

Mission Statement

As a responsible steward of the land and community, Seton Harvest, a ministry of the Daughters of Charity, will use the land in a just and environmentally conscious way by sharing locally grown food with shareholders, including persons who are poor and homeless and by providing educational opportunities around sustainable agriculture.



Findings on the Farm

The season is coming to an end this week, with this being the last pickup on our regular schedule. I think it has been a productive season as I look back on it. We had a good harvest on some of our crops and not so good harvest on others. That is the nature of farming though. I don't think there are two seasons that are ever the same. Each one of them presents us with different challenges. Overall, it has been a good one.

Seton Harvest represents something a little different to each one of us that is involved in it. Some of you join to support local agriculture, environmental stewardship, healthy food and families, and the satisfaction of knowing where your food is coming from. With your continued support of Seton Harvest, we can continue to promote these values in our community.

I want to thank all of you for being shareholders this past season and I hope that I might see many of you next season as well. Thanks also goes to our staff this season; Daniel, Bambi, Amy, and Sam, for their commitment to their jobs no matter what the weather conditions (and bugs!) had to offer. Thanks to Julie and Sister Maureen, Sister Marilyn for all they do at Seton Harvest! And last, but not least, thanks to the Daughters of Charity for their vision to start Seton Harvest for all of us to share in, and their continued support and prayers for us as we move into the future.

Thanks also goes out to all the people who volunteered this year at Seton Harvest. Volunteers are a valuable asset to the success of the farm. The service they provide helps cut down on labor cost and sometimes determines whether a crop will be productive or fail. Volunteers are always needed throughout the season, so thanks to everyone who took time out of their busy schedule to help out.

I thought it would be a good time to figure out some of the value of the current shares based on grocery store prices.

Vegetables	Store Price	In Share
Napa Cabbage	\$1.99 per pound	3-4lbs average = \$6-8
Sweet Potato	\$1.89 per pound	1lbs partial, 2lbs full = \$1.89, \$3.78
Potatoes	\$1.99 per pound	1.5lbs partial, 2.5lbs full = \$2.98, \$4.97
Turnips	\$1.69 per pound	1.5 to 2lbs = \$2.53 to \$3.38
Collard Greens	\$1.99 per pound	1lbs = \$1.99
Peppers	\$1.99 per pound	1lbs = \$1.99

Just for these items the price comes out to \$17.38 worth of produce in the Partial shares and \$24.11 worth of produce in the Full shares. This doesn't include the rest of the greens and garlic you've been getting, so the per week price of the current shares based on the prices of the above items alone are lower than buying the equivalent at the grocery.

Always Growing,
Farmer Joe

Last Pick-up for 2021 season

Saturday, November 13th
Tuesday, November 16th

Thanksgiving Share (pick-up at farm only)

Saturday, November 20th
8:00a.m. — 11:00 a.m.

Please consider bringing your leaves to the farm for composting! All leaves can be left at the compost pile behind the greenhouse.



Weekly Recipe: KOHLRABI ZUCCHINI FRITTERS

Ingredients:

Kohlrabi and Zucchini Fritters

1 Kohlrabi peeled and grated
1/4 teaspoon Salt
1/4 teaspoon Chili Powder optional
1/2 cup Vegetable Oil

1 large Zucchini grated
1/4 teaspoon Garlic Powder
1 large Egg

Sriracha Mayo

3 Tablespoons Mayonnaise Vegan or Regular works
1 Tablespoon Sriracha Hot Sauce or any other hot sauce of your preference

Directions:

- Peel the kohlrabi and use a grater or food processor to grate the kohlrabi and zucchini.
- Place the grated kohlrabi and zucchini mixture into a cheesecloth and squeeze all the water out.
- Beat the egg, salt, garlic powder, and chili powder together and mix into a large bowl with the kohlrabi and zucchini mixture.
- Form small patties with the mixture.
- Heat up a non-stick skillet with vegetable oil on medium-high heat.
- Fry patties until golden brown on both sides.
- Once done, place fritters on a plate with a paper towel to soak up extra oil.
- Serve and enjoy!

Sriracha Mayo

- Mix the mayonnaise with the sriracha in a small bowl until blended well.
- Serve with fritters.



Weekly Recipe: Caramelized Onion Roasted Parsnip Puree

This parsnip puree is great on an appetizer spread, as a sauce, or side dish and just with a spoon!

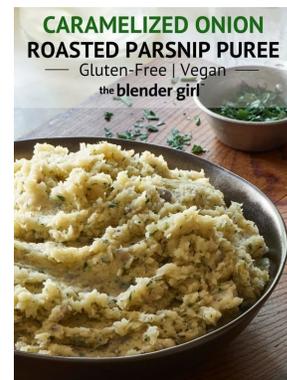
Ingredients:

10 cups peeled and roughly chopped parsnips (5 large)
2 cups vegetable broth, plus more as needed
1 teaspoon ground cumin
2 tablespoons finely chopped flat-leaf parsley
1 teaspoon finely chopped fresh thyme
1/4 cup extra-virgin olive oil

2 medium red onions, roughly chopped
2 teaspoons sea salt
1/4 teaspoon finely grated lemon zest
2 tablespoons finely chopped fresh chives
1 teaspoon finely chopped fresh rosemary
1 teaspoon minced garlic

Directions:

- Preheat oven to 350 and line 2 baking sheets with baking paper or parchment paper.
- Toss the parsnips with the olive oil and 1 teaspoon of the salt, and lay the vegetables out evenly on the trays.
- Roast both vegetable trays in the oven for about an hour until the onions are nice and caramelized and parsnips are tender and cooked through.
- In the bowl of your stand mixer fitted with the paddle attachment, transfer the roasted vegetables, and add the broth, garlic, cumin, lemon zest, and the remaining teaspoon of salt. And whip until you get the desired.
- Stir in the parsley, chives, thyme, and rosemary. Tweak herbs, salt and pepper to taste, and serve family style.



Sister Maureen's Reflection: Thanksgiving.....

**Gratitude is so important. Spend time delighting in the positive gifts in your life.
Share your gratitude with someone this Thanksgiving!**

