

June 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.*



GRILL THOSE SUMMER VEGGIES!

Assortment of Summer Veggies (zucchini, yellow squash, bell peppers, eggplant, sweet onions, asparagus, beans, whatever else you may have) sliced if needed into ¼ to ½ inch thick slices.

Your favorite vinaigrette salad dressing (I change this up for desired flavors; sesame/ginger for Asian flavors, Italian red wine for, well, Italian food and Red Pep-

per/Feta for a Mediterranean nod).

Toss the veggies in enough of the dressing to coat well (about ¼ cup per half pound of veggies usually works for me) and let them sit, tossing occasionally, for about 20 minutes; about the time it will take for the grill to heat. RESERVE THE MARINATE!

Grill the veggies on each side over a medium-hot grill until they are

marked to your liking. Remove and place on a serving platter. Stir that leftover marinade (maybe add a little lemon juice to it) and drizzle over your grilled masterpiece. I sometimes sprinkle a bit of appropriate herbs from the herb pots that I keep by my grills for that special "chef's" touch.

THAT'S IT!

Enjoy this dish as a side or a main.



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

Summer Garden Marinara

2 tbsp Extra Virgin Olive Oil

2 Cups Squash cut into 1/2 inch wedges

1/3 Cup Onion, chopped

2 cloves garlic, minced

3 1/2 Cups whole tomatoes, chopped

1 tsp dried basil leaves

1 tsp dried oregano

1 tsp dried thyme

8 oz Whole Wheat Linguine

Salt and Pepper to taste

Cook pasta according to package directions. In a 2 quart sauce pan, heat oil, cook squash, onion and garlic until tender. Stir in tomatoes with liquid and seasonings, heat to a boil. Reduce heat and simmer for five minutes. Serve sauce over hot pasta, serve with Parmesan cheese, if desired.