

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 and
Epworth Crossing
3:30 p.m.—6:30 p.m.

UPCOMING EVENTS

Yoga on the Farm
9:00 - 10:00 am
October 22

SWIMGA Workday
1:30-3:30 pm
October 24

SWIMGA Workday
1:30-3:30 pm
October 28

SWIMGA Workday
11:00-1:00 pm
Nov. 12
Native tree & shrub
install



Findings on the Farm

Seton Harvest is grounded in its mission to use farming practices that treat the land in a just and environmentally conscious way. That is why we are Certified Naturally Grown. Certified Naturally Grown offers a grass-roots alternative to Certified Organic for farmers and beekeepers, founded on the original ideals of the organic movement: small-scale sustainable agriculture serving local communities. Their program is designed for farmers who sell locally and observe traditional growing practices that work in harmony with nature. It works with the soil ecology rather than relying on synthetic chemical fertilizers, pesticides, and herbicides. This alternative certification program includes an application process and annual on-site inspection.

Soil is the foundation of everything that happens at the farm. If you think that soil is just something that holds up the plant, think again! Soil is full of life. In it are worms, bacteria, fungus, and nutrients that all help plants grow. What we do is work on getting the soil back to its natural state. If you don't have healthy soil you can't grow healthy plants. We help in this process by adding compost and growing cover crops, which are incorporated back into the soil to boost its organic matter content, benefitting all the living organisms that are in it. Every two years the soil is tested here at Seton Harvest, so we can get a glimpse into the weaker and stronger areas of its health. That information allows us to amend the areas that need more work to be brought back towards its optimal health. This is a slow process that we have been working on since day one. We are moving in the right direction and this commitment to sound soil and earth friendly farming practices is why Seton Harvest can be called Certified Naturally Grown.

Knowing your farmer and eating locally makes it easy to find out how your food is grown. That is the ground that we grow on.

Always Growing,

Farmer Joe

Proud to Be



BRING YOUR BAGGED LEAVES TO THE FARM

The more leaves left on the crops, the more feed for these micro-organisms that make soil healthier and plants grow stronger. As the leaves decay, they add organic matter back into the soil, which lessens the need for fertilizer. You can also include leaves in a compost mix to use on your crops.

All bags of leaves can be dropped off at the farm anytime!

Please take the bags to the compost pile behind the first greenhouse or unload them in the grass at the edge of the parking lot



Sister Maureen's Reflection :

Fall, a time of letting go. What is it I need to let go of this fall?



A huge **THANK YOU** to all of the volunteers, staff and Sisters that helped to make the October Twilight dinner a magical evening!
We could not do it without all of you!!



Join SWIMGA in the Seton Harvest herb garden from **1:30-3:30 p.m.** on **October 24, and 28.** Tasks will include harvesting, sheet mulching with cardboard and preparing the beds for winter.

Seton Harvest & SWIMGA will also be collaborating to install native trees & shrubs on the farm from **11:00-1:00 p.m.** on **November 12th.** We will be planting Dogwoods, Redbuds, American Beauty Berry, Spicebush and more. Sign up for these free **Volunteer & Learn Days** [HERE!](#)

Braised Turnips with Greens *CookingLight.com*

Ingredients:

6 small turnips with greens
1 tablespoon apple cider vinegar
1/4 teaspoon black pepper
2 teaspoons cold butter

1 cup unsalted vegetable stock
1/8 teaspoon kosher salt
1 teaspoon honey
1 tablespoon olive oil

Directions:

Trim and peel turnips; reserve and chop the greens. Halve turnips. Heat olive oil in a large skillet over medium-high. Add turnips, cut side down; cook 4 minutes or until golden. Turn and add vegetable stock, vinegar, salt, and pepper. Bring to a boil; cover and reduce heat to medium-low. Simmer until turnips are crisp-tender, 5 to 6 minutes. Uncover, increase heat to medium-high, and add greens; cook until liquid reduces by three-fourths and thickens, about 6 minutes. Swirl in butter and honey.

