



# 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,

Recently, I was passing through the quaint town of **St. George** while on my delivery travels and was somewhat taken aback by a village quite totally immersed in a frenzy of Christmas decorations – and Halloween had not even yet transpired! When I say "somewhat taken aback," I must admit that my wonderment was tempered by what a dear costumer from Brantford had previously shared with me. Christmas was being pulled ahead in St. George by a compassionate, like-minded community for a little boy, age 7, who was likely not going to live to see Christmas as a result of a devastating tumour (see the story here:

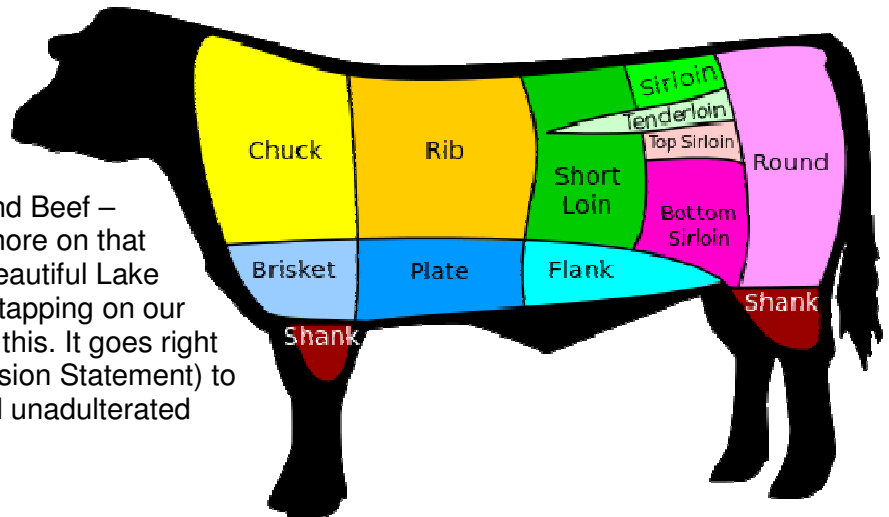


<http://tinyurl.com/ornd468>). In a spirit of unparalleled solidarity, family, friends and eventually the whole town had pulled together and created what may be Evan's last Christmas two months early. Even an untimely yet eagerly embraced Christmas parade near the end of October added to the festive spirit (more on that here: <http://tinyurl.com/n9q9tnz>).

Although most of us may have been annoyed by Christmas decorations (and seasonal wares) in the world of commerce coming ever earlier each year, this is probably one occasion where no one was opposed. Strange what it takes to unite people under a common denominator.

## Half a Cow

Back to more mundane matters, we just happily received a meat delivery from the **Hack Farm** (our biodynamic relatives near Kincardine): Martin and Uli Hack sent down half a cow's worth of beef – ground beef, roasts, steaks and more. Good news, we can still offer 1 lb of Ground Beef – 100% grass-fed, certified organic (biodynamic, more on that here: <http://biodynamics.on.ca/about>) from the beautiful Lake Huron shores – for \$9.95. We are not much into tapping on our own shoulder, but we are still pretty proud about this. It goes right along with our commitment (as voiced in our Mission Statement) to offer you affordable, high-quality sustainable and unadulterated food.



## LAST Fresh CHICKEN Call!

Just two more weeks and our **LAST fresh – local – organic – pasture-raised Chickens** for this year will be floating into the Store – on November 20<sup>th</sup>, to be precise.

Great price – \$4.95/lb – for Whole Chickens, or 10-piece cuts for \$5.00/extra with each piece individually wrapped (easy to get at in your freezer). This last “Chicken List” is filling up fast, so don’t wait too long if you are interested.

To order, go to our online **Catalogue** <http://tinyurl.com/pgc2pbe>, or send us an email to [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca), or give us a call at the Store at 519-725-4282.

## Welcome Rosy!

With Meghan still on her maternity leave, we did need some help in the Store. Welcome Rosy, or rather **Roselinde Hack** – yes, the daughter of the above-mentioned Uli Hack! Roselinde grew up on a biodynamic farm, studied nutrition and is growing into a valued member of the Pfenning’s Organic & More team. You will also recognize her from the Custom Boxes that she packs for you – with great expertise, care and love.

Welcome Rosy, so great to have you on board!

## News from the Farm

What would the Store be without the Farm? What would any stores be without farms? So I had my annual state-of-the farm talk (actually one of many throughout the year) with my brother-in-law, **Wolfgang Pfenning**. Looks like the harvest is progressing smoothly, with the occasional expected delay, due especially to autumn rains. The Pfenning’s Farm carrot harvest is right on track, and parsnips just all got brought in. There are still some hardy greens out there, such as collards, kale, dandelion and cilantro. We were even fortunate to still have some local lettuce up to this

point. On the whole, the growing year has been quite satisfying according to Wolfgang. Sweet corn was scarce this year as a result of early dryness which could not be made up for with the abundant rainfall we had later. But, as Wolfgang puts it, “Nothing comes without a struggle. But that keeps us vital.” On an upbeat note, Wolfgang has been working with some local organic farms down in **Georgia** who will be supplying Pfenning’s – and all of us – with fresh greens during the winter months. This is part of the gradual transition to relieve struggling California of its role of supplying the whole continent with vegetables – and drying out in the process. The first greens to come up from Georgia by December will be Kale and Spinach, followed by Chard in January. Wolfgang points out that not only is California spared, but these veggies will be coming to us from much closer from an area blessed with moisture. Is that what they call a win-win situation? In any case, we are happy to be at the forefront of having a more sustainable source of greens during our off season and to be able to see our customers partake in this.

## Wrapping it up – Cold Delivery and Energy Savings

Just a few more finishing thoughts. We all know that November usually means the turnaround where we will inevitably descend into the cold months with sub-zero temperatures. Time to ask our customers to consider taking **cold delivery measures**. We don’t want anything to freeze on you before you can get it inside. If you need some ideas, visit our **Delivery Arrangements** page for some storage suggestions: <http://tinyurl.com/o7j35ql>.

Finally, we wanted to share a great way to save on energy with you, especially during the “dark months.” Go to <https://saveonenergy.ca> where you can download **Energy Savings Coupons** for LED lights or other energy-efficient products. Just print them off and go to participating stores... and away you go. There appears to be no limit on how many coupons you can use. They are good until December 31<sup>st</sup>, 2015. May the light be with you!

**Happy month of November,  
Wolfgang**

