

NOVEMBER 2007

NEWSLETTER



WHOLESOME HARVEST FARM

HARVEST NUGGETS

Healthy Eating All Year Long Seasonal Produce and Other Tips for Fall and Winter Cooking

As the weather changes, so do our eating habits. For many people, colder weather means richer and heartier fare while warmer weather means lighter meals with more fresh

Eat Your Greens

While it might not be time to start hanging "greens," this is the time of year to start eating them. Greens (collard, turnip, mustard, and beet greens along with spinach, kale and Swiss chard) are cool season plants (spring and fall). They are good sources of vitamin A, vitamin K, Folic acid, fiber, iron, calcium, and many other nutrients. Try sautéing greens with olive oil, garlic, pepper flakes or toasted sesame seeds as a side dish or add them to soups, salads and sandwiches this fall.

As fall approaches, thoughts turn to the holidays and holiday eating. Now is the time to brush off those portion size rules and healthy eating habits. If you let things slide during the warmer months, get back on track. Starting healthy eating habits now will make it easier when the real tests – all those parties and family meals – come. Use a food diary to keep track of when, what and how much you are eating. Break out the measuring cups to help refocus your portion sizes.

Now that peaches, watermelon, strawberries and other summer fruits are out of season, turn to apples, pears, pomegranates, cranberries, kiwi, grapefruit, and oranges to satisfy that sweet

tooth. Use fall and winter fruits to liven up desserts, salads, grain dishes, breakfast and snack time.

Winter Vegetables

A great winter produce choice is squash. There are a variety of winter squash available - acorn, spaghetti, butternut, pumpkin are just a few. Using winter squash is a low-calorie, low-fat way to add hearty texture and flavor to winter meals. Bake a spaghetti squash (375° for an hour) and top with pesto and pine nuts to create a tasty side dish or roast pumpkin seeds and toss with spices (cinnamon or cumin) to top desserts, salads or add to trail mix.



Did You Know?

Free Trade and Food Safety

"In 2005 the United States, formerly known as the world's breadbasket, became a net food importer for the first time, with a food deficit of nearly \$370 million. While Congress is rushing to implement "free trade" deals, concern is rising over the ever dwin-

dling number of food inspections. Contrary to normal expectation, the vast majority of imported foods on American dinner plates is untested and unexamined. In 2007, the Food and Drug Administration will inspect only 0.6% of imported vegetables, fruit,

seafood, grains, dairy, and animal feed. The Dept of Agriculture will inspect only 11% of imported beef, pork, and chicken. Even more shameless is the fact that implementation of impending deals will require that products must meet the standards of the exporting country only, not those of the importing country." (Acres USA, 9/07 V.37)

EAT LOCALLY GROWN!

Have A Blessed



Thanksgiving!

Market Dates and Locations

??November 3 at the Square—Seguin

??November 10 at the Square—Seguin

??November 17 at the Square—Seguin

??November 24—NO MARKET—Happy Thanksgiving!

??December 1—at the Square—Seguin

The Market will close the last couple of weeks in December and will re-open the second week of January.



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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>

My Favorite Thanksgiving Recipe

BUTTERNUT SQUASH BAKE

1/3 Cup Butter
3/4 Cup Sugar
2 Eggs

1 Can Evaporated Milk
1 tsp Vanilla Extract
2 Cups Cooked and Mashed Butternut Squash

PECAN TOPPING

1/2 Rice Crispies Cereal
1/4 Cup Brown Sugar

1/4 Cup chopped pecans
2 Tbsp Butter

In a mixing bowl, cream butter and sugar. Beat in eggs, milk and vanilla. Stir in the squash, mixture will be very thin. Pour into a greased 11 x 7 baking pan. Bake uncovered at 350 for 45 minutes or until almost set.

Combine topping ingredients; sprinkle over squash. Return to oven for 5-10 minutes or until bubbly.

Yields 6-8 Servings