

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

Seton Harvest is grounded in the mission of using farming practices that treat the land in a just and environmentally conscious way. That is why we are Certified Naturally Grown. Certified Naturally Grown offers a grassroots alternative to Certified Organic for farmers and beekeepers, founded on the original ideals of the organic movement: small-scale sustainable agriculture serving local communities. The program is designed for farmers who sell locally and observe traditional growing practices that work in harmony with nature. It works with the soil ecology rather than relying on synthetic chemical fertilizers, pesticides, and herbicides. This alternative certification program includes an application process and annual on-site inspection.



Soil is the foundation of everything that happens at the farm. If you think soil is just something that holds up the plant, think again! Soil is full of life. In it are worms, bacteria, fungi, and nutrients that all help plants grow. Our work is getting the soil back to its natural state. If you don't have healthy soil you can't grow healthy plants. We help this process by adding compost and growing cover crops, which are incorporated back into the soil to boost its organic matter content and benefit all the living organisms in it. Every two years, the soil is tested at Seton Harvest so we can get a glimpse of its health. That information allows us to amend the weak areas to bring the soil back towards its optimal health. This is a slow process we've been working on since day one. Our commitment to sound soil and earth friendly farming practices is why Seton Harvest can be called Certified Naturally Grown.

Knowing your farmer and eating locally makes it easy to find out how your food is grown. That is the ground that we grow on.

Always Growing,
Farmer Joe



Download the “setonharvest” app from [Google Play](#) or [App Store](#) for a quick and easy way to sign-up to volunteer or purchase tickets for the Twilight Drive-Thru Dinner Fundraiser. Don’t have the app? You can also purchase tickets through [Eventbrite.com](#) or by contacting julie.dietz@doc.org.

SPICE IT UP WITH HOT PEPPERS!



Peppers (a.k.a. chiles, capsicum, paprika, and sweet peppers) are members of the Nightshade (Solanaceae) family. They are native to Central America, where they have been cultivated for thousands of years. A warm season vegetable, they require high temperatures to provide the best yields.



Most species of pepper contain capsaicin, the chemical responsible for the heat associated with the fruit. Capsaicin is said to be an adaptation that dissuades most mammals from eating the peppers. The brightly colored fruit attracts birds, immune to the burning sensation of the chemical, who spread the seeds of the plant. Highest concentrations of capsaicin are located in the white pith around the seeds. Capsaicin is not water soluble, so water will not dull its burning sensation. Milk and other dairy products provide the most effective relief due to a phosphoprotein that acts as a detergent, washing the capsaicin from the nerve receptors. The heat of the pepper is in the juice, seeds, seed-walls, and at the top of the pepper where the seeds are not the outside skin. Hot peppers were very important to Native American medicine and are still used today as a circulatory stimulant and pain reliever.

We have an abundance of hot peppers available at all pick-ups. Don't be intimidated! They are labeled with the name and level of heat. Bags are provided for you to label what you have chosen. Enjoy!

Weekly Recipe: *Microwaved Acorn Squash*

Ingredients:

1 acorn or butternut squash, halved and seeded

2 Tbsp. butter

4 Tbsp. dark brown sugar

Directions:

Place both halves of the squash, cut side up, on a microwave-safe dish. Put 1 Tbsp. of butter and 2 Tbsp. of brown sugar into the cavity of each half. Cook for 8 to 10 minutes in the microwave on high.

Rotate the squash a couple of times to ensure even cooking. When the flesh is soft, scoop out the flesh with sugar and butter and place it in a bowl. Mash it a little to blend the ingredients. Serve in a bowl or in the shell.



Growing our community one garden at a time!

On September 5th, Sisters and staff of Seton Harvest gathered at Cedar Hall Elementary School to help build raised bed gardens. This 4-years in the making collaboration with Welborn Baptist Foundation, St. Vincent Hospital, and Seton Harvest finally came together. Students will soon attend class outside and enjoy the bounty of their work in the garden. Thank you to everyone who assisted in making this happen!



Sister Maureen's Reflection:

*Blessed are you, Autumn, you draw us away from summer's hot breath.
As your air becomes frosty and cool, you lead us to inner reflections.*

J. Rupp

