



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX December 2, 2014

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: store@pfenningsorganic.ca – www.pfenningsorganic.ca
"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,

Winter was short! At least that is the impression one may get when comparing last week's snowy start-up with our current clement weather. Whatever hope there may have been left for some late local fall greens yet to be saved for the table has been blown away by the wintry blast and fallen prey to some very low night temperatures. As every year, once these or similar events have come to pass at Pfenning's Organic Vegetable Farm, most of the Farm activities become interiorized, focussing on processing the many vegetables in storage. Although the carrot harvest was somewhat cut short due to the sudden and intense onset of winter, there were enough carrots in storage to keep the team busy for the past weeks almost every day washing and packaging this popular root vegetable. Now, all the main carrot harvest has been worked through and we have plenty of larger-sized carrots left in storage for the bigger 5 lb bags and juicing carrots in 25 lb bags. As our long-standing customers know, later in the season we usually end up taking these and packaging them in smaller quantities for our Food Box customers. Knowing from experience, we still have lots of carrots in storage to pull through until well into the upcoming new year.

Once the outside harvest has been brought in and worked through, our Jamaican migrant workers are much pressed to hurry home to their quaint, frost-free island in the sun. The first have already left and another batch will take off the coming and next week. It is always sad to see the Jamaicans go. Some have been coming to help on the Farm for up to 8 years and they seem like family. However, like migrant birds, they will be back in spring and we will give them a hearty welcome, as always.

Barnhild Back!

Looking for some Store news? After more than a year abroad where she gathered some valuable life experience in a relative's vegetarian restaurant (check it out here: <http://hellers-restaurant.de/>) and in a mountain inn (see it here: <http://www.alpe-gund-huette-immenstadt-allgaeu.de/>), our dear daughter, **Barnhild**, is now back and helping Almut run the Store. Both the inner-city restaurant and the alpine lodge have broadened Barnhild's world view. She is now back home from Germany to apply her findings to our own little Canadian setting. Hopefully, she will weigh in soon in an upcoming Newsletter to share her insights with us.



Mountain Gems Coffee Special

While reflecting on the serene mountain pasture where Barnhild spent 6 months looking after the lodge and helping with all the chores, our current **Mountain Gems Coffee Special** (15% off) came to mind. Coffee lovers, choose here - <http://pfenningsorganic.ca/ecommerce/food/beverages/coffee-beans/> - from 8 different varieties, from Decaf to Sumatra. Their promise? Mountain Gems Organic Coffee promises to deliver the ultimate organic coffee experience.

Holiday Break – NO DELIVERY LAST WEEK OF THE YEAR!

We have entered the final month of the year, time to give you our **Holiday Delivery Schedule**. Take note that we will be delivering up to the week of Christmas, with **regular deliveries on December 23/24**. Let us know ahead if you will not be home and do not need a delivery.

There will be **NO DELIVERIES** in the last week of the year, **December 30/31**. Just one week off!

We will be **back for regular deliveries** the first week of the New Year, **January 6/7, 2015**.

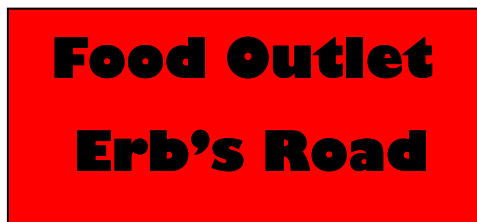
So we have 4 more weeks of Food Box deliveries in the old year. Here's wishing you all a joyous pre-holiday season!

Did You Know...?

Yes, you did know, we are sure. We still would like to bring back to your attention that we have a **fully stocked health food store** with everything and anything you can imagine to find in a store of this calibre – and for very reasonable, absolutely competitive prices. We are happy to deliver only Food Boxes to you, but we believe many of you are missing out on all that we have to offer, and you can have that delivered to your house for no extra charge. **Fruits, vegetables, dairy, groceries, bulk items, meat and meat alternatives, pet food, vitamins, supplements, body and baby care, grinders, juicers, blenders, dehydrators....** Did we rekindle your interest? Can't come to the Store? Take a moment to stroll through our online health food store at <http://pfenningsorganic.ca/ecommerce/>.

Erb's Road Food Outlet

Drastic times require drastic measures, they say. While we don't really believe this applies to us, we have recently introduced a shopping opportunity at Pfenning's Organic & More which is an echo of a former traditional food outlet known to locals as "Erb X." Up to recently, Erb Transport, a big local international trucking company, had an outlet in New Hamburg where locals could buy discounted food and grocery items, some organic, at very attractive prices. When they closed shop, the call went out from the community if and where shoppers would be able to continue finding such an engaging shopping opportunity. Almut went to bat, with the result that, among a few others, we at **Pfenning's Organic & More** have agreed to offer some space in the Store where interested customers can avail themselves of very low-priced outlet items, such as meats, cheeses and much more. While we continue to stand behind our calling as a grass roots health food store, we also believe that anyone so inclined should have access to affordable food items, both organic and non-organic of good quality, in times when food prices seem to be continually spiralling upward.



Did we catch anyone's interest? To find out more and for a quick introduction of what is offered at the "**Erb's Road Food Outlet**," please, give us a call at the Store at 519-725-4282.

Banana Packing Strategy

A banana is not equal a banana.... You, our Food Box customers, may have noticed (provided you receive the Blender, Fruit or Smoothie Box) that your **Bananas** are arriving at your house in better condition. At least that is our hope! We have changed our **Banana Packaging Strategy** and are now keeping them at room temperature, which is best for them, and adding them to your Boxes just before heading out for delivery. This way, your Bananas are not under-cooled which may result in some esthetic issues, such as brown or black skin. By keeping your Bananas warm and only adding them before delivery, we hope to have addressed this quandary!

As always, we are happy to hear from you. Also, anyone wishing to re-instate your Bananas in your Food Box, please, let us know!

Happy December to all!

Wolfgang