

## 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.

### 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

I hope everyone enjoyed their first pick-up last week. It was great to meet a lot of you for the first time, and I look forward to meeting the rest of the new shareholders I didn't get a chance to talk to. Catching up with past shareholders was great as well. It's always nice to see familiar faces. I was amazed at how fast some of the kids are growing up. It doesn't take them long. There are a lot of new little ones too, which is great to see. We are more than just growing vegetables here; we are helping to grow families and community. I encourage all of you to introduce yourselves and get to know each other a little better, because we are all in this together.

This past week the watermelons were planted as well as part of our okra patch. We planted two varieties of melons; they are crimson sweet and sugar babies. These are old reliable melons that we have been growing for years.

When you walk around the farm, I want to point out that we do use electric fences to keep the deer out of some areas. These fences are live and should be avoided. Use caution when you are around them because they do bite.



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

The **SETON HARVEST MOBILE APP** is available for download from Google Play or the AppStore!!

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**. Once you've downloaded the app, look for the **"Invite A Friend"** button and share with others!



## Chicken Stir Fry with Bok Choy or other Asian Greens

[www.theforkedspoon.com](http://www.theforkedspoon.com)

### Ingredients

1.5 pounds boneless skinless chicken breast cut into 1 in pieces.  
1 Tbsp cornstarch  
1 Tbsp soy sauce  
3 Tbsp vegetable oil—divided  
2 shallots chopped  
4 cloves garlic minced  
1 tsp fresh ginger grated  
8 oz bok choy, tatsoi, or swiss chard roughly chopped

### Ingredients

**Prepare the chicken** - Slice the chicken against the grain into pieces approximately 1/4-inch thick. Transfer to a medium-sized mixing bowl and combine with the cornstarch and soy sauce. Use your hands to coat the entire surface of the chicken with a thin layer of cornstarch. Heat a large skillet over med-high heat, Add 1 Tbsp of oil. Once oil is hot add chicken pieces and cook for 30 seconds until golden. The middle may still be raw and that is ok.

**Mix the Sauce**— add all the ingredient for the sauce in a small mixing bowl. Whisk well to combine and set aside.

**Sauté the aromatic**— return the skillet to medium heat and add the remaining Tbsp of oil, once hot, add shallots and sauté for one minute. Add minced garlic, ginger and half the onions.. Mix well to combine and sauté for 30 seconds.

**Return the Chicken**— return the chicken back to the skillet and mix will.

**Add sauce and bok choy**— pour the sauce directly into the skillet, stir in the bok choy and mix well to combine. Continue to cook until the sauce has thickened and chicken is cooked through and bok choy is softened.

### Sauce Ingredients

3 Tbsp Oyster sauce  
2 Tbsp Rice vinegar  
1/2 tsp sesame oil  
2 Tbsp water  
2 Tbsp honey  
1/2 tsp white pepper



## Sister Maureen's Reflection—

**Generate positive energy to those around you.**

## ENJOY FARM FRESH FLOWERS BEGINNING JULY 2022

Fresh from the Farm seasonal blooms are available again this year! A weekly and bi-weekly bouquet subscription will be offered from Timberview Flower

Farm.

Contact Mary Damm at  
812.963.3241 or [medflow-ers@att.net](mailto:medflow-ers@att.net)



We are excited to announce that we have partnered with SWIMGA to help with a few projects at Seton Harvest! They will be overseeing the herb and pollinator gardens.

They have scheduled workdays for all who are interested.

Workdays will start at 7:00 a.m. on:

**Tuesday, June 7 Saturday, June 18**  
**Tuesday, June 28**

All welcome! No experience necessary!

Contact Julie Dietz if you are interested!

