



# Veggies on Wheels



Volume 17 – # 193

NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX July 7, 2015

1760 Erb's Rd. W., St Agatha – (519) 725-4282 – Fax (519) 725-9968 – E-mail: [store@pfenningsorganic.ca](mailto:store@pfenningsorganic.ca) – [www.pfenningsorganic.ca](http://www.pfenningsorganic.ca)

"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,

What a change since our June Newsletter in what's available now locally from Pfenning's Organic Vegetables and all the other growers contributing to the rich pallet of veggies at our disposal. Although asparagus and strawberries – much too fast, alas! – are pretty much done for the season, we are heading right into the abundance of summer at breakneck speed, thanks to plentiful rainfall and clement temperatures. What's **available from Pfenning's** right now? We are looking at red beet bunches, the beginnings of broccoli, green, red, gold and rainbow chard, collards, green and red dandelion, fennel, cilantro, green leaf, red leaf and romaine lettuce, parsley, radishes and spinach. That's only from Pfenning's, not to speak of the many other local veggies available through Pfenning's. We just picked up the first NEW local potatoes, for instance. Everything is going very fast now.

If you are getting a Food Box and think you might need some more fresh local organic veggies, visit our **produce section** in our online **Catalogue** at <http://pfenningsorganic.ca/ecommerce/food/produce/>. You will find the whole range of fresh, well-priced fruits and vegetables, both local and from elsewhere, just a click away. Add them to your Food Box or get a Custom Box with anything you like.

## CIVIC HOLIDAY WEEK BREAK – NO DELIVERIES August 4/5

After our invigorating and relaxing Canada Day break, we would like to point ahead at the upcoming Civic Holiday week break. So there will be **NO DELIVERIES during the Civic Holiday week, August 4/5<sup>th</sup>**, and you may want to mark this down in your calendars. This time, any customers on a **biweekly delivery schedule** receiving their deliveries this week, July 7/8, will fall prey to this upcoming holiday delivery break. Unless you tell us to adjust your schedule, your next delivery after the August 4/5 break will be August 18/19.

## Niagara CHERRIES on the way!

As we had announced recently, the near-organic, sustainably-grown soft fruit from the Niagara Region is about to start with **Cherries**. We are looking at the first delivery of the season on Friday, July 10<sup>th</sup>. Mary Jane and Jan Petter, who organize the local soft fruit transfer from Niagara, are welcoming us to the new season with their new domain: <http://thegoodpeach.ca/>. If you are already registered with the old site, you can still log in to the new one with all your information saved. Yoopee, I for my part am really looking forward to those Niagara cherries. Remember, you can order through the site and either pick up at one of their numerous pick-up locations, our Store being one of them, or possibly have your fruit delivered right to your door by us. Get in touch with us to learn more.



## Last Call for Chickens!

Our **fresh local organic chickens** are just about ready. They will be delivered to the Store on July 15<sup>th</sup> from where you can either pick them up, if you have that planned, or have them delivered to your door with our next Food Box delivery run. There may still be some chickens left if you still would like to get on the **Chicken List**. Just give us a call at the Store – 519-725-4282 – or go to our site at <http://pfenningsorganic.ca/ecommerce/food/meat/chicken--fresh-/FRESH-Chicken-Whole-Organic-Pasture-Raised.htm> and place your order.

## Facebook – for Farm and Store

Recently, we have been more actively posting on **Facebook** about what is new at Pfenning's Organic & More. Follow us at <https://www.facebook.com/pages/Pfennings-Organic-More-and-Food-Box-Service/162805697064594> to learn about Store, Outlet and Food Box news. You may even come to **like** us!

Speaking of Facebook, the Farm too is regularly posting Farm news with exciting news and pictures right from the fields. Check them out at <https://www.facebook.com/pfenningsfarm>.

## Chicken and Egg Prices – Why so high?

Have you been wondering why **poultry and egg prices** have been increasing so steadily? We had too, but it all makes sense when we look back at the continually rising price of chicken feed. We have some “backyard chickens” on our little hobby farm to get our own eggs, give our children something to do and show them what it takes to produce some of your own food. We have been purchasing our organic layer feed from a local co-op and could not help but notice that in the past two years the price for a 50 lb bag of grains has gone up from around \$18.00 to now about \$27.00, and it does not look like it will stop there. The rising prices appear to be linked to rising production costs, higher demand for organic feed with the production not keeping up, and possibly some not so good recent harvests. Whatever the reasons, it would explain the increased chicken and egg prices, although knowing about this may not necessarily make us feel better.

And yes, chickens DO eat grains. I mention that because in the past, we have had inquiries about “grass-fed” chickens. While they do eat greens, vegetables and – of course – bugs, their staple food are grains and seeds. In any case, the inquiry about grass-fed chickens was not as off-the-wall as a customer in the past asking when the local lemons would be ready. In defense of this customer, it may have been a recent immigrant to Canada, from a country where citrus grows, being fooled by our warm summers.

## Adirondack Adventure

As you may know, during the past Canada Day holiday, our family once again travelled to the **Adirondack Mountains** in Upstate New York to enjoy the experience of the high peaks – something that is more or less denied us here, with Baden Hill being just about the most elevated summit far and wide. May it be noted that Baden Hill has an elevation of 434 metres and has even merited an entry in Wikipedia: [https://en.wikipedia.org/wiki/Baden\\_Hill](https://en.wikipedia.org/wiki/Baden_Hill).

Some of our customers were asking about where we went on holidays and seemed interested to learn more. So here some background information about our Adirondack adventure. The Adirondacks are about 2 hours south of Cornwall, Ontario and can boast peaks, such as Mount Marcy, that reach an elevation of 1,629 metres. Although higher, geologically the Adirondacks are an outcropping of the Laurentians and not actually part of the Appalachians. We joked that they are practically part of Canada. Anyone thrilled by a rugged, well-forested landscape with some hundred peaks ranging from about 500 to 1,600 metres and offering all levels of hiking and climbing difficulty may want to check out the ADK (Adirondack Mountain Club) site: <http://www.adk.org/>. To see where our family went, click on *Recreation, Lodging and Camping* and choose **Adirondak Loj**. Although we did not stay in the lodge itself, but camped out on one of the many sites, the photo gallery will give you a scenic impression of the beautiful landscape, including very picturesque Heart Lake where you can cool off after any hiking exploits.



## Garlic Scapes

This week, July 7/8, all Baskets except for the Fruit and Smoothie will have local **Garlic Scapes**, an item you may not yet be too familiar with. Garlic scapes are the soft, lime-green-colored twisted stems and unopened flower buds of hard-neck garlic varieties. They are generally cut off at this time of the year so the garlic bulb will grow bigger. The scapes are very tasty with a mild garlic flavor and a slight sweetness, making them an interesting addition in the kitchen. Just chop them up and add them to your salad, or sauté them lightly and use over pasta, with eggs, mixed in with your stir-fry or use with any dish where you would add garlic. Do your own Google search for tons of suggestions and recipes – and most of all, enjoy!

Happy summer from all of us at Pfenning's Organic,

Wolfgang