

## 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

Some headway was made this week on a little weeding around here. The Sungold tomatoes were cleaned up, side dressed with a little fertilizer, had drip irrigation installed and a generous layer of mulch applied to keep the weeds down through the rest of the summer. They do look good if I say so myself. If you want to see them for yourself, they are in front of the barn. The plants looked a lot happier after they were placed in their new homes for the summer. I am anticipating a bumper harvest off them this season for everyone to enjoy. The peppers are next, and we have already put a good dent in the patch.

This is a busy time of year with a lot to do here at Seton Harvest. It's a good time to think about getting some of your volunteer hours early in the season. This is your farm as well. When the crops are weeded and mulched, and not in competition for nutrients or moisture they grow stronger and are more productive, giving us a larger crop to harvest. This benefits everyone on pick-up days with more veggies to go around. It also helps the Seton Harvest staff by lightening their workload. So, if you have some time, we have something for you to do. Just let Julie or me know when you can make it. Thanks so much to the people who have volunteered already!

Always Growing,

*Farmer Joe*



For more information, contact: Joe Schalasky, Farm Manager - 812-963-7690; joe.schalasky@doc.org  
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## Sister Maureen's Reflection

*Listen to the whisperings of the gentle spirit.*



**A NEW TRACTOR  
HUMMIN'  
KEEPS THE VEGGIES  
COMIN'**

## Help us **PLOW** towards a new tractor!! We need your help!

Help us reach our goal this summer! Our current tractor was purchased, used, 17 years ago and is now ready for retirement. Through the years, our tractor has helped us donate over 140,000 pounds of fresh, naturally grown produce. With the help from our beloved community, Seton Harvest will be able to continue providing 20% of our weekly harvest to those most in need.

We received a generous matching donation of \$15,000 and need your help in raising the rest.

**We are so close! Please consider making a donation!**

To make a tax-deductible donation:

- Go to [SetonHarvest.org](http://SetonHarvest.org) —> **Donate**
- Click the Tractor on the **Seton Harvest mobile app**
- Send a **check by mail**

## Maple Roasted Beets and Carrots

### Ingredients:

5 large carrots peeled & sliced  
2 tablespoons olive oil  
2 tablespoons butter

4 medium beets peeled & diced  
Salt & pepper to taste  
3 tablespoons pure maple syrup



### Directions:

1. Preheat oven to 425F and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet
3. Drizzle olive oil onto the beet & carrots, add salt and pepper. Toss until coated, spread out in an even layer. Roast for 15 minutes until veggies are tender-crisp.
4. Take sheep pan out of oven, coat with butter and maple syrup . Let butter melt then toss it again until everything is coated.
5. Return to baking sheet to oven for another 5 minutes.

## *Calling all helping hands!*

Join us **June 15th**, and the third Wednesday of each month, from **5 - 7 p.m.** to help pull weeds and keep our beautiful farm flourishing. Stay for as little or long as you'd like.

**MANY HANDS MAKE LIGHT WORK!**

All volunteers participating in Weeding Wednesdays will be entered in a drawing and the winner will be revealed at the end of the event.

