

AUGUST 2008

NEWSLETTER



WHOLESOME HARVEST FARM

# HARVEST NUGGETS

## Stay Hydrated During the Dog Days of Summer!



Forget the old adage: drink at least eight (eight-ounces) glasses of water a day to stay hydrated. Sixty-four ounces is an arbitrary amount. Recent studies show that drinking for thirst is fine and meets the body's needs. It used to be thought that when you were thirsty, it was "too late" — and that you were already dehydrated. Not true! So drink when you are thirsty.

### **Best Choice: Water**

Although there are many choices for bottled water, many people get tired of drinking water. Also, many people think that when they exercise they need a sports drink to "replenish" lost nutrients and fluids. That's not so. Water will hydrate you, and it doesn't have the calories found in Gatorade or other sports drinks.

**What to avoid:** Fruit punches

**What to choose:** Low-calorie flavored drinks: Crystal Light drinks or low-calorie iced tea (Diet Snapple and Lipton's Diet Green Tea).

Low-calorie fruit drinks: Diet V8 Splash, light orange juice (50 percent less calories than regular orange juice (Tropicana and Minute Maid), and light cranberry blend juices (Ocean Spray).

Low-salt tomato juice or V8 juice

**What to avoid:** Regular soda  
**What to choose:** Any diet soda with or without caffeine. (You want to limit your caffeine intake, as it can be dehydrating in high amounts.)

Limit yourself to four cans of caffeinated soda such as cola, Dr. Pepper and Mountain Dew. Choose caffeine-free soda after that. Sodas without caffeine include orange, root beer, and Seven-Up. Club soda or flavored sparkling water

**What to avoid:** Regular sports drinks such as Gatorade and Powerade

**What to choose:**

Propel, low-calorie Powerade, or Glaceau fruit-flavored vitamin water.

**What to avoid:** Frappuchinos and other frozen drinks made with sugar, sugar syrups and whole milk (even soy milk).

**What to choose:** Frozen latte made with skim milk and either a low-calorie sweetener or low-calorie syrup.

**Don't like low-cal sweeteners? Here are some options:**

- Water down your juice: Mix one part regular 100 percent juice with two to three parts water.

- Add a splash of 100 percent juice to a tall glass of seltzer or club soda.

- Put a wedge of lemon, lime, or orange in a glass of sparkling water or still water.

- Add club soda to regular soda.



## What's Coming for Fall?

The end of summer is a very busy time at Wholesome Harvest Farm. It's planting time! Yes, it is time to get the fall crops going for the market.

This year's fall crops include: summer squash, okra, cucum-

bers, cantaloupe, tomatoes, including those heirloom varieties that everyone loves. We also have peppers, eggplant, and have started winter squash. Our cold crops for late fall include broccoli, cabbage cauliflower,

Brussels sprouts, chard, spinach, kale, and our signature lettuce mix. New for the fall and winter a mesclun mix that include spicy greens.

Stay tuned for more good food coming your way.



### **Our Market Dates now vary.**

Wednesday: Wimberly Lions Park

Saturday : Seguin Central Park—Austin Street

NOTE: Please be careful at our new location on Austin Street . Traffic can be dangerous. Concerns can be directed to the Main Street Program, May Jo Phillips, 401-2448 or [mainstreet@ci.seguin.tx.us](mailto:mainstreet@ci.seguin.tx.us) or our Market President, Hazel Mondine.



727 Capote Oaks  
Seguin, TX 78155

Phone: 830-303-0817  
<http://www.wholesomeharvestfarm.com>  
Email: [info@wholesomeharvestfarm.com](mailto:info@wholesomeharvestfarm.com)

*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

---

### Roasted Tomato Soup

**4 Lbs Tomatoes, stemmed and quartered**

**1/2 C Extra Virgin Olive Oil, divided**

**1/4 C Balsamic Vinegar**

**About 12 Garlic Cloves, peeled**

**Salt**

**1/2 tsp Ground Pepper**

**1 cup chopped onions**

**2 cups fresh basil (loose)**

**2 cups water**

Preheat Oven to 500 degrees

Prepare tomatoes. In a large bowl, mix tomatoes, 1/4 c of the oil, the vinegar, garlic, salt and pepper, to taste. Spread the tomatoes out on a non-reactive baking sheet. Roast the tomatoes in the oven until very dark spots appear, 35 to 40 minutes. Remove and allow to cool a bit.

In a large saucepan over medium heat, combine remaining 1/4 cup oil, the onions and a pinch of salt. Cook until the onions are very soft, 8 to 10 minutes, stirring occasionally. Add the 2 cups basil leaves and sauté with onions for about 1 minute. Add the roasted tomatoes and water to the saucepan. Bring the mixture to a simmer and cook for 10 minutes. Season with salt and pepper, to taste. Puree the tomato mixture in a blender or with an emersion blender in the pot. The mixture should be very smooth. You should have about 8 cups.