



# Veggies on Wheels



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NEWSLETTER OF PFENNING'S ORGANIC FOOD BOX

December 4, 2024

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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, Year Wrapping Up

Some of you may have known that Almut and I – and for the first time together with Almut's sister, Elke, and her husband Martin (*from the Hack Farm, Kincardine*) – just got back from a very relaxing and rejuvenating week in Cuba. That is why we are sending out our [Newsletter](#) a few days later than the usual beginning of the month. With only another three more weeks to go until Christmas and the end of the year in sight, this will also be the last Newsletter for 2024.

### Paradisiacal Cuba, But Getting Colder Here

Along with sister-in-law Elke and brother-in-law Martin, Almut and I spent a beautiful week in the balmy, tropical climate of Cuba. Immersing oneself into its culture, language and all-around charm during our stay was exhilarating, although at some point of reflective unwinding I must have dozed off on the beach (as you can see in the telltale picture). Strange as it now may seem, we must point out – and some of you are already on to this – that it is time for all our Food Box customers, especially those of you receiving early morning deliveries, to begin taking precautions to safeguard your goods against the possibly damaging effect of **freezing temperatures** before you can bring them inside. You will find some **Storage Suggestions** on our [Delivery Arrangements](#) page and some of you have already been leaving out your sleeping bags, blankets and quilts for me to wrap up your early morning deliveries and keep them protected from any matinal freeze. If possible, allowing access to an enclosed porch, mudroom, shed or garage is very helpful. Leaving out a spacious cooler to put your box in or transfer items to is also a possibility to keep things from freezing for a while.



### Reminder → Christmas/New Year's Holidays

Once again, we hope you had a chance to mark down the dates of this year's **Christmas and New Year's delivery break**. As we had said in our [last Newsletter](#), if you would like to visit us at the [Store](#) when we won't be delivering, please, know that we 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 again is our **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**

## Egg Nog



**Harmony Egg Nog** has just come in! As many of you will know, this exceptionally tasty and full-bodied [Egg Nog](#) is made from Whole Organic Harmony Milk and is known for its creamy and velvety texture and incomparably delicious savour. It will most certainly ennoble your holiday season. Have you tried it frothed in coffee or tea? Definitely something to give a try. Or maybe mix it with Cuban Rum? On a sad note, [Egg Nog](#) will only be available until Christmas, which one can reluctantly accept, seeing that it is considered the ultimate holiday beverage.

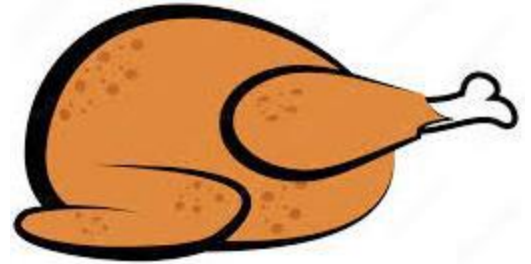


## Stickling's Bakery

Some of **Stickling's** traditional delicious **Christmas Bakery** has arrived at the Store. You will find the traditional flavourful European holiday [Stollen](#) and their rich [Fruit & Nut Cake](#) – more to come soon! Keep checking in the [Bakery](#) department under [Christmas Baking / Goodies](#) to elevate and brighten your holiday season.

## Holiday Turkeys

It's that time again to offer fresh, organic [Holiday Turkeys](#) (from the Elmira area). We are still taking orders for the fresh birds, although you can also get them frozen. We can deliver them to you the week of December 16-18, the last delivery week before the Christmas holidays. As always, contact us at the [Store](#) if you are interested and to pre-order: (519) 725-4282 – or send us an [email](#).



## Fresh Cranberries coming soon

Other than your mashed [potatoes](#) and stuffing, you may want to set your sights on **fresh Cranberries** from Nova Scotia (Springbrook Farm), expected to arrive this week – keep looking for them in our [Fruit section](#). For now, you can always stock up on [frozen Cranberries](#). With their fruity and refreshing tanginess, they pair well with and enhance all kinds of dishes, with or without turkey, and the traditional Cranberry Sauce (recipe is on the package and on the online [product page](#)) is fast and easy to prepare.

Once again, we would like to thank **YOU** – all our customers and all of you who have been supporting our Store and our Home Delivery Service – for ensuring that we, a **local, independent, non-corporate family business**, and all our like-minded local farmers, growers and suppliers can continue to offer our unique services and goods to you.

Time now to wish all of you a Merry Christmas as well as a Happy New Year – and looking forward to seeing you all again in 2025,

**Wolfgang, Almut, Barnhild, Aurélie, Bethany, Sheri & all of us at Pfenning's Organic & More**