



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX May 3, 2016

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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,

Traditionally, **transplanting at the Pfenning's Farm** begins May 1st. You don't want to see those tender seedlings that just came out of the snug and comfy greenhouse confronted with a harsh night frost. Yet this year, transplanting actually began early – on April 28th. It's always an uplifting feeling to be part of the first transplanting team. You can likely see the pride on our faces when a



picture was taken during coffee break in the field (with the planting wagon in the background). It was a cool and grey day with an icy wind blowing across the empty land, and we felt for those little plants – and did what we could to bundle up ourselves. Just to give you an outlook on what's growing, on that and the following day we transplanted red and green dandelion, red, green, rainbow and peppermint chard, spinach, and red and green leaf lettuce. The Jamaican crew continued planting on the weekend with crops such as red beets and Romaine lettuce. Much more transplanting activity to follow in the coming weeks. Officially, we see this as the **opening of local season**. Once the temperature rises some more, things will start growing very rapidly. As always, we will keep you posted on whatever becomes available.

Fanatically Local?

While the new growing season is being rung in, we are still working with what is currently locally available. To think that there have been fanatics of local who vowed to live on nothing but locally produced food (*local generally being defined as coming from within a range of about 100 miles*) for a whole year – and actually pulled it off. If we take a closer look, we can bring back to memory how much is actually being produced around here right under our noses, all year long. Apart from what we still have in storage from last season and the fresh local greens such as baby spinach, there are the **hydroponic shoots** and **lettuces** as well as hothouse **tomatoes** and **cucumbers**. We have **mushrooms**, fermented foods such as **Kimchi** and **sauerkraut**, **eggs**, **Millbank cheese**, **Harmony milk** and **cream**, **butter**, **kefir**, **yogurt** and **sour cream**. All of our **meat products** are from local sources, as are some **flours** and **grains**, **flax** and **sunflower oils**, **honey** and **maple syrup** and even local **canned tomatoes**. You can add on any of this to your Local (or any) Basket and comfortably live locally. And the season is just starting... No need to be fanatic!

Reward Yourself

So if you have been so devotedly hanging on to the Local Basket, it may be time to reward yourself. A few of our 'local-abiding' regular customers have already done that. They occasionally ask for a **Wild** or **Blender Basket** instead of the Local. One customer said it something like this: "I need something green other than pea shoots or baby spinach, not that they aren't great, but a little change would be nice." Sounds almost like the voice of a tortured soul not wanting to become unfaithful to the Local Basket, yet profoundly craving a bit more alimentary diversity.

So how do you go about rewarding yourself without becoming disloyal to the local cause? You may want to try what some of you have already been doing. Go ahead and get a Wild or Blender Box on occasion. Or, if you want a more regular diversity, you can ask to alternate between the Local and another Basket – for example a Local one week and a Wild (or Blender) the next. Or even go all out and get a **Fruit Basket**! In any case, there's no shame in deviating briefly from the Local Box on occasion and availing yourself of some of the more outlandish treats. Get the Blender (those Large Blenders are gorgeous), or go Wild, and then return back Local.

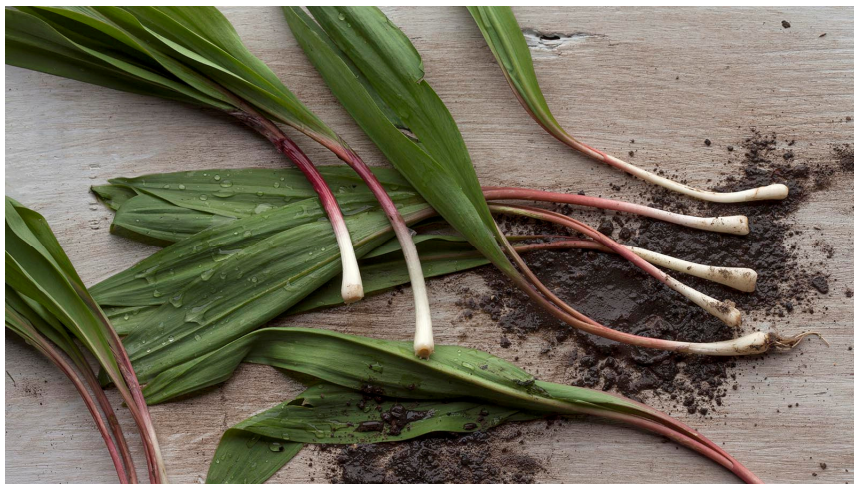
Wild Leeks

Or 'Wild Reeks,' as some would say. It is also called 'Wild Garlic,' after all (*also heard them called Ramps*). Nonetheless, we go **wild** every spring foraging in our nearby bush for the first wild edible greens to come up in spring. Mind you, we do take care to cut the plant off just at the bulb, leaving the root in the ground so it will grow back next season. We also do not overharvest one patch, but take just a bit and move on to the next. Call it mindful foraging. We do want to be able to offer you this pristine specialty again next spring.

So what do we do with these **Wild Leeks**?

Essentially the same thing you would do with chives. So wash them, chop them up, leaves and bulbs alike, and sprinkle them over your scrambled eggs, your salad, your mashed potatoes, your pasta, your sandwich, put them in your sauces, dips, salsas... I think you get the idea. They are better when used fresh instead of cooking them. They are so tasty, and healthy too, that you can literally get hooked on them.

You have been seeing our Wild Leeks in some Baskets lately, mostly the Local, as is the case in the Large Local this week (May 3/4) and all the Locals in the next. Use them fresh and enjoy!



Did You Know?

Did you know that you can read the **Newsletter** you are holding in your hands online? Just go to our website Newsletter link at <http://pfenningsorganic.ca/Newsletters.htm>. There you can also subscribe to the Newsletter (*click on Home Delivery*) and receive it in your email inbox if you prefer. Don't worry, it usually comes out only once a month, so you won't be inundated by newsletters.

You can also subscribe to Almut's **Store News and Specials** update which generally comes out once a week:

<http://pfenningsorganic.ca/newsletters/subscribe.cfm> (*click on Store News and Specials*). Almut and her Store team get together every week to think about items to feature and special for you. She also gives you updates on Store news which may also be of interest to our Food Box customers. You can always see Store specials and Featured Items when you visit our online **Catalogue** – <http://pfenningsorganic.ca/ecommerce> – and click on any product. Specials and Featured Items will appear at the top with more coming up every time you refresh the page. Take a look, you may be pleasantly surprised. Finally, did you know that if you do browse through our Catalogue, you can add on anything you like to your Food Basket? Yes, we call these **Add-Ons** and you can conveniently order anything you like from our Catalogue along with your usual Basket. If you already have a Standing Order for a Basket, just re-order your usual Basket together with whatever Add-Ons you like and we will deliver them to you along with your Basket on your next delivery. And don't forget that you can request to switch around the kind of Basket you are getting if you would like to have some more variety in your deliveries.

**Happy spring to all,
Wolfgang**