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.



Saturday @ the Farm
8:00 a.m.—11:00 a.m.
Tuesday @ the Farm
3:30 p.m.—6:30 p.m.
Tuesday Epworth Crossing
3:30-5:30

REMINDER

Always wash your produce before you use it.
We rinse it but do not wash it for you.

VISIT US AT SetonHarvest.org



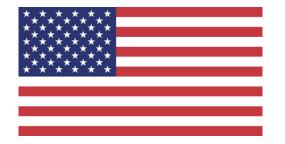




Findings on the Farm

The Fourth of July just passed us. It's hard to believe we are this far into the summer already. I hope everyone had 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 Harvests 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.

This past week we planted out our watermelon patch. I guess better late than never. They are about three weeks behind due to all the rain in May and the beginning of June which caused us to go back and start over on them. Last week the sweet potatoes moved into their home for the season. We will be harvesting them sometime in September on our sweet potato dig night.



Always Growing,

Farmer Joe

SHAREHOLDER WORK DAY!

Mark your calendars to join us for a shareholder workday on Saturday July 13 & 27 Anytime from 8-11:00 a.m.







Order your local peaches now!!

Potential delivery will be:

Tuesday, July 16
Farm and Epworth

Saturday July 20 Farm

All orders must be emailed or texted to The Peach Pit no later than July 13. Order forms available at all pick-ups or at www.setonharvest.org

Weekly Recipe: REFRESHING CUCUMBER SALAD

www.munchygoddess.com

Ingredient:

2 large cucumbers washed, dried, and sliced into ¼ inch thick pieces

2 tablespoons fresh dill weed chopped (additional for garnish)

1 1/2 tablespoons honey

1/2 teaspoon ground black pepper

¼ cup apple cider vinegar

3 green onions sliced (additional for garnish)

1 teaspoon salt

Directions:

- 1. Slice the cucumber into thin rounds. Slice the green onion and chop the dill weed.
- 2. To a large bowl, add the apple cider vinegar, honey, salt, pepper, green onions and dill. Stir until well blended.
- 3. Add the cucumbers to the bowl and toss until well coated.
- 4. Cover the bowl with plastic wrap and refrigerate for 20 minutes.
- 5. After 20 minutes, remove the cucumber salad from the refrigerator and top with additional chipped dill weed, green onions to taste and serve.





Master Gardeners Work Days

We are lucky to have the Master Gardner's help us with our herb garden. They have done a fantastic job and it looks amazing!!

They have workdays every 1st, 3rd and 5th Mondays of every month starting at 7:30 a.m..

Experience is not required, tools will be provided.

Come join the fun, reconnect with nature and learn a thing or two!