

MAY 2008

NEWSLETTER



WHOLESOME HARVEST FARM

HARVEST NUGGETS

Watermelon Packs a Powerful Lycopene Punch

Imagine eating a crisp, juicy slice of watermelon on a hot summer's day and receiving great health benefits at the same time! Well, you do.

An all-American favorite, watermelon is highly nutritious and packed full of the phytochemical lycopene. It's one of the few foods that contain it in large amounts. Other good sources include tomatoes, red and pink grapefruit, and guava.

Lycopene is a red pigment that occurs naturally in certain plant and algal tissues. In addition to giving watermelon and tomatoes their color, it is also thought to act as a powerful antioxidant. Lycopene scavenges reactive oxygen species, which are aggressive chemicals always ready to react with cell components,

causing oxidative damage and loss of proper cell function.

Many epidemiological studies have concluded that a diet rich in fruits and vegetables reduces the incidence of heart disease and cancer in humans. Scientists have found that lycopene in the diet correlates with reduced incidence of certain types of cancer. And lycopene levels in fat tissue—an indicator of lycopene consumption—have been linked with reduced risk of myocardial infarction (heart attack).

Other Summer Nutritious Facts:

Cantaloupes are also a good source of Vitamins A and C. Both of these melons provide some Thiamin

This B Vitamin helps the body release energy from carbohydrates during metabolism

Peppers: Sweet red peppers are a great source of Vitamins A and C. Green peppers are a great source of Vitamin C.

Summer Squash: Varieties such as zucchini and crook-neck supply moderate amounts of Vitamin C and fiber if you don't peel before eating.

Tomatoes: This vegetable is known for its Vitamin C content. Tomatoes are also a good source of the antioxidant lycopene, which appears to also reduce the risk of prostate cancer.



You Can't Fool Mother Nature

In the 1970's, there was a margarine commercial with the message of "you can't fool mother nature." This statement never held more true than it does today. Up until the very early 1900's, the farming and livestock in this country was grown and raised using natural and organic methods. It was just the way it was done and it didn't need to be called "organic". In the last 50 years or so, more extensive use of chemicals became widespread. With the advent of chemical pesticides and herbicides for produce and steroids and antibiotics fed to livestock, is

it any wonder why people are nervous about the future of our health? We are what we eat, there's no question about that. There is a saying, "garbage in, garbage out." Biotechnology is all the "buzzword" these days. We now have genetically modified foods in our grocery stores, except there are no labels to let you know. Ever notice how the fruit in the produce aisle is so much larger than ever before? Yet, the taste leaves much to be desired. A tomato grown in a greenhouse will never compare to a tomato grown in a back-

yard. It is not nearly as difficult to find stores carrying organic and steroid-free foods as it was even just 20 years ago. Organic products are becoming more mainstream than ever before and are not reserved for only for health food stores any longer. Several large grocery chains now carry complete lines of organic products as a result of the demand from consumers. It is just common sense. When you mess with nature, the outcome cannot possibly be good. This is all the more reason to choose organically grown fruits and vegetables.

NEVER FORGET MEMORIAL DAY—MAY 26, 2008



Market Dates and Locations

- ??May 3: Silver Center
- ??May 10: Central Park Square
- ??May 17: Central Park Square
- ??May 24: Central Park Square
- ??May 31: Central Park Square



727 Capote Oaks
Seguin, TX 78155

Phone: 830-303-0817
<http://www.wholesomeharvestfarm.com>
Email: info@wholesomeharvestfarm.com

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

Squash Soup

1/2 lb Bacon (Diced)

2 tsp Dried Tarragon

6 Summer Style Squash (Diced)

1 Cup Milk (Or Half and Half)

1 Large Onion (Diced)

Salt to Taste

3 Cups Chicken Stock

Pepper to Taste

In a large pot, cook bacon until crisp, add onion and cook until wilted. Add squash and cook for 5 minutes add water, tarragon, salt and pepper and cook on low for 20 minutes (until water is hot but not boiling). Remove from heat. Using a ladle, put soup in a blender and emulsify. Add milk. Serve warm (not hot).