



Veggies on Wheels



Volume 17 – # 195

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

September 1, 2015

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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,

The days are getting noticeably shorter, signaling the inevitable end of summer. Just a matter of time before morning jobs relying on daylight will have to consider better lighting or pushing back the work start time. The days when I am not preparing or delivering Food Boxes I work on the Farm at Pfenning's Organic Vegetables, starting at 7 a.m., and one can clearly see how the receding daylight makes early morning field work more challenging. At the moment, harvest activities are in full swing and on any given day from Monday to Saturday, when driving from Baden to New Hamburg you can see the bountiful fields bustling with dozens of workers. In the picture on the right, we see our friends from Jamaica, Punjab and Laos busy harvesting Red Chard. Outdoor work is sure to continue until well into November or however long temperature and weather conditions will allow.



In the Box or Not?

Although we fully anticipate that whatever Basket Contents is planned for a certain week will be included, we do depend on availability and may run into a snag when something is unexpectedly not available. This week, for example (September 1/2), the Cauliflower anticipated for the Blender and Wild Baskets was not available. We are replacing it with **Collards** from Pfenning's. Also, the Large Local and Large Wild Baskets were supposed to have Red Peppers, which unfortunately were not available. Much to the joy of many, I'm sure, we are replacing them with **Basil** from Golden Acres near Stratford. Rejoice, it's the season for Basil!

Fruit Season

We have all been amply enjoying the 'near-sustainable' fruit coming from Palatine in the Niagara Region. Our fruit season has been so much enriched by the soft fruit such as Apricots, Plums and Peaches that you have been seeing in your Baskets in the summer months. Alas, even this must come to an end, as we see in the just announced last Peach shipment for the back-to-school week. Pears are set to come next from Palatine. Still new to this? Visit "The Good Peach" at <http://thegoodpeach.ca/> to learn more and get on the order list.

Try THIS with Collards!

So you just read that Collards are to replace Cauliflower in some Baskets. The many health benefits of Collards are well documented and can easily be found in a search. So you may not want to dismiss them too readily. For anyone at somewhat of a loss about what to do with Collards in the kitchen, there are more uses than you may think. Go to our Recipe Page and try this very simple **Collards with Garlic and Pepper Flakes** recipe:



<http://pfenningsorganic.ca/userContent/documents/Recipes/Collards%20with%20Garlic%20and%20Pepper%20Flakes.pdf>

With it being barbecue season, you may also want to try **Collard Burgers** if you would like to try burgers without grains. While this may sound strange, you can simply replace the traditional hamburger buns with Collard leaves. Just gently blanch the leaves in boiling water for 1 minute, then place them in an ice bath to interrupt the cooking process and keep the Collard leaves bright green, and dab them dry with a towel. After that, your Collard leaves take the role of the bun. We have tried this several times now and are charmed by the ease with which you can avoid grain-based buns and still enjoy your burgers.

Just remember: you get the best **grass-fed organic beef patties** right here at Pfenning's Organic! These beef patties come from the Hack Farm near Kincardine.

Chickens on the way again!

We are looking forward to another batch of **Whole Fresh Chickens**, raised by a local farmer exclusively for Pfenning's Organic. They are expected to arrive at Pfenning's on September 11th. Contact us soon if you would like to get on the **Chicken List**. The list usually fills up quickly. Just give us a call at the Store – 519-725-4282 – or go to our site at <http://pfenningsorganic.ca/ecommerce/food/meat/chicken-fresh-/FRESH-Chicken-Whole-Organic-Pasture-Raised.htm> and place your order. You can choose from several different weight categories (6 to 8 lbs) and we will try to get as close as possible to your selection once all the chickens are in.

We now also offer the option of cutting the birds in halves or quarters for an extra \$1.50 per chicken. Either let us know when you phone or email your order in, or make the request in the note/special request section of your online order.

Our last "Chicken Run" of the year is expected for November 13th.

HFF Visit

Recently, carrot production at Pfenning's Farm was going at full swing in the production building and every one of the some 30 employees were busy transporting, dumping, washing, grading, bagging, packaging and stacking several wagonloads of carrots, freshly harvested from the fields. Suddenly, we were greeted by a small group of Amish-Mennonite farmers coming through in their traditional garb, black suits with white shirts and a wide-brimmed straw hat topping the bearded head. It was a group of growers from HFF, **Huron Family Farms**, visiting Pfenning's Farm. They have been growing produce such as onions, potatoes, kale, cauliflower and more for Pfenning's Organic Vegetables for several years now and were being shown around the Farm, the first time there for many of them. We already knew one among them, David Drummond, who had visited before and organized the HFF group. It was great to see these excellent farmers who had come from Bruce County (north of Wingham) to pay us a visit and see where much of their produce was received, stored, processed and shipped. It is also somewhat gratifying to put a face to a bin of produce that you take from storage for processing. Makes you kind of feel like part of one big family.



**A great September to all,
Wolfgang**