

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

The first of the winter cover crops were planted on some of the fields this week. It tells me that the season is winding down as we are getting the farm ready for the winter ahead. A fresh green blanket will start to appear on the soil surface, ready to protect it from winter's harsh conditions. This is a very important step in building healthy and productive soil.

This year we are planting a lot of it in winter peas and sweet clover along with annual rye grass and cereal rye. The peas and clover are legumes. Legumes are plants that are capable of fixing nitrogen from the air around us to their root system as they grow. There are a lot of legumes out there such as beans, clovers, vetches and peas. This nitrogen will become available for use next summer after the legume crop is worked into the ground and it breaks down.

Nitrogen is what gives healthy plants a deep green color as they grow. The annual rye grass is a good cover crop that grows very quickly and forms a very dense root system to hold the soil in place throughout the winter and spring. It adds a large amount of organic matter back into the soil, which forms humus over time. It prevents erosion of the soil by the rain and runoff. Another benefit is that it keeps vital nutrients from leaching out of the soil by taking them up as it grows and storing them for next year.



Nitrogen nodules attached to clover roots.

Cover cropping is just one of the three steps we use to create a healthier soil environment for our crops. The three steps I am referring to are cover cropping, crop rotation, and composting. These are good practices for a healthy and diverse farm.

Leaves are starting to fall. If you pick up your leaves and usually put them out for the trash man, I have an alternative. You can bring them out to Seton Harvest and we will compost them to grow on in the future.

Always Growing,
Farmer Joe



Weekly Recipe: Turkey and Mizuna Salad

Ingredients:

2 cups Mizuna, Red Rain 3 cups shredded or diced cooked turkey 2 Tbsp. coarsely chopped walnuts
1 small red bell pepper, cut in thin strips 1/4 cup chopped cilantro
Salt and freshly ground pepper 1 small cucumber, seeded, diced and peeled
1 serrano chili, seeded if desired and chopped optional 1 bunch scallions, white part and green, thinly sliced
2 broccoli crowns, cut or broken into small florets, steamed 4-5 minutes, refreshed with cold water and drained on paper towels

Ingredients for the Dressing:

2 Tbsp. fresh lime juice
1 Tbsp. seasoned rice wine vinegar

Directions:

Line a platter or large bowl with the greens. Season the turkey with salt and pepper, and combine in a large bowl with the chili, scallions, cucumber, cilantro, red pepper, and walnuts. Combine the ingredients for the dressing, and mix well. Toss with the turkey mixture. Arrange on top of the greens and serve.



We are doing it AGAIN!!

Our last Drive-thru Twilight Dinner Fundraiser was such a huge hit, we're offering it again!!

SETON HARVEST
A Ministry of the Daughters of Charity

CARING FOR EARTH
SERVING THE POOR AND HUNGRY
DONATING OVER 5,000 LBS OF NATURALLY
GROWN PRODUCE ANNUALLY TO CHARITY

Twilight Dinner
DRIVE-THRU FUNDRAISER

Visit SetonHarvest.org for ticket info
SATURDAY, OCTOBER 23, 2021
3:30 - 5:30 PM
9400 NEW HARMONY RD
EVANSVILLE, IN 47720
Fun Fall treats for the kids, too!

Twilight Dinner
Vegetable Raffle
1 for \$1.00, 4 for \$5.00
Arms Length for \$10.00

A \$50 purchase includes:

- Farm-to-YOUR-Table meal & dessert created by **Culinary Innovations**
- Beverage from **Working Distributors**

Extras included:

- **Eastham Flower Farm** table bouquet
- **Bring your cash!** Enter the **Veggie Basket** drawing & **Half Pot Raffle**
- Entertainment by **2 Miles Back** during the Drive-Thru
- Fun Fall treats for the kids

Order tickets on

Seton Harvest App or **SetonHarvest.org**

Sister Maureen's Reflection:

Blessed are you autumn, your harvesting time has come.

As we gather your riches into our barn, reveal to us our won inner riches waiting to be harvested.

