



Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX May 5, 2015

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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,

Finally, it's that time again! It feels so good, after announcing its imminent coming, to be able to actually report that the **planting season** along with all the accompanying outdoor activities has officially begun. The most pleasant weather – 18°, sunshine with some idle clouds and a gentle breeze – accompanied us for the official beginning of transplanting season this year, about two weeks earlier than last year with its cool and wet spring, as my brother-in-law, Wolfgang Pfenning, informed us. The second day of planting was just as delightful as we went on to plant this first installment of seedlings into the fields. The fortunate forerunners were collards, green leaf, romaine and red leaf lettuce, chard and dandelion – quite the assortment to get our famished fancy for local produce going.

Eight people comprise the transplanting team: our driver, four planters, the tray loader and two walk-behind row fixers ensuring that each seedling is set correctly. Although I have been known to generally assist in this enterprise by loading up the transplant trays, I briefly enjoyed the task of planting, as you can see documented in a snapshot from the field. As you can see, my mother-in-law, Barnhild Pfenning, is eying me critically, not so sure my questionable planting skills will live up to her expert scrutiny. The weekend was also taken advantage of to continue our hopeful planting activities and once again we enjoy the thrill of seeing rows and rows of little veggie upstarts adorning the fields. It's a thrilling time of the year when we set up for what we expect to be a bountiful and liberating local harvest.



Local Storage and Production

It is truly high time for our local production to get under way, since all we have left in storage at the Pfenning's Farm is potatoes, onions and some black radish. Yes, of course we have been seeing local greens and veggies coming from nearby greenhouses, such as baby spinach, pepper, tomatoes, cucumbers, sprouts, hydroponic lettuces and Belgian endives – and coming week we are planning locally foraged **wild leek** for the Local and Wild Baskets (*just chop it up like chives and use in salads, pesto and the like*). But we are all very avidly looking forward to what our local fields will soon have to offer. We may actually soon be cutting our very first own field spinach, and depending on the weather and temperature may expect our first local lettuce some time in June. Chances are good if we can trust the long-range forecast predicting a spring with higher than average temperatures.

A Hail to the Local Food Heroes!

Last week when delivering a Local Basket to a long-time Food Box customer in Waterloo, Adam L. was kind enough to give me some valuable feedback (we do love feedback!). He has been receiving a **Large Local Basket** all winter long, hanging in there diligently despite the at times overwhelming supply of root vegetables and tubers. We do know how this selection, which truthfully is the staple offering of the Local Baskets at this time of the season, may become tiring over time. How pleasantly surprised was I when Adam, while admitting that getting the Large Local Basket was a challenge, maintained that it has been very rewarding. Adam, who does most of the cooking at home, conceded that receiving potatoes and beets, and potatoes and beets, and potatoes and beets (exaggeration intended) was taxing after some time. Yet, he mustered all his culinary imagination and went on to create very satisfying dishes. They got used to it in a positive way. On top of that, Adam and his family as well as all of you who have been holding on to the Local Basket – our local food heroes – can pride yourselves in living on what is locally in season and being locally sustainable. Give yourselves a pat on the back! Adam also gave praise to the local carrots from Quebec (this late in the season, we are a bit liberal with what we see as local and stretch that out to Quebec), saying that while not overly pretty, they tasted really sweet. Alas, the Quebec carrots have now also come to an end.

Spread the Word about Pfenning's Organic Food Box

Do you enjoy receiving your **Food Box**? Are you happy with the convenience of having local and imported organic fruits and vegetables and anything we have in the Store delivered right to your door? We are always happy when the news about our services spreads to others who may not yet have had the opportunity to meet us. So if you are happy, and we do hope you are, take a moment and tell your family, friends and neighbours about us. Some customers have already asked about flyers. So to make it easier to spread the word, we are including some flyers with each Box this week that you can pass on to anyone you think would enjoy our services.

HOW TO ORDER AND PAY FOR YOUR FOOD BOX:

To Order:
Online at www.pfenningsorganic.ca
Call the Store at (519) 725-4282
Fax the Store at (519) 725-9968
email store@pfenningsorganic.ca

Pay by **cash** (and receive Pfenning's Dollars), **cheque** or **credit card** (call us) (online or over the phone). Customers receiving Standing Orders can simply leave their payments in the return plastic bins if you are not paying by credit card.

A word on **CASH PAYMENTS**: Paying by cash not only helps keep funds local and prices low by avoiding financial institutions as intermediary, it also brings you direct savings through Pfenning's Dollars (value coupons) awarded.

CUSTOM BOX ORDERS:
Go to our **ONLINE CATALOGUE** (www.pfenningsorganic.ca) or call in, fax or email your exact order. Any Custom Order over \$50.00 is delivered FREE! For orders under \$50.00, a \$5.00 shipping fee applies.

ADD-ONS:
ADD-ONS to Pre-Packed Boxes are delivered FREE! Add-ons can be anything available in our store. Simply consult our **ONLINE CATALOGUE**, or for phone, fax or email orders, make your selection with the exact description and amount and order it as an "Add-On" to the Pre-Packed Box you have chosen. For an Add-On value from \$40.00 to \$80.00, add \$3.00 for packing and delivery; from \$80.00 to \$140.00, add \$5.00; from \$140.00 to \$180.00, add \$7.50 and \$9.00 for orders greater than \$180.00.

STANDING ORDERS:

For regular deliveries - for example weekly, biweekly - you can set up a **STANDING ORDER** any time. Standing Orders can be set up online, by phone, fax or e-mail.

DELIVERY BINS AND DEPOSIT:

First-time and irregular orders will receive their Food Box deliveries in cardboard boxes. **STANDING ORDERS** have the option of receiving their deliveries in our Plastic Bins. Just leave your empty and cleaned bin out on your delivery day and we will replace it with your new order. There is a **\$25.00 refundable Bin Deposit** for the Plastic Bin.

EXCEPTIONS AND SUBSTITUTIONS:

You may exclude up to two items per Food Box and can request for them to be substituted by produce of your choice. You can also let us know if you are willing to pay more if there is a price difference.

BLOG AND NEWSLETTER:

You are encouraged to visit our online **BLOG** with news and updates. You will receive it with your deliveries, but can also sign up for our monthly **E-NEWSLETTER**.

To get your
PFENNINGS ORGANIC FOOD BOX

Please Contact:



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tel. 519-725-4282 fax 519-725-9968
e-mail: store@pfenningsorganic.ca
More Details At Our Website
www.pfenningsorganic.ca


Located 5 Minutes West of Waterloo

PFENNINGS ORGANIC FOOD BOX



Fresh Conveniently Home-Delivered
Certified Organic Produce
and MORE!

Free Delivery!



www.pfenningsorganic.ca

Let us know if you need more flyers – and thank you for spreading the word!

Have an enjoyable ascent towards summer,

Wolfgang