

Findings on the Farm

If not for the volunteers that come to Seton Harvest on a regular basis we wouldn't be able to do all that needs done to make the farm work so well. Our volunteers are an asset no matter what kind of work they perform when helping. All jobs are important, and you just might learn something along the way. A high school student once asked me what kind of life lessons could be learned working in the fields. I thought for a moment and said you can learn all kinds of them. Such as patience, while waiting for plants to grow. Success, when everything comes into full production. Work ethic, giving your best when you must get the job done. Ecology, in understanding how nature works and how what we do effects everything around us. Failure, when you give your best and end up not getting anything out of it. She looked at me and said, "Wow, I never thought about all of that. There are a lot of lessons to be learned."



When you volunteer, you help Seton Harvest meet one of its missions: to provide local, environmentally friendly, healthy food to those living in poverty in the area. Through our efforts we have provided over 120,000 pounds of produce over the last fourteen seasons to shelters, food pantries, and soup kitchens in and around Evansville. Some of the recipients are St. Vincent de Paul food pantry, St. Vincent day care, St. Peters, U.C.C. Food Pantry in Posey County, Christian Life Center, Ozanam Family Shelter, House of Bread and Peace, the Rescue Mission, Ivy Tech Food Closet, Grace Baptist Church food pantry, SWIRCA and Salvation Army. Seton Harvest is having a large impact on building a healthy community and helping these organizations meet their goals as well. While helping them, we build the Seton Harvest community by working together, getting to know each other and our common interest in good, healthy, naturally grown food. There is nothing else I can think of that brings people closer together than food. It brings us together as families, friends, and communities to share in the bounty the good lord gives us. So, keep up the good work! I can see that the Seton Harvest family is alive and well and its community is always growing.



Always Growing,
Farmer Joe

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.



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Sister Maureen's Reflection If we are returning harmony back to the universe then we are truly co-creators with the God of the cosmos M. Fox



Still need to get your 4 hours of volunteer time in for this season?

There are only 6 weeks left to do that !

We will be looking for volunteers to help set up for the Twilight Dinner on Saturday Oct.5 @ 9:00 a.m. We will be setting up table and chairs, decorating, hanging lights and much more!

WEEKLY RECIPE

Sweet Potato Zucchini Bread

Ingredients:

2 cups whole-wheat flour	6 Tbsp. applesauce
1 1/2 tsp. ground cinnamon	3 large eggs
1 tsp. baking soda	1 tsp. vanilla extract
1/4 tsp. baking powder	1 1/2 C. grated zucchini
1/4 tsp. salt	1 1/2 C. peeled, grated sweet potato
1 cup brown sugar	6 Tbsp. vegetable oil
1 cup finely-chopped walnuts	

Directions:

Preheat the oven to 350°F. Butter and flour a 9 x 5-inch loaf pan or use a silicone pan. Sift the flour, cinnamon, baking soda, baking powder, and salt into a bowl. In a separate, larger bowl, beat the sugar, oil, applesauce, eggs, and vanilla to blend. Mix in the zucchini and sweet potato. Add the dry ingredients and walnuts, and stir well.



Pour the batter into the prepared pan. Bake until a toothpick inserted into the center comes out clean, 60-80 minutes. Cool completely before slicing. Will keep in the refrigerator for several days.

Mission Statement of the employees of Daughters of Charity: We support the life and works of the Daughters of Charity in their service to those living in poverty. We support our mission by living the VALUES of *Reverence, Integrity, Generosity, and Unity.*