ca/ecommerce> – for an unparalleled organic shopping experience. Oh, and not only are we convenient, we are also well-priced and offer ongoing specials from week to week.



On the LOCAL BOX – A Word from Almut

To all our 'Local Food Box' customers!

You are the true "**Root Warriors**" and I (*Almut*) admire and have the highest esteem for you.

In this day and age when Strawberries, Asparagus and Tomatoes are shipped in from the south, you stick to your ancestral roots. You choose to eat "simple," as they call it. Eating Carrots, Beets, Rutabagas, Squash, Potatoes, Onions, Parsnips, Mushrooms and Sprouts is, in my opinion, a glorious way of eating. It is so tasty and nutritiously dense... and easy on the wallet.

For that reason all you **Local Food Box Customers** out there are all very special to me.

I plan your food boxes every week and keep an extra "Local Produce Stash" in our cooler for **YOU**. Take Local Carrots, for example. They are long gone. However, I still have 250 lbs of beautiful Local Carrots just waiting to be packed into your boxes. There is a sign on the cooler wall just above these Carrots that says: "**Do not sell in Store, Food Boxes only!!!!**". Other produce I keep for you in that corner are Golden Beets, Root Parsley, Potatoes, Rutabagas and Parsnips.

So rest assured, my local produce connection runs deep and I will be passing it on to **YOU** – the Root Warriors. But in the end we are still all looking forward to that first bunch of fresh Local Spinach in the spring, aren't we!

Thanks for buying LOCAL! — from Almut, your Food Box Planner

Yes, indeed, spring is on our minds; hang in there, not much longer, Wolfgang & Almut (for the first time in Veggies on Wheels)