

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

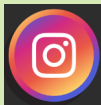
REMINDER

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

Because this week is “Laudato Si” week, we thought we would take the opportunity to share a little about this letter written by Pope Francis in 2015. Francis address the letter to everyone who lives on our planet... so yes, continue reading if you are not Catholic!

“Laudato Si” translates to “Praise Be” (Letters from Popes generally are titled in Latin). The subtitle is “Care for our Common Home”. Laudato Si not only is about our natural world but captures the interconnectedness of social, economic and environmental justice.

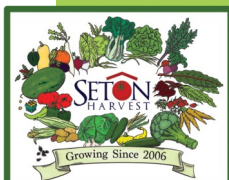
The major themes of the letter are:

- A moral and spiritual imperative to see all life, humans, plants, and animals as interconnected.
- The world is a gift that God has given, and we are responsible for caring for it.
- Impact on those who are poor: People in poverty are disproportionately impacted by our changing climate and severe weather events.
- Wealthy nations, such as ours, have a responsibility to reduce consumption of non-renewable resources.
- Economic development must be sustainable, nothing grows forever. (That is a lesson the farm teaches us.)
- Protecting and respecting human life goes hand in hand with protecting our planet.

At Seton Harvest we are working to integrate these concepts into the way the farm functions. Being “certified naturally grown” is one step, composting leaves and food waste is another. The Common Home Trail explains some of the other features of the farm that touch upon these teachings- so when you have some time walk the trail and read the signs along the way.



Peace,
Sister Sharon (Beekeeper)
Read Laudato Si [here](#).
Watch the movie “The Letter” [here](#).





Volunteering at Seton Harvest is both fun and educational! We encourage our shareholders as well as groups to get involved. As a Seton Harvest Shareholder, you are expected to contribute a minimum of 4 hours volunteer service during the 2024 growing season. All shareholders fulfilling this requirement the end of the 26 weeks will be credited a total of \$50 towards their 2025 share.

Please pass along our volunteer information to any group you may know that is in need of volunteer hours. Cub Scouts, Girl Scouts, church youth groups, summer camps, and companies are all welcome!

To schedule your volunteer time, please go to the Seton Harvest app or contact Julie at (812) 963-7692.

Chicken Stir Fry with Bok Choy or other Asian Greens

www.theforkedspoon.com

Ingredients

1.5 pounds boneless skinless chicken breast cut into 1 in pieces.
1 Tbsp cornstarch
1 Tbsp soy sauce
3 Tbsp vegetable oil—divided
2 shallots chopped
4 cloves garlic minced
1 tsp fresh ginger grated
8 oz bok choy, tatsoi, or swiss chard roughly chopped

Ingredients

Prepare the chicken - Slice the chicken against the grain into pieces approximately 1/4-inch thick.

Transfer to a medium-sized mixing bowl and combine with the cornstarch and soy sauce. Use your hands to coat the entire surface of the chicken with a thin layer of cornstarch. Heat a large skillet over med-high heat, Add 1 Tbsp of oil. Once oil is hot add chicken pieces and cook for 30 seconds until golden. The middle may still be raw and that is ok.

Mix the Sauce— add all the ingredients for the sauce in a small mixing bowl. Whisk well to combine and set aside.

Sauté the aromatic— return the skillet to medium heat and add the remaining 2 Tbsp of oil, once hot, add shallots and sauté for one minute. Add minced garlic, ginger and half the onions.. Mix well to combine and sauté for 30 seconds.

Return the Chicken— return the chicken back to the skillet and mix well.

Add sauce and bok choy— pour the sauce directly into the skillet, stir in the bok choy and mix well to combine. Continue to cook until the sauce has thickened and chicken is cooked through and bok choy is softened.

Sauce Ingredients

3 Tbsp Oyster sauce
2 Tbsp Rice vinegar
1/2 tsp sesame oil
2 Tbsp water
2 Tbsp honey
1/2 tsp white pepper



We do encourage you and your family to walk around the farm and use the Our Common Home Trail.

When you do, please be aware of the electric fences that we use to keep the deer out of some areas. These fences are live and should be avoided. Use caution when you are around them because they do bite.