

## 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.

Please consider bringing your leaves to the farm for composting! All leaves can be left at the compost pile behind the greenhouse.



## The Sisters and staff of SETON HARVEST would like to wish you and your family a **Happy, Healthy Thanksgiving**

Here are a few recipes for your Thanksgiving Share. Enjoy!

### Grated Parsnip Apple Salad with Lemon Dressing

#### Ingredients:

Juice of one lemon	2 tsp Dijon Mustard
1 cup Italian parsley leaves	4-5 TBS olive oil
2 tsp Dijon mustard	salt & pepper
3 cups peeled shredded parsnips	
1 1/2 cups peeled shredded apples	



#### Instructions:

Mix lemon juice and mustard; whisk in the olive oil in a thin stream. Combine parsnips, apples, and parsley in a bowl; toss with dressing and season to taste with salt and pepper. Serve immediately or chill 1/2 hour .

### Rutabagas with Bacon and Onion

#### Ingredients

2 slices bacon, (1.5oz, 45gr)	1/2 medium onion
1 rutabaga	1 tbs butter
1 tbs sherry	



#### Instructions:

Peel rutabaga (with a vegetable peeler – like a potato) and cut into pieces about 1/2" X 1/4" – you will need a big knife; it's rather hard. Roughly chop bacon and sauté in a medium sauce pan. When crisp remove and drain all but 1 tbs fat. Add onion and sauté until tender, about 5 minutes. Add rutabaga, 1/2 cup water and bacon. Bring to a boil, cover, reduce heat and simmer 15 – 20 minutes. Test for doneness – taste, should be like a cooked potato. When done, drain any remaining liquid, stir in butter, sherry and serve.



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## Farmer Joe's Homemade Horseradish

### Ingredients:

8 to 10 inch piece of horseradish root  
2 tablespoons water  
1-2 tablespoons white or apple cider vinegar  
Pinch of salt  
Pinch of sugar



### Directions:

- Clean and peel or use a scratcher to remove the skin from the horseradish roots.
- Rinse.
- Put in a blender or food processor. A grater can also be used.
- Add a couple tablespoons of water.
- Liquefy or puree. Drain off any excess liquid.
- \* Let the mixture stand for a few minutes.
- Add a couple tablespoons of white or apple cider vinegar.
- Add a pinch or two of salt and a little sugar.
- Process again.
- Place in a sealed container and store in the refrigerator (4 — 6 weeks).
- Enjoy!

## FENNEL AND APPLE SLAW

### Ingredients

3 cups shredded cabbage  
1 medium sized fennel bulb  
(2 cups when shredded)  
1 extra large apple, or two medium sized  
apples (2 cups when sliced)  
1 cup shredded carrot  
3/4 cup vegan mayonnaise (I like to use Just  
Mayo)  
1 teaspoon Dijon mustard  
2 teaspoons water  
2 teaspoons pure maple syrup  
2 teaspoons apple cider vinegar  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon celery seed



### Directions

Using a mandolin or sharp knife, thinly slice the fennel bulb and apples into thin slices and then into matchsticks. Add the fennel, apples, shredded cabbage and carrots to a large bowl.

Mix all of the remaining dressing ingredients in a medium sized bowl and pour over slaw mixture. Mix until dressing is covering all vegetables.

Slaw can be eaten immediately or stored in the refrigerator for up to three days. Enjoy!

## Braised Mustard Greens

### Ingredients:

4 slices bacon, chopped  
3 bunches mustard greens, trimmed and chopped  
2 tablespoons white vinegar  
2 teaspoons sugar  
Coarse salt  
2 cups chicken broth

### Directions:

In a large skillet over medium high heat brown bacon and render its fat. Add chopped greens to the pan in batches and turn until they wilt, then add more greens. When all of the greens are in the pan, add vinegar and cook a minute. Season greens with sugar and salt. Add chicken broth to the pan and cover. Reduce heat to medium low and simmer greens 15 to 20 minutes then serve.

