

## 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.

## SHARHOLDER PICK-UP TIMES

Saturday @ the Farm

8:00 a.m. 11:00 a.m.

Tuesday @ the Farm and  
Epworth Crossing

3:30 p.m.-6:30 p.m.

## REMINDER

**Always wash your  
produce before you use it.**

**We rinse it but do not  
wash it for you.**



## Findings on the Farm

I don't know about you, but I was very happy to see the rain on Wednesday morning. We ended up getting seven-tenths of inch here. You can water the plants you put out and they do fine, but when they get a good rain on them they like that a lot better and respond accordingly. Rain water is always better than hose water. As a farmer, I like when it's a little on the dry side. You have more options on what you can do on any given day; work ground if needed, plant, weed, mulch and the list goes on. When it's wet, it really limits your options in the field in terms of what you can do. You also end up with more disease problems in the plants and at times you can lose part of the crop because of the saturated soil.

In the past week we have done some planting out in the fields. The eggplants have found their summer home and look to be adjusting well. The crop of peppers got their place in the sun too. The tomatoes have enjoyed the warmth of the last week or so and have more or less doubled in size. So, they were staked up, changing the landscape as you view it from the barn. I can't wait till those first field ripe tomatoes start to come in. Another thing that's getting planted is okra. With the warm weather the ground has heated enough to get a good germination on the seed. Having likely originated in Africa, it prefers warmer conditions for sprouting. Hopefully we will be picking okra by sometime in mid-July if things go right. So, get ready all you okra lovers!



Always Growing,

*Farmer Joe*



## Sautéed Swiss Chard with Parmesan Cheese

Allrecipes.com

### Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 small red onion, diced
- 1/2 cup dry white wine
- 2 tablespoons freshly grated Parmesan cheese
- 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- 1 tablespoon fresh lemon juice, or to taste
- 1 pinch salt to taste



### Directions:

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

**Sister Maureen's Reflection** "See nature as a magnificent book in which God speaks to us and grants us glimpses of his infinite beauty and goodness." St. Francis of Assisi

## ENJOY FRESH FLOWERS BEGINNING JUNE 2021

Fresh from the Farm seasonal blooms are available again this year through a weekly and bi-weekly bouquet subscription offer from Eastham Flower Farm.

Contact Emily Eastham at [easthamflowerfarm.com](http://easthamflowerfarm.com).

### Subscription Options:

8 Bi-weekly (4 bouquets every other week)

**\$72.00 plus tax**

8 Weekly (8 bouquets every week for 8 weeks)

**\$128.00 plus tax**



## The SETON HARVEST MOBILE APP is now available for download!!

The mobile app provides users access to **Weekly Produce** updates, **Recipes**, the **Newsletter** and **More**. You don't have to be a current shareholder to stay connected. You can easily continue to support Seton Harvest through the app by registering for **Events**, sign up to **Volunteer**, and make **Donations**.

