

## 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

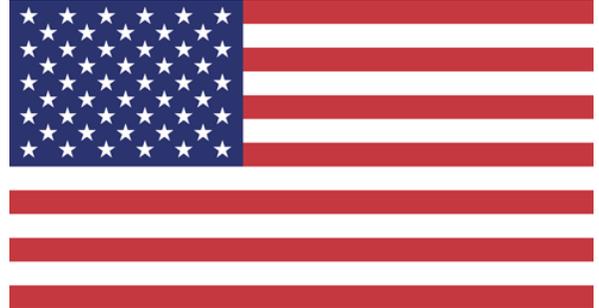
**Always wash your  
produce before you use it.**

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



## Findings on the Farm

The Fourth of July is upon us. It's hard to believe we are this far into the summer already. I want to wish everyone a wonderful and safe holiday! We are very fortunate to live in this great country of ours. We are given a lot more choices than are offered in other countries.



We can choose the career that we want, the place we want to live, and the food we want to eat at the dinner table. I'm glad that you as shareholders have chosen to eat some of Seton Harvest's food throughout the summer. When you choose to eat local food, your choice can end up changing the world around us. When your money is spent on local, naturally grown food, a large part of it stays in the community and helps to stimulate the local economy. Our daily choices on what we eat, where we shop, and who fixes our stuff when it breaks down all make an impact on our world. Thank you all for choosing Seton Harvest for part of the meals you eat. We are very lucky to have Seton Harvest in our community.

The blackberries are beginning to ripen up. There are a few things you should consider if want to pick them. First of all there is the possibility of getting a few ticks and chiggers in the brush. Also keep an eye out for poison ivy if you have a reaction to it. I recommend wearing long pants, long sleeves, and shoes to protect you from the



thorns (on the wild ones!) and to keep some of the bugs at bay. Some bug spray on your legs, ankles, and feet will help too. If you are prepared properly it will make your blackberry picking experience much more enjoyable.

Always Growing,  
Farmer Joe



# JULY CONTEST

Would you like to share a favorite recipe and have a chance to win some great prizes?



All you need to do is submit a favorite recipe to us using produce you receive from the farm. The recipes will be featured in future newsletters and the names of the participants will be entered for a drawing. One grand prize winner will receive a compost pail with filters and bags. The 2nd-place winner will receive a Seton Harvest t-shirt, SH hat and reusable produce bags. The 3rd-place winner will receive reusable bags.

Email your recipe to Julie ([Julie.dietz@doc.org](mailto:Julie.dietz@doc.org)) or Amy ([amy.rhodes@doc.org](mailto:amy.rhodes@doc.org)), or mail it to Seton Harvest 9400 New Harmony Rd., Evansville, IN 47720. **Entries must be received by July 26th. Winners announced by July 31st.**

## Weekly Recipe: Cretan Zucchini (Greek/Crete)

Submitted by Shareholder: Ellen Roper

### Ingredients:

- 5-6 small zucchini no longer than 5-6 inches
- Olive Oil
- 3 cloves garlic sliced thinly
- 2 tomatoes chopped or 12-14 ounces chopped tomatoes
- Chopped parsley
- salt/pepper

### Directions:

- Preheat oven at 350 degrees Fahrenheit (180 Celsius)
- Wash the zucchini (do not peel), cut the edges slightly.
- Thinly slice garlic.
- Make long slit in the zucchini lengthwise deep enough to stuff it with garlic. Stuff with garlic.
- Place zucchini and tomatoes in pan or casserole dish.
- Pour over the olive oil- about 1/3 to 1/2 cup.
- Add salt, pepper and parsley and turn zucchini so they are covered in the olive oil.
- Cook in the oven for about 1 hour and 15 minutes, until the skin is soft.
- Serve whole or cut in small pieces. Accompany with feta cheese and bread.



## Sister Maureen's Reflection:

*Simple joys — sunlight filtering through green leaves and pine needles.*



**Bittner Apiaries**  
**P.J.B Honey**  
100% pure, local  
honey!

12 oz. Bear \$5.00  
16 oz Jar \$7.00  
32 oz Jar \$10.00

**Available at all Pick-ups!**  
**Cash or Check only please**

## MARK YOUR CALENDARS!

**Tuesday, July 6th**  
**&**  
**Saturday, July 10th**



DIY  
**Elderberry  
Syrup Kit**

Includes All\* the Ingredients You  
Need to Make Your Own Syrup!

- Immune System Boosting Properties
- High in Vitamin C
- Can Lessen Stress, Tame Inflammation,  
and Fight Bacteria
- May Reduce Cold and Flu Symptoms
- High in Antioxidants

\* Just Add Your Favorite Sweetener!  
We Suggest Honey, Sugar or Apple Juice.

**Stephanie Jenkins of SCJ Wellness will  
be at the farm on selling her  
DIY Elderberry Kits**

