



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX June 3, 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.

## Growing Season Well Under Way!

### Dear Pfenning's Food Box Community,

After four weeks of solid planting on Pfenning's Organic Vegetable Farm, the fields are beginning to show the typical pattern of mostly green-tinted parallel rows of seedlings. Some transplanting days were longer than anticipated as teams struggled to get everything planted before the next forecast rainfall. Other than the usual leafy greens (lettuces, chard, dandelion, parsley, collards, spinach, leek, broccoli) and some veggie roots, Pfenning's helped out another farmer in need by planting some of his tomatoes and peppers on Pfenning's land – a first for the Farm. Luckily, I was able to help out with transplanting a few times – always an exciting undertaking. Any excitement gives way to worried anticipation when the planting wagon gets stuck in muddy ground, as it ended up doing a few times. Sighs of relief are heaved when Paul or Desmond, our trusty Jamaican planting wagon chauffeurs, apply their driving skills and manage to get us back on the planting road. If all else fails, a call for help is sent out and Wolfgang Pfenning or Neville (another one of our Jamaican helpers) comes to the rescue with a second tractor to pull us free. Ah, the excitement of farming!



### First-Week-of-Month Coffee Special

When out in the field working the land, or planting, or hoeing, Coffee time will eventually roll around some time around 9 o'clock – which begs to point out this first-week-of-the-month **Coffee Special**. This June 3-7, all **8 Mountain Gems Coffees** (roasted in Mississauga) are on sale for **\$12.00 for 500g** (regular \$15.00). Go to our site – [www.pfenningsorganic.ca](http://www.pfenningsorganic.ca) – to order the variety of your choice: **Espresso – Dark, Ethiopian – Dark, French Riviera – Dark, Hummingbird - Medium Roast, Pacific Spirit - Dark Roast, Peruvian - Medium Roast, Sumatra - Dark Roast or Swiss Water Decaffeinated.**

**You can order all coffees either as Whole Beans or Ground – your choice.**

## Delivery News

So when I am not helping out on the Farm, I am usually either packing Food Boxes, delivering Food Boxes, helping in the Store or looking after Catalogue, delivery preparation and customer matters. The most important delivery update I can offer you presently is to take heed of the warmer temperatures. Although most of you will receive your Boxes quite early in the morning before the heat of the day has set in, you may want to take some precautions to keep your produce from spoiling if you won't be home and it will sit outside for longer. **Here's what you can do**, and the Food Box veterans among you already know this: leave out a **cooler** for me to transfer your goodies to; leave out a **heavy blanket**; allow me access to a **shed** or your **garage** (possibly with a code); give me any other ingenious alternatives, we are open for anything (almost)!

## Summer Break News

Some of you have already let us know that you will not be needing a delivery on July 1<sup>st</sup> and 2<sup>nd</sup>, the **Canada Day** week. As it happens, there will be **NO DELIVERIES July 1<sup>st</sup> and 2<sup>nd</sup>**! Looking ahead, there will also be **NO DELIVERIES August 5<sup>th</sup> and 6<sup>th</sup>, Civic Holiday**. Please, mark these dates in your calendars.

## Very Simple Asparagus Recipe

As you know, we just looove simple recipes. It being **Asparagus season**, here is about the simplest recipe I could unearth (no pun intended) – found on <http://www.cbc.ca/bestrecipes/>:

### Parmesan Asparagus

#### Ingredients:

- 1 lb (454g) asparagus, trimmed
- 2 tbsp (30 ml) grated Parmesan cheese
- 2 tbsp (30 ml) toasted bread crumbs
- 1 tbsp (15 ml) extra-virgin olive oil

- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) pepper

#### Preparation:

In large pot of boiling salted water, cook asparagus until tender, 5 minutes. Drain and toss with cheese, crumbs, oil, salt and pepper.

## Finally, some more Planting Impressions from the Field!



Organically yours,

Wolfgang