

March 2008

NEWSLETTER



WHOLESOME HARVEST FARM

HARVEST NUGGETS

Why eat locally grown foods?

To piggy back on our last month's article on locally grown food we offer the following challenge:

It's a Fact!

Locally grown fruits and vegetables are usually sold within 24 hours of being harvested.

Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.

**It's a Fact!
From field to fork, an average dinner travels 1,500 miles**

In 1998, the Truck Weighted Average Source Distance (WASD) for the continental United States was 1,518 miles. A food mile is the distance food travels from where it is grown or raised to where

it is ultimately purchased by the consumer or end-user. A WASD can be used to calculate a single distance figure that combines information on the distances from producers to consumers and amount of food product transported.

In today's world food has increased 300% since 1998 due to the rise in fuel costs

Take the Eat Local Challenge!

Take the challenge anytime! Just follow the steps below whenever you feel inspired to commit to a week of eating locally and seasonally. Do it and learn to preserve summer's bounty. Or try it in De-

ember for a more difficult challenge.

How can I participate?

1. For one week, commit to the following:

- ?? Spend 10% of your grocery budget on local food — grown within a 100-mile radius of wherever you live.
- ?? Try one new fruit or vegetable each day.
- ?? Preserve food to enjoy later in the year.

2. Track your progress using the Eat Local Challenge scorecard.

Ask for a card!



Organic is better for you

Organic fruits and vegetables contain up to 40 percent more antioxidants than non-organic produce, according to the results of a four year study from the United Kingdom. Researchers at the University of Newcastle upon Tyne grew fruits and vegetables

on adjacent organic and non-organic sites across Europe and then analyzed the yields. "We have shown there are more of certain nutritionally desirable compounds and less of the baddies in organic foods, or improved amounts of fatty acid you want and

less of those you don't want." project coordinator Carlo Leifert told BBC News. The ongoing study will focus on determining where the difference between organic and conventional food comes from.

Organic Gardening, April 2008, Vol 55, No 3

Market Dates and Locations



??March 1 at the Square—Seguin

??March 8 at the Square—Seguin

??March 22 at the Square—Seguin

??March 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

BRASIED RADISHES

2 bunches radishes, about 1 pound, trimmed of tops and roots

1 1/2 cups chicken stock

2 tablespoons butter, cut into bits

1 large shallot, thinly sliced

2 tablespoons sugar

1 tablespoon red wine vinegar

Salt and pepper

Place radishes in a skillet with stock, butter bits, shallots, sugar, vinegar, salt and pepper. Cover the pan and bring to a boil. Uncover the pan and reduce heat to medium. Cook radishes 10 to 12 minutes and if the stock has not cooked away, remove radishes and cook down to 1/2 cup, about 2 minutes