



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX December 23, 2014

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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,

While we look forward to delivering your Food Baskets in enjoyably mild, yet wet weather, we all must be a bit wanting for the usual white Christmas. For a change at this generally dark and cold time of the year, we will not need to worry about temperatures that are so low below freezing that you should make provisions to keep your fruits, veggies and any other good things from spoiling. This is more than likely to change once we are back again for regular deliveries in January, so let's keep our sights set on cold delivery strategies which we have often addressed and are always happy to work out with you. Get in touch with me at store@pfenningsorganic.ca about this or anything else, if you like.

Last LOCAL Leek

While speaking of good things, we would like to let you know that you will be seeing the last LOCAL Leek from Pfenning's Organic in your veggie boxes this week. You can wash it and chop it up, then keep it in your fridge for up to two weeks. If you don't need that much, you can also put it in a ziplock bag and freeze it for when you develop an indomitable urge for local Leek.

Looking for a great Leek recipe? Try **Potato-Leek Soup**. You can see the recipe on our site in the Recipe Section at <http://pfenningsorganic.ca/userContent/documents/Recipes/Potato-Leek%20Soup%20Recipe.pdf>. For some more information on Leek, including some storage, preparation and cooking suggestions, you can go to <http://pfenningsorganic.ca/userContent/documents/Recipes/Luscious%20Leek.pdf>. Strange to be talking about Leek at this time of the year, when we are more likely to deal with it around October. Our compliments to the excellent storage facilities at the Pfenning's Farm that enable us to enjoy some fresh local veggies this late in the season. We will be looking forward to offering you many more of the plentiful vegetables in the storage



Delivery Break Reminder – NO DELIVERIES next week!

Please, keep in mind that there will be **NO DELIVERIES** coming week, the last week of the year, December 30/31. We will be back for regular deliveries the first week of the New Year, January 6/7, 2015.

Thank you!

Finally, at this festive time of the year we would like to wish all of you who are part of the **Pfenning's Food Box Community** a peaceful, healthy and joyous time of the year. We appreciate your commitment to allowing us to deliver healthy food to your door and are thankful for all your support. We love what we do and are looking forward to being back for all of you in 2015 with a renewed passion and commitment to serve you to the best of our ability.

Merrily Organic Christmas and a Healthy New Year!

Wolfgang