

APRIL 2008

NEWSLETTER



WHOLE SOME HARVEST FARM

HARVEST NUGGETS

Buyer Beware!

Is Your Market Grower Only?

Yes! Guadalupe Valley Gardeners Market, where we sell our produce, is growers only and we are very proud of that fact. Many of the farmers markets and roadside stands that sell produce, are not the growers of the produce that they sell. Also, many of the farmers market associations allow the purchase and resale of produce. Many these markets however; require that the produce be grown in Texas. As a result, a disturbing trend has arisen involving selling the customer produce marketed as local grown or produced in Texas. When you buy tomatoes in December, or pineapples any time of year you can be pretty much assured that the produce is not grower only produced or much less grown in Texas. We feel takes advantage of the customer by representing oneself as a farmer and grower when in fact they

are retail sales people just like at HEB or WalMart. We at Wholesome Harvest Farm, as well as the rest of the vendors at the Guadalupe Valley Gardeners Market, work very hard to produce locally grow seasonal produce that is the freshest it can be. Since we **are** local growers our produce is **seasonal**, for example broccoli only grow in Fall and Spring. Tomatoes grow in the Summer months. Some of the vendors work very hard to extend the seasons for which produce is available trying to provide the best selection possible. When visiting markets, ask your vendor questions regarding there produce. For instance ask what and if there are any special techniques used for growing their produce. Throughout the season we

have written or reprinted stories about building relationships with your market. We are always happy to answer any questions. We try very hard to provide information on how to prepare our vegetables with recipes. We advise all our customers to ask questions of the vendors at markets they may frequent. Such as:

*Did you grow this yourself?

*Are you a convention, (chemical), or an organic grower?

*Do you belong to any associations or trade groups?

*May we visit your farm and see how things work?



Food for Thought: The Slow Food Movement

Slow Food is simply about taking the time to slow down and to enjoy life with family and friends. Every day can be enriched by doing something slow - making pasta from scratch one night, squeezing your own orange juice, lingering over a glass of wine and a slice of cheese - even deciding to eat lunch sitting down instead of standing up.

Living the slow life with food as the focus is as rewarding as it is easy, and it can be done daily by each one of us. Ultimately, it is about pleasure and taste, knowledge and choice. Once we begin to take an interest in the enjoyment of food, and in finding out where our food comes from, we can begin to see the effects of these choices. When we shorten the distance—both literal and

figurative—that our food travels to get to us, we are participating in the Slow Food movement. Slow Food is about coming together as a food community—connecting producers and co-producers, coming together on the farm, in the market, and at the table—to create and enjoy food that is good, clean and fair.

<http://www.slowfoodusa.org>



Market Dates and Locations

??April 5 at the Square—Seguin

??April 12 8 at the Square—Seguin

??April 19 at the Square-Seguin

??April 26—TRADE DAYS



Wholesome Harvest Farm *Gardening Naturally*

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Wholesome Harvest Farm was established in 1994. Our philosophy is that eating locally grown, recently harvested fresh food is better for your health! Our crops are grown for flavor, and since it is grown using organic methods, our produce keeps much better. Because our family eats what we sell, you can be assured that we tend to the health of our soil in order to grow healthy plants and to protect and sustain the environment. So, we grow using organic and sustainable methods. Our goal is to specialize in crops you can't find anywhere else. We especially enjoy raising unique heirloom fruit and vegetable varieties. We also raise goats and poultry for eggs and meat.

Our mission is to be good stewards of the earth. Growing food as God intended, seasonally and naturally.



This is a family farm located southeast of Seguin. Our crops are grown to suit the seasons so you can be assured of the freshest produce at the right time of the year. We also have an extensive herb garden. Our animals roam free range and are fed as nature intended. We find that this belief in nature and a natural sustainable way of farming has reduced the incidence of sickness and problematic diseases among our animals and plants.

Visit us online at <http://www.wholesomeharvestfarm.com>

Favorite Recipe

Wholesome Harvest Farm's Onion Soup

2 Tbsp Butter

1/2 Cup Red Wine

2 Tbsp Olive Oil

Salt and Pepper to Taste

4 Med Onions (Thinly Sliced)

6 Slices French Bread

1 Tsp All Purpose Flour

3 Tbsp grated Gruyere Cheese

6 Cups Beef Stock

In a large sauce pan melt the butter and add olive oil, add onions and cook until caramelized. Stir in the flour and cook, stirring for 5 minutes. Stir in stock, add wine, if desired, and season with salt and pepper. Simmer partially covered for 30 minutes. Adjust the seasoning to taste. Place bread slices at the bottom of a casserole or individual oven proof bowls and pour in the soup. Sprinkle with cheese. Put the casserole or bowls in a hot oven or under the broiler until the cheese is golden and melted.