

**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  
**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**

Composting. We all have a sense of what it is, and its benefits. I look at it as basic recycling you can do at home or you can let us do it here at Seton Harvest. Composting benefits both the environment and the pocket book. By making compost we gardeners can create a source of high quality nutrition for our gardens and flower beds and eliminate the need to buy high dollar fertilizers. Compost improves the soil structure and moisture retention during times of drought. It’s an alternative to throwing it in the trash and filling our landfills. On the farm composting is a practical, cost-effective way to conserve nutrients that might otherwise go to waste. It allows us to make use of free sources of compost such as food scraps and leaves in the fall to help us in improving our soil fertility. We have a couple large compost piles here now. We use the slow method. It takes almost one and a half to two years for our pile to finish because of its size and how often its turned. The more its turned the more air is introduced the faster it breaks down. At home you can use a three-foot-wide by three-foot-high area to start one using some wire fence.

Here is a list of items that go in compost and some that don’t. Grass clipping are good for compost, but we don’t accept them here because I can’t be sure what people treat their lawns with.

Compostable items:

- All veggie scraps, skins, and stems
- Leftovers from vegetable-based dishes.
- Citrus peels (and any bad fruit)
- Fruit pits, rinds, seeds, and cores
- Teabags**
- Coffee grounds and filters
- Bread and grains
- Egg shells
- Leaves

Items that do not go in compost:

- Meat scraps or leftovers
- Fish
- Bones
- Fats
- Leftovers cooked in oil
- Raw dairy products

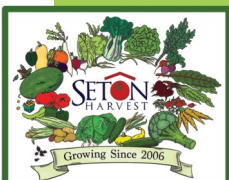
I encourage all of you to do this vary basic recycling either at home or bring it to the farm where we will put it to work for us all.

Always Growing,

*Farmer Joe*

**SHAREHOLDER WORK DAY!**

Mark your calendars to join us for a shareholder workday on **SATURDAY JUNE 15, 8:00-11:00**





## VOLUNTEERING AT SETON HARVEST

The idea behind our volunteer program is to encourage all of our shareholders to volunteer at the farm at least 4 hours a season. Volunteering at Seton Harvest is a wonderful way to spend time outdoors and contribute to the community. There are so many benefits to volunteering on a farm—getting your hands dirty, learning about sustainable agriculture, and connecting with nature.

Volunteering at the farm is both fun and educational. We encourage you to bring your family to volunteer as well. We also love to have groups volunteer, Cub Scouts, Girl Scouts, church youth groups, summer camps, companies are all welcome.

Please pass along our volunteer information to any group you may know that is in need of volunteer hours.

To schedule your hours, contact Joe or Julie .



## Weed Wranglers NEEDED!

Weeds grow very fast and compete with the plants for resources like air, water, nutrients, sunshine and space, which in turn can weaken or even kill crops.

Pulling weeds can be a hard, boring chore and it takes time and patience's, but is very vital to the plant health. As hard as it may be weeding, it is important to our crops and with your help, you are giving the plants a chance to grow and thrive.

If you have time to help wrangle a few weeds, please contact Julie to schedule your time.

### *Sautéed Swiss Chard with Parmesan Cheese*

[Allrecipes.com](http://Allrecipes.com)

#### **Ingredients:**

2 tablespoons butter                      2 tablespoons olive oil                      1 tablespoon minced garlic  
1/2 small red onion, diced              1/2 cup dry white wine                      1 tablespoon fresh lemon juice, or to taste  
2 tablespoons freshly grated Parmesan cheese                      1 pinch salt to taste  
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately

#### **Directions:**

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

