



# Hydro Harvest Farms



Closed  
Mondays  
OPEN  
Tues-Sat  
10-5  
Sunday  
11-4



February 2019

## *Welcome to our new NEWSLETTER*

Hi Folks,

I have been inundated with folks asking “where did the newsletter go?” Well, I haven’t been doing my duty to our customers. We have had some life changes. I have been taking care of our grandbaby, until she could go to Pre-school. Well, Jenna is 4 and she is thrilled about her new school and all of her new friends! GiGi, that’s what she calls me, has been tossed to the side! Also, I decided to try to do this newsletter on my own, without the use of the paid program. They tripled their pricing in the last 2 years, and it was really ridiculous. We are always looking for ways to keep our costs down and it’s

tough when the rest of the world keeps raising theirs. If you don’t want to get this newsletter, please let me know by replying to this letter with the subject “stop” Hopefully I won’t get too many, but I understand inboxes are getting so full lately. It’s not quite as bad as all those robo calls though.

I hope you find this letter fun and informative. We have been growing our gardens since May 2006 and we plan to keep on growing for as long as we can. I love our food, and I know you do too.

Thank You, Terrie and John

**VISIT OUR WEBSITE**

[WWW.HYDROHARVESTFARMS.COM](http://WWW.HYDROHARVESTFARMS.COM)

[HYDRO HARVEST FARM](#)

[1101 SHELLPOINT RD E](#)

[RUSKIN, FL 33570](#)

**TELEPHONE 813-645-6574**

**THANKS FOR PICKING US!**

Please [click here](#) if you want to stop this newsletter or

[terrie@hydroharvestfarms.com](mailto:terrie@hydroharvestfarms.com)



## *Special Events Happening at the Farm*

*Free Hydroponic Class  
Saturday Feb 23 @ 1*

*Free Hydroponic Class  
Sunday March 3 @ 1*

*No signing up, Just  
Show UP!*

## *What's Growing and Going On at the Farm?*



### Beets

This time of year the root crops are growing like crazy! We have Beets (see left pic), Turnips and Onions. Beets are easy to prepare. Wash the beets with the greens on. After you cut the stems off about ½ in above the beet, (see below), you simply trim the root end and put them in a pot of boiling water. Turn down to simmer and check them by inserting sharp knife in the largest beet. If it goes in easy, then they are done. Probably about 20-25 min at a simmer.

When done drain the water and let the beets cool off. Then just pick up a cooled beet and slide the skin off.

Beets are wonderful by themselves, sliced with a little butter, salt and pepper. Also they make a wonderful salad when chilled and you can even pickle them. Try adding beets to your smoothie.

### Recipe for super Smoothie

\* 2 Large carrots

\*2 Large Celery Stalks

\*1 Beet

\*½ Apple

Put them in your juicer or Bullit and YUMMY!

## *Beets are Yummy and Beet Greens are TOO!*

### How to Prepare Beet Greens

[www.HydroHarvestFarms.com](http://www.HydroHarvestFarms.com)

- Cut greens from beet
- Rinse well
- Beet greens can be stemmed, just fold the leaf together and pull stem off.
- Prepare a pan with a little olive oil, onion, garlic, or whatever you like.
- Sautee the onion and garlic on medium heat until soft.
- Add Beet Greens and 1/4-1/2 cup (depending on how many greens you have) of water and stir to mix.
- Reduce heat to low and cover the pan.
- Check on them stirring once in a while until they are wilted. About 3-5 minutes.
- Serve with salt and pepper and you will absolutely love them.
- They say that Beet greens are the new Spinach!



*Beet Greens are the sweetest greens you will ever taste!.*

## *Other Farm Fresh Veggies and Fruit Ready to Pick*

Strawberries

Lettuce

Beets

Turnips

Arugula

Herbs

Collards

Chard

Bok Choy

Yellow Squash

Snow Peas

Kale





## *Nutrients are Important!*

*Our nutrients are super food for any garden. You can spend all kinds of money at a garden center and probably won't get what your plants need. Even dirt gardeners from all over the country order our nutrient. It has everything your plant needs, is highly water soluble and you can't beat the price.*

*Shipping is FREE!*

Nutrient Pair

\$23.90

Makes 256 Gallons!

[BUY HERE](#)

Nutrient Deal

\$95.60

Buy 4 pairs get 1 pair free.

Makes 1280 Gallons

[BUY HERE](#)

Bio Nutrient

Use in conjunction with our nutrient

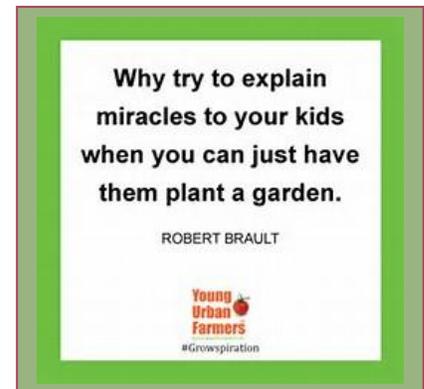
\$19.99

[BUY HERE](#)

## *A special message from our family*

Terrie's Tips

Everyone is so busy these days. I thought all of the new-fangled gadgets were supposed to make life easier. I see too many children and adults looking down at the phone. Why waste your time? In the hour or so you basically do nothing but keep a Chiropractor rolling in the dough. Look up, get up and step outside and pick a delicious salad. I guarantee you that fresh nutritious food will save you tons of money at the Drs.



Farmer John gives school tours and free classes. Just email [terrie@hydroharvestfarms.com](mailto:terrie@hydroharvestfarms.com) for more information. Or call 941\*238\*8617 Terrie

