

Mission Statement

Seton Harvest, a ministry of the Daughters of Charity, promotes care of the environment by growing food naturally, shares produce with local shareholders and people in need, and provides educational opportunities for sustainable living.

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.

UPCOMING EVENTS

Twilight Dinner Set Up
Volunteer Time
9:00 am - Noon
October 15

Twilight Dinner
6:00-10:00 pm
October 15

SWIMGA Workday
9:00 - 11:00 am
October 17

Yoga on the Farm
9:00 - 10:00 am
October 22



Findings on the Farm

More of the winter cover crops were planted on some of the fields this week. It tells me that the end of our season will be winding down as we are getting the farm ready for the winter ahead. A fresh green blanket will start to appear on the soil surface, ready to protect it from winter's harsh conditions. This is a very important step in building healthy and productive soil. This year we are planting a lot of it in winter peas along with annual rye grass and cereal rye. The winter peas are a legume. Legumes are plants that are capable of fixing nitrogen, that is in the air around us, to their root system as they grow.

There are a lot of legumes out there such as beans, clovers, vetches and peas. This nitrogen will become available for use next summer after the legume crop is worked into the ground and it breaks down. Nitrogen is what gives healthy plants a deep green color as they grow. The annual rye grass is a good cover crop that grows very quickly and forms a very dense root system to hold the soil in place throughout the winter and spring. It adds a large amount of organic matter back into the soil, which forms humus over time. It prevents erosion of the soil by the rain and runoff. Another benefit is that it keeps vital nutrients from leaching out of the soil by taking them up as it grows and storing them for next year. Cover cropping is just one of the three steps that we use to create a healthier soil environment for our crops. The three steps I am referring to are cover cropping, crop rotation, and Composting. These are good practices for a healthy and diverse farm.

Leaves are starting to fall. If you pick up your leaves and put them out for the trash man, I have an alternative. You can bring them out to Seton Harvest and we will compost them to grow on in the future.



**Nitrogen nodules attached
to clover roots.**

Always Growing,

Farmer Joe



For more information, contact: Joe Schalasky, Farm Manager - 812-963-7690; joe.schalasky@doc.org
Julie Dietz, Community Outreach Manager - 812-963-7692; julie.dietz@doc.org
Amy Rhodes Sustainable Living Program Manager - 812-963-7531; amy.rhodes@doc.org

TWILIGHT DINNER SET-UP

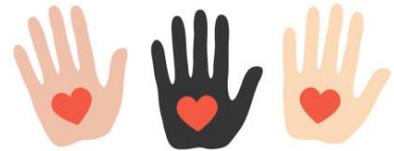
Saturday, October 15

9:00 a.m. at the farm

Still need a few volunteer hours to qualify for \$50 off your 2023 share? All you need is a total of 4 hours per season and there's plenty of help still needed on the farm before winter.

Come help prepare for this Saturday's Twilight Dinner!
We will be setting up tables and chairs and decorating between
9:00 a.m. — 12:00 p.m.

Volunteers NEEDED



Sister Maureen's Reflection : *We live in a web of relationships, and just as we affect this web by our actions, we too are affected by it. ~ Ilia Delio*

THANK YOU

Fall Festival Parking Lot Volunteers!!

With your help, we raised

\$2,160!!

Every bit helps sustain Seton Harvest's mission of producing 20% more beyond the weekly shares to donate to food banks, pantries, and shelters.



Join SWIMGA in the Seton Harvest herb garden from **9:00-11:00 a.m.** on **October 17, 21, 24, and 28.** Tasks will include harvesting, sheet mulching with cardboard and preparing the beds for winter.

Seton Harvest & SWIMGA will also be collaborating to install native trees & shrubs on the farm from **9:00—Noon on November 12th.** We will be planting Dogwoods, Redbuds, American Beauty Berry, Spicebush and more. Sign up for these free **Volunteer & Learn Days [HERE!](#)**

Green Tomato Parmesan *TasteofHome.com*

Ingredients:

2 lbs. medium green tomatoes, cut into 1/2-inch slices	1/2 tsp. kosher salt
3 Tbsp. all-purpose flour	4 large egg whites
1 1/2 cups dry whole wheat bread crumbs	2 tsp. garlic powder
1/3 cup grated Parmesan cheese	2 tsp. dried basil
1 cup fat-free ricotta cheese	3 cups spaghetti sauce
2 cups shredded part-skim mozzarella cheese	

Directions:

Preheat oven to 350° F. Place tomato slices in a single layer on paper towels; sprinkle with salt. Let stand for 5 minutes; pat dry.

Place flour in a shallow bowl. In a separate shallow bowl, whisk egg whites until foamy. In another shallow bowl, combine bread crumbs, Parmesan cheese, garlic powder, and basil.

Coat tomatoes in flour, then dip in egg whites and coat with bread crumb mixture. Place on greased baking sheets. Bake, uncovered, for 35-40 minutes or until lightly browned, stirring once.

Spread 1 1/2 cups spaghetti sauce into a greased 11x7-inch baking dish. Top with half of the tomatoes, and spread with ricotta cheese. Sprinkle with 1 1/2 cups mozzarella cheese. Layer with remaining tomatoes, spaghetti sauce, and mozzarella cheese.

Bake, uncovered, 35-40 minutes or until bubbly and cheese is melted. Yield: 8 servings.

