

## 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.

### UPCOMING EVENTS

**Fall Festival  
Parking Lot  
Oct. 3-8  
2216 W. Indiana St**

**Twilight Dinner  
6:00-10:00  
October 15**

**Yoga on the Farm  
9:00 am  
October 22**



## Findings on the Farm

With the fall season now upon us, I'm thinking about what comes to mind when we think of fall. Some of us think about the days getting shorter, which means less time to do things outside that we enjoy. Some are thinking about the coming winter and what it is going to bring. The thought of the fall festival comes to mind for a lot of us. For others it's the world series or football and for some, all the bright colors of the leaves that will soon be falling from the trees. The falling leaves makes me think of letting go. We all have things in our lives that we could let go of, much like the trees do. We could take some time to declutter our lives and ourselves, letting go of some material things and being more aware of the things we drag into our lives. Drop bad habits and try converting them to new ones that are better for us and our world. We can think about the coming winter and take some of that time to let go, so we can emerge next spring like the new shoots of a plant renewed, refreshed and ready to give it your all. I have always said that I may not be the best farmer in the world, but I am the best farmer that I can be right now with the circumstances that I am given. We are all given different circumstances that shape who we are, that doesn't mean that we can't let go of a few things that we have, make a few changes so that we may become better stewards of ourselves, our children, our world, and each other.



Always Growing,

*Farmer Joe*



For more information, contact: Joe Schalasky, Farm Manager - 812-963-7690; [joe.schalasky@doc.org](mailto:joe.schalasky@doc.org)  
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**Sister Maureen's Reflection :** *Some people have a deep spiritual connection to nature through their experience of awe and wonder at the beauty of nature. Are you one of them?*

## Weekly Recipe: **Twice Baked Delicata Squash**

By: Greener Ideal

### Ingredients:

4 delicata squash	1 tablespoon olive oil	kosher salt, to taste
freshly ground black pepper, to taste	3 tablespoons milk	2 tablespoons unsalted butter
1 large russet potato, peeled and cut into 1-inch pieces	1/2 cup fresh spinach, roughly copped	2 pieces cooked bacon, crumbled
3 scallions, roughly chopped, white and green parts		
1/2 cup sharp cheddar cheese, shredded		



### Directions:

- Preheat oven to 375 degrees. Wash the squash well and slice in half. Use a small spoon to remove the seeds. Place the squash in a baking pan cut side up. Drizzle with olive oil and season with salt and pepper. Bake for 20 minutes, or until fork tender. Let cool.
- While the squash is baking, place the potatoes in a medium saucepan. Cover them with water and bring to a boil over medium heat. Cook until fork tender, about 20-25 minutes. Drain and mash with milk and butter. Season to taste with salt and pepper. Add the scallions, spinach, cheese and bacon. Remove the squash from the skin and add to the potato mixture. Stir well. Divide the potato/squash mixture into the squash shells and bake for 20 minutes, or until cheese is golden brown.
- Serve immediately.



**VOLUNTEERS NEED for  
Westside Nut Club Fall Festival  
Parking Lot**

**Monday-Saturday  
October 3-8**

**Follow the link to sign up for a shift**

<https://signup.com/go/wXHpDjZ>

Be sure to park with us if you visit the Fall Festival!  
2216 W. Franklin Street  
Only 2 blocks from Franklin Street



**TWILIGHT DINNER SET-UP  
Saturday, October 15  
9:00 a.m.**

Still need to get a few volunteer hours in  
before the end of the season?

Come help us set up for the October Twilight Dinner!  
We will be setting up tables and chairs, setting the  
tables and decorating!



Join us for another magical evening on the farm

**October 15, 2022  
6:00pm—10:00PM**

Proceeds support our mission of growing  
20% extra produce for people in need.

Tickets are on sale **NOW** on [Eventbrite](#)  
\$50 per person

Ticket sales are limited to our  
Farm-to-table **TWILIGHT DINNERS** this year!!



**2022 Twilight Dinner  
Sponsors**

