

July 2008

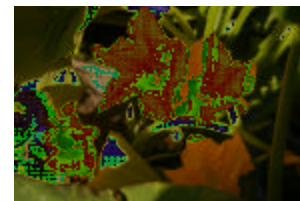
NEWSLETTER



WHOLE SOME HARVEST FARM

# HARVEST NUGGETS

## HOW TO SHOP AT A FARMER'S MARKET



Farmer's markets are for everyone. The summer months generally offer the widest selection of fresh fruits and vegetables, along with specialty foods and plenty of activity.

1 Find out the time, day and location of the farmer's market by checking the local newspaper or telephone directory or calling the city offices or chamber of commerce.

2. Arrive at the market early, if possible, for the best selection and freshest produce.

3. Wear sunscreen and bring a hat.

4. Bring small bills and change.

5. Bring a sturdy bag or cart for all your purchases.

6. Place a cooler with some ice in the trunk of your car to

hold any perishable purchases.

7. Take a walk around the market initially to see what's available. Different growers often offer the same produce.

8. Expect to choose from produce such as peaches, plums, corn, okra, peppers, melons, eggplant, tomatoes and squash.

9. Look for specialty products such as baked goods, vinegar, oils, sauces, cheese, eggs, jams, jellies and chutneys, along with fresh cut flowers and potted plants and herbs.

10. Look for specialty services such as knife sharpening, beverage carts and information tables.

11. Enjoy entertainment and special events such as cooking demonstrations and guest chef appearances. Summer months sometimes feature events and activities for the children.

12. Ask the market manager if you can't find what you're looking for. Talk to the growers and vendors if you need information on buying or storing their products.

### Tip

Small bills and change will make your transactions easier and more convenient.

From: EHOW.COM  
<http://www.ehow.com/>



## 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, Regular soda, Regular sports drinks such as Gatorade and Powerade, Frappuchinos and other frozen drinks made with

sugar, sugar syrups and whole milk (even soy milk).

### What to Choose:

Low-calorie flavored drinks: Crystal Light drinks or low-calorie iced tea, Any diet soda with or without caffeine, sodas without caffeine include orange, root beer, and Seven-Up. Propel, low-calorie Powerade, or Gaceau fruit-flavored vitamin water. Frozen latte made with skim milk and either a low-calorie sweetener or low-calorie syrup.



Our Market Dates now vary.

On Wednesday we are in Wimberly at Lions Park

On Saturday we are in Seguin at the Square with the exception of events which will displace us to the Silver Center.



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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

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### Salsa Rojo

**3 to 4 Tomatoes**

**1 clove of garlic**

**1 small onion**

**2 to 4 Garden Salsa Peppers**

**3 Tbsp of Water**

**1 Tbsp Olive Oil**

**Salt and Pepper to Taste**

Place the following ingredients, in order, in a blender with a lid:

Tomatoes, cut in half; Onion, chopped; Garden Salsa, coarsely cut; Garlic; Water and Oil.

Blend to desired smoothness add salt and pepper to taste.