

**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**

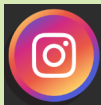
**REMINDER**

**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**

I hope everyone had a safe and enjoyable Memorial Day Weekend. It was a good time to remember our loved ones that have passed on, and those that gave of themselves fighting for the freedoms that we enjoy today. I say, "Thank you!" to all our military personnel for your sacrifices and hard work, along with their families as well.

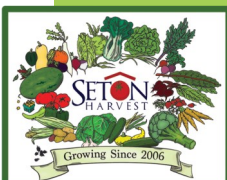
With this shortened work week and no rain, we did get a few things done with help from Holy Redeemer Catholic Church mission week. Around thirty students came out on Thursday and helped weed our peppers patch that was getting quite overgrown. Now you can see the peppers. Thanks to them for all the great work here and other places they visited and worked at this week. Keep it up!

This is a busy time of year with a lot to do here at Seton Harvest. It's a good time to think about getting some of your volunteer hours early in the season. This is your farm as well. When the crops are weeded and mulched, and not in competition for nutrients or moisture, they grow stronger and are more productive, giving us a larger crop to harvest. This benefits everyone on pick-up days with more veggies to go around. It also helps the Seton Harvest staff by lightening their workload. So, if you have some time, we have something for you to do. Just let Julie or me know when you can make it. Thanks so much to the people who have volunteered already!



Always Growing,

*Farmer Joe*



For more information, contact: Joe Schalasky, Farm Manager - (812) 963-7690; joe.schalasky@doc.org  
Julie Dietz, Community Outreach Manager - (812) 963-7692; julie.dietz@doc.org



## Calling all helping hands!



Our farm friends from Master Gardeners will be working in the herb garden on the follow days, starting at 7:30 a.m.

**Monday, June 3**

**Monday, June 17**

This is a great way to get your volunteer hours in for the season. No experience necessary, tools will be provided, please bring your own gloves and water.

## Maple Roasted Beets and Carrots

[www.saltandlavender.com](http://www.saltandlavender.com)

### Ingredients:

5 large carrots peeled & sliced      4 medium beets peeled & diced  
2 tablespoons olive oil              Salt & pepper to taste  
2 tablespoons butter                 3 tablespoons pure maple syrup

### Directions:

1. Preheat oven to 425F and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet
3. Drizzle olive oil onto the beet & carrots, add salt and pepper. Toss until coated, spread out in an even layer. Roast for 15 minutes until veggies are tender-crisp.
4. Take sheep pan out of oven, coat with butter and maple syrup . Let butter melt then toss it again until everything is coated.
5. Return to baking sheet to oven for another 5 minutes.



## Bittner Apiaries P.J.B Honey

PJB Honey is a family owned and operated business located in Evansville, Indiana.

### 100% Pure, Local Honey

12 oz. Bear \$5.00  
16 oz Jar \$7.00  
32 oz Jar- \$10.00



Available at all pick-ups! Cash or check only



## Kids' Corner

Be sure to stop by the **Kids Corner** and pick-up June's Wonder-Filled Days in Nature.

This month there is a rock and insect scavenger hunt, plant study on Dandelions and clover and an entire calendar of wonderful nature adventures. This month, there will be a blank calendar for you and your family to fill out and create your own nature adventures.

You are always welcome to complete you Wonder-Filled Days at Seton Harvest. If you do them at home, we would love to see your pictures!