

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

This newsletter may look familiar to some of you, but it bears keeping in mind this time of year. School is going to be back in session in the coming weeks. The busses will be on the move and kids will be walking to school, so take your time and slow down for them. They are all learning new schedules and routines and sometimes not paying attention to what is going on around them. The kids are eager to learn about new subjects and have new experiences as they venture out into the world. Some of you parents will have the same thing going on as well. Take your time and help them with the homework, explain what they don't understand, talk and listen to them about the new things they are doing and experiencing, and ask them how their day was. The time spent with them now will pay off in the future.

Another mission that we have here at Seton Harvest is to educate the young and old in the area about sustainable agriculture. We accomplish this in several ways. One is through

field trips to the farm. In normal years students from E.V.S.C., Catholic Schools, local universities, and summer camps throughout the season. They learn about how we grow plants naturally and work with the environment that surrounds us. We cover what nutrients are needed by plants to grow healthy and strong, and how we meet those needs through



composting, cover crops, and supplemental fertilizer. We also talk about the wide variety of crops that we grow and show them some examples of how they grow above and below the ground. Field tours allow them to see it firsthand. We walk around the farm to show them potatoes and carrots in the ground, and all the other crops growing. Pest management tactics for everything from the big ones, like deer, all the way down to rodents and insects are covered. They also get to plant a seed in a pot to take home and try to grow on their own. The good thing is we never stop learning no matter what age we are, and I am glad that education is part of what we do here at Seton Harvest.

Always Growing,
Farmer Joe



Download the “**setonharvest**” app from Google Play or App Store for a quick and easy way to purchase Twilight Dinner tickets or make a donation. Don't have the app? You can also purchase tickets by contacting julie.dietz@doc.org, through [Eventbrite.com](https://www.eventbrite.com) or [Setonharvest.org](https://www.setonharvest.org)



VOLUNTEER OPPORTUNITY
RESCHEDULED!
WEDNESDAY AUGUST 4, 2021
5:30 p.m.– 7:00 p.m.



With the amount of rain we've had the past few weeks, the fields are full of weeds. We need your help to get ahead of them!! We welcome church groups, youth groups, students, boy/girl scout groups and any other group and/or individual looking for volunteer opportunities.

Sign-up is easy on the app! We will also have sign-up sheets at each pick-up location or contact julie.dietz@doc.org.

Weekly Recipe: Carrot Slaw

Ingredients:

- | | |
|--------------------------------|--------------------------------|
| 5 carrots, peeled | 2 stalks celery |
| 1/2 cup diced yellow onion | 1/2 cup chopped fresh cilantro |
| 1 1/2 Tbsp. olive oil | 1 1/2 Tbsp. vinegar |
| Salt and black pepper to taste | |

Directions:

Shred the carrots and celery with a food processor or grater. Toss with the remaining ingredients. Taste, and adjust the seasonings as desired.



May substitute beets, kohlrabi, or radishes for the carrots. For a variation, add mint or parsley in addition to, or in place of, the cilantro.

PRE-ORDER PEACHES!!

We are taking pre-orders for Blushingstar (freestone white peaches) from The Peach Pit.

The peaches are by pre-sale only.

Pre-order on the app, or by emailing julie.dietz@doc.org



Payment for your order can be made through Venmo at [@thepeachpitllc](https://www.venmo.com/@thepeachpitllc) or with cash or check on the day of pick-up.

Pick-up will be **Tuesday, Aug 3rd** at the Farm and Epworth and at the farm on **Saturday, August 7th**.

\$6.00 1/4 peck (3lbs) \$11.00 1/2 peck (6lbs)
\$19.00 Peck (12lbs)

Orders must be received before Monday, August 2nd

Eastham Flower Farm first U-pick of the season!



Come out to Eastham Flower Farm on **Sunday August 8th**
10:00 a.m.-3:00 p.m.
\$25.00 per container of flowers
Container and clippers provided.

7744 Lincoln Trail Rd. Gentryville IN

Sister Maureen's Reflection: Pope Francis-

Inner peace is reflected in a balanced lifestyle together with a capacity for wonder.

