



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX July 29, 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.

Sailing Smoothly

Dear Pfenning's Food Box Community,

Delivery Break August 5/6

As summer moves on, we are heading towards the other big summer break: the **Civic Holiday week**. Please, take note that there will be **NO DELIVERIES** coming week, **August 5/6**. We will be back for regular deliveries again the week following, August 12/13. From there on, it will be smooth sailing with no more breaks up until Christmas and New Year's.

Smooth Sailing on the Farm and Final Planting

You could also call it 'smooth sailing' with regard to activities and outcomes on the Farm, A steady influx of produce from the fields has been keeping everybody busy and customers happy. So far, the growing season is looking very good, with more or less ideal temperatures and sufficient amounts of rain. How far we really are in the season became manifest when we were out transplanting the other morning (see the picture of me with a rack full of broccoli about to be transplanted). We had already put in a few dozen rows of broccoli seedlings when my



brother-in-law, Wolfgang Pfenning, came out to the field in his Jimmy to bring us tea and coffee for our 9 o'clock break. It's always a nice moment when we have a quick, refreshing break out in the field under the open skies – almost like a farm picnic. In any case, Wolfgang sobered us out a bit when he announced that this was pretty much the **end of planting season**. After 3 months of steady planting, it was time to 'sit back' and watch things grow. We knew, of course, that things would not be quite that serene, but that there was still plenty left for us to do. After all, the broccoli we had been planting will be ready to cut come October or November, not to mention all the other broccoli crops that have been planted in a staggered manner and will be keeping the broccoli coming in steadily until well into fall. In between, there will be lots of other harvesting and packaging to be done. In a few weeks, the packaging line will be fired up with the arrival of larger amounts of new potatoes and onions – as Norm, head of the production line, just told me.



Coffee Special for beginning of August – Planet Bean!

We were just mentioning coffee, so we could point out that the next beginning-of-the-month **Coffee Special** will be for all **Planet Bean Coffees**. Regular price is \$13.95 for 340g – **SALE PRICE is \$10.50 for 340g!** To see all our Planet Bean coffees, go to <http://pfenningsorganic.ca/ecommerce/food/beverages/coffee-beans/>. The Sale Price will be honoured for any orders placed during the Civic Holiday week for delivery on August 12/13 when we are back for regular deliveries.

Local Custom-Raised CHICKENS

More free-run pasture-raised **Chickens** are coming our way! These local custom-raised Chickens are fed certified GMO-free feed and are sustainably raised, although not certified organic. **Stock up your Freezer** with these birds that sell for **\$4.85/lb** and can be ordered whole or cut up into 10 pieces including wings, legs, breast and drumsticks.

Get in touch with us at the Store – **519-725-4282** – for more information and to order.

The Chickens will be arriving at the Store on Friday, August 15th. So Food Box customers also have the option of having them delivered – fresh or frozen – the following Tuesday or Wednesday, August 19/20.

New Food Box Packaging

We are constantly striving to bring the **freshest possible produce** to your door. Recently, as you will have noticed, we have changed our packaging scheme a bit by putting all the greens into an extra plastic bag in an effort to keep everything crisper so it arrives at your house in peak condition. We know that there may be some of you a bit adverse to the overuse of plastic packaging. However, we have to find a happy medium between not too much packaging and just enough to keep things fresh until we deliver them to you.

We would love to have some customer **feedback** from you to let us know if this is indeed, as we believe, making a difference. To make it easier for you to decide how fresh your produce really does arrive, just imagine a scale from 1 to 5, with 1 being the least fresh and 5 the freshest. Let us know with what degree of freshness you receive your vegetables and greens by giving us a call at the Store – 519-725-4282 – or simply by sending us an email to store@pfenningsorganic.ca. Thank you for helping us with this!

Wishing you all a very enjoyable and relaxing Civic Holiday – and looking very much forward to seeing you again when we are back for regular deliveries August 12/13!

Healthfully yours,

Wolfgang

GENERAL ORDER INFORMATION

Basket Contents

To see what is in each week's Baskets, go to our website – www.pfenningsorganic.ca – and click on **Basket Contents**. Basket contents changes weekly and is uploaded new by Sunday night. To order, go to the online **Catalogue**. You can also call the Store for help.

Substitutions

We allow for up to two substitutions per Basket. You can change them each week or ask us to keep them on file for you indefinitely. You can also ask for subs of your choice, which we will try to honour, and you can let us know if you are willing to pay more if the subs cost more than the original item.

Order Deadlines & Deliveries

Our order deadline for Food Box orders, Add-Ons and Substitutions is Friday night at 8 p.m.
Deliveries are:
Tuesday for New Dundee, Cambridge, Ayr, Paris, Brantford, Guelph, Elmira, Heidelberg, St. Clements, Baden, New Hamburg, Stratford and areas;
Wednesday for Kitchener and Waterloo.

Box Types & Prices

We have 5 types of pre-packed Baskets:

Local Basket – only local produce

Wild Basket – only veggies

Fruit Basket – only fruit

Blender Basket – a mix of fruits & veggies

Smoothie Basket – fruits & greens ideal for Green Smoothies

All Baskets (not Smoothie) come in small (\$25.00) and large (\$38.00) sizes. You can make Add-Ons of your choice to the pre-packed Baskets. Or you can order your own personalized **Custom Box**.

Milk Orders

Please, take note that milk needs to be pre-ordered by Wednesday night to make sure we have it to include with your full order. Please, return milk bottles, yogurt and Kefir jars **clean!**

General Delivery Information

Please, wipe out your Plastic Bin after unpacking it to keep it clean, and leave it outside for us, with payment if necessary (cheque or cash if credit card payment is not set up), on the morning of your delivery day. Contact us for any clarification.