

DECEMBER 2007

NEWSLETTER



WHOLESOME HARVEST FARM

HARVEST NUGGETS

WHF—A New CSA

Community Supported Agriculture Coming Soon!

Questions? We have Answers!

What is a CSA?

Community Supported Agriculture (CSA) originated in Europe and Japan as a reaction to the disconnect between consumers and their food source. This phenomenon occurred as farms grew further and further away from the center of their own community. In America food travels an average of 1500 miles before it reaches the dinner plate. Pesticides, herbicides, and insecticides are used to cover the stress of travel on fresh produce. Each CSA operates in its own unique way, but the basic idea remains the same: consumers and farmers collaborating to ensure a

safe and healthy food source in their community.

Why WHF CSA?

We believe that the principles of sustainable agriculture apply to every kind of farming, from the growing of the fresh vegetables and fruits that make their way to your dinner plates, to the production of the fresh cut flowers that adorn your tables. As organic growers, we use no pesticides or synthetic fertilizers of any kind. To enrich our soils, we use cover crops, crop rotations and compost. We are committed to careful land steward-

ship, ecological pest management, and a healthy environment. In this way, we hope to leave our farm in good condition for future generations.

How Do I Sign Up? Schedules?

What's Growing?

Stay tuned to our website and our news letter for more to come!



Did You Know? Free Trade and Food Safety

"In 2005 the United States, formerly known as the world's breadbasket, became a net food importer for the first time, with a food deficit of nearly \$370 million. While Congress is rushing to implement "free trade" deals, concern is rising over the ever dwin-

ding number of food inspections. Contrary to normal expectation, the vast majority of imported foods on American dinner plates is untested and unexamined. In 2007, the Food and Drug Administration will inspect only 0.6% of imported vegetables, fruit,

seafood, grains, dairy, and animal feed. The Dept of Agriculture will inspect only 11% of imported beef, pork, and chicken. Even more shameful is the fact that implementation of impending deals will require that products must meet the standards of the exporting country only, not those of the importing country." (Acres USA, 9/07 V.37)

EAT LOCALLY GROWN!

Merry Christmas



Market Dates and Locations

??December 1 at the Square—Seguin

??December 7 at the Square—Seguin

??December 15 at the Square—Seguin

??December 22 at the Square—Seguin

??December 29 at the Square—Seguin



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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

Hearty Steak Salad

1 lb Steak, Thinly Sliced

1 Bag WHF Mixed Greens

1/2 Onion, Sliced

1/2 lb Grape Tomatoes

1 Cucumber

1 Satsuma Orange

Baby Carrots

Ranch Dressing to Taste

Grill steak, rest meat for 5 minutes, and slice. Peel and section orange. Combine greens, carrots, cucumber, onions and tomatoes in a large bowl, toss. Add orange and steak. Serve in bowls with ranch dressing.