

February 2008

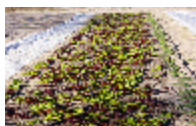
NEWSLETTER



WHOLE SOME HARVEST FARM

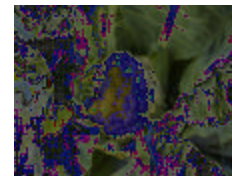
HARVEST NUGGETS

LOCAL FOOD



WHAT IS IT?

WHY BUY IT?



At a time when food travels farther than ever before, eating Local Food is one of the most encouraging and significant changes we can make in our diet today. It gives us a reason to be curious about our food—not just the number of calories or carbs it contains, but where it comes from and how it is raised. The appeal of Local Food is obvious: tastier and fresher fare, the chance to support our neighbors and keep cash in the local economy. Also you may be surprised by the unique varieties of produce marketed by the local farmers much of the produce found in the local supermarkets is grown with long distance travel in mind. Your local farmer can produce varieties that are much more tender and flavorful but cannot be shipped the long distances of supermarket pro-

duce. The challenge for many consumers is to learn how to use the seasonal local produce. We at Wholesome Harvest Farm try to provide recipes to help with this dilemma. Local Food makes it easy for consumers to find and connect with local food from farmers they can know and trust. Next time you go shopping, buy extra quantities of your favorite local fruit or vegetable when it is in season and experiment with drying, canning, jamming, or otherwise preserving it for a later date. Share with others by hosting a harvest party at your home or in your community that features locally available and in-season foods. Wholesome Harvest Farm appreciates the fact that you sup-

port us along with the other vendor of the Guadalupe Valley Gardeners Market. THANK YOU.

A Maine study indicates that shifting just 1% of consumer expenditures to direct purchasing of local food products could increase farmers' income in that state by as much as 5%. *Source: Economic Impact of Maine Food System and Farm Vitality Policy Implications. A Report to the Joint Standing Committee on Agriculture, Conservation, and Forestry, Second Regular Session of the 120th Maine Legislature. Jesse Gandee, Nov. 2002.*



What's Coming Next

We are getting ready for the busy planting time of spring by getting many of our seeds started. We are still planting the cool season crops such as broccoli, cabbage, spinach, lettuce, carrots and beets. In addition we are starting to get the warm weather transplants going such as tomatoes and pep-

pers. We are putting a special emphasis on heirloom tomatoes this year. We grew some last year but with all of the rain the production was not what it should have been. Some of the varieties we are growing this year are, Japanese Black Truffle, Cherokee Purple, Striped German, Green Zebra, and Rose.

Some of the items that should be at the market over the next couple of weeks are;

Beets, Carrots, Lettuce Mix, Broccoli, Cauliflower, Brussell Sprouts, Rutabagas, Radishes, and Cabbage.



Market Dates and Locations

??February 2 at the Square—Seguin

??February 9 at the Square—Seguin

??February 16 at the Square—Seguin

??February 23 at the Square—Seguin

??March 1 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

ROASTED BROCCOLI OR CAULIFLOWER

1/4 Cup extra virgin olive oil, eyeball it

5-6 cloves garlic finely chopped

1 tbsp. Chili powder

1 tbsp. Ground Italian Seasoning (Recommend McCormick Italian Herb Seasoning Grinder)

1 Large head Broccoli or Cauliflower cut into long thin sections

Preheat oven to 425 degrees F.

Place extra virgin olive oil, garlic, chili powder and Italian seasoning in the bottom of a large bowl and add the vegetable sections. Toss to coat evenly, then transfer to a large baking sheet. Roast until the ends are crisp and brown and the stalks are tender, 17–20 minutes.