



# Veggies on Wheels



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*"Veggies on Wheels" (edited by Wolfgang W.) generally appears around the beginning of every month.*

## Dear Pfenning's Food Box Community,

### Harvest Done!

Thanksgiving has come and gone, Halloween has been enjoyed, and Christmas items have begun to pop up in stores. On my recent delivery travels (October 30<sup>th</sup>, actually), I was even treated to the sight of a fully decorated and lit Christmas tree in the living room of a home clearly anticipating the festive season. The time is right, as the harvest season is all but done, as anyone driving through the countryside will see from the empty fields. We are now looking fondly into the **root veggies** ([Beets](#), [Carrots](#), [Celeriac](#), [Fennel](#), [Ginger](#), [Turmeric](#), [Onions](#), [Parsnips](#), [Rutabaga](#)), **tubers** ([Potatoes](#), [Sweet Potatoes](#), [Garlic](#)), **cabbages** ([red](#) and [green](#), [Bok Choy](#), [Brussel Sprouts](#), [Radish](#), [Black Radish](#)) and **squashes** – all favourites at this time of the year and throughout the cold season. This is the time of the year when [Almut's Root Veggie Casserole](#) is highly recommended (and a favourite at our house). You can find it in our [Recipe](#) section under [Main Course](#) (first recipe in the list).

### Fall Leaves Tour

In hopes of catching the back end of our so vividly colourful autumn, Almut and I embarked on a "fall leaves tour" near the end of past month. Our getaway took us just north of here to Kimberley and **Beaver Valley** where we proceeded to hike up to "Old Baldy," famous for its great hiking and rock climbing. On the edge of the Niagara Escarpment, the view down into the valley from about 152 metres is spectacular. Our oldest son Adam, an avid climber and boulderer, also confirmed that climbing at Old



Baldy – which is considered one of the best sport-climbing areas south of the Bruce Peninsula – is very enjoyable and fulfilling, with levels of difficulty that are quite challenging. Still, Almut and I preferred to stick to the more civil activity of simply hiking the pleasant trail and taking in the serene autumn ambiance.



## LOCAL Apple Butter

We are happy to present another excellent locally-produced item: [Apple Butter](#) (285 ml or 9.6 oz) from Paul & Alice Horst north of Millbank. It's **local**, it's **organic** it's very tasty! Apparently, the [apple](#) harvest in Southern Ontario was not at its best this year, so we are very pleased to see that the Horsts were able to transform some of it into their delicious **Apple Butter** – incidentally a thick, brown, rich [spread](#) made by slowly cooking pureed apples until the sugars caramelize (**no extra sugar added!**), essentially a fruit preserve that keeps for many months in the fridge and up to a year in the freezer.

In case you were still wondering what **Apple Butter** can be used for, here are a few suggestions:

Apple Butter can be used as a [spread](#) on [toast](#), [pancakes](#), waffles, [yogurt](#), or [oatmeal](#); can be used in **baking** as a [mix](#) for [cake batter](#), [muffins](#), or [fruit bars](#), or in recipes like apple butter bars, apple butter pumpkin pie, apple bread and apple butter spice cake; can be used in **savoury dishes** like grilled [cheese](#), pork chops, or on [peanut butter](#) stuffed [celery](#); pairs well with sharp [cheddar](#), camembert, or aged [cheeses](#); can be used with gingerbread, [red cabbage](#), [sauerkraut](#), [sweet potatoes](#), bread [pudding](#), or rice [pudding](#); can be used as a **glaze** for [chicken breasts](#) or other [poultry](#) dishes.

## Eby Milk Price Increase

Most of us have grudgingly become used to the seemingly inevitable price increases all around. Woefully, Eby Manor – suppliers of our very popular Guernsey Milk – have seen the necessity to also adjust their prices to reflect their risen production and distribution costs. You will notice that the price of all Eby Manor Guernsey Milk has increased by about 15 cents per litre. Thank you for bearing with them (and us).



## Upcoming Christmas/New Year's Holidays

Hard to believe, but with the holiday season only some seven weeks away, we can already let you know now when we will be taking our traditional **Christmas and New Year's delivery break** so you can figure that into your own holiday planning. For anyone nearby wishing to visit us at this time, the [Store](#) will be closed from Dec. 22<sup>nd</sup> until Jan. 1<sup>st</sup> and open again on January 2<sup>nd</sup>. Here's the **Holiday Delivery Schedule**:

**NO DELIVERIES December 23-25, 2024  
and NO DELIVERIES Dec. 30 - January 1, 2025  
Back for regular Deliveries Jan. 6-8, 2025**

Wishing you all a great November,

**Wolfgang**