

## 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

Happy Father's Day to all you Dads out there! Being a Father is special and comes with many unexpected challenges. You imagine all the routine things that go along with raising a child; changing diapers, feeding, bathing, rocking and holding them so they know they are loved. You also wonder how you are going to provide for all those needs as they grow. There are doctor appointments, braces, schooling, clothing, cars, insurance and other unforeseen circumstances that are too numerous to mention. Thank goodness they don't all come at once and we have time to figure out ways to deal with each challenge as it comes. As the child grows over the years, we grow too. We learn to better understand them and become wiser and more creative in how to meet their emotional and material needs; hopefully teaching them to be young adults capable of dealing with the challenges that they will face as they get older.

I can't forget the very important role played by Mothers! Mothers are very special in their own way that, we as fathers, don't always quite understand. We try to, believe me. They tend to be more in tune with the kids than we dads know. Their caring and nurturing is a benefit to us, as well as the child. So happy belated Mother's Day to all you Moms!



Always Growing,

Farmer Joe



# Hooray! It's time for a GIVEAWAY!

We will have a Shareholder contest once a month from June to November. Watch the newsletter for monthly contests and great giveaways!



Compost bucket, liners & filters

**June's Contest:** Download the Seton Harvest App! If you have already downloaded the app, you're already registered for the contest! If you have not, simply search for "setonharvest" in Google Play or the App Store on your mobile devices!

**One grand prize winner will receive a Compost Container, two filters and 25 composting bags!**

**2 other winners will receive 5 Reusable Produce Bags!**

**Deadline to enter is June 23.**

**Winner will be announced June 25.**



Reusable Bags

## Maple Roasted Beets and Carrots

### Ingredients:

5 large carrots peeled & sliced  
2 tablespoons olive oil  
2 tablespoons butter

4 medium beets peeled & diced  
Salt & pepper to taste  
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.



## Sister Maureen's Reflection:

*Learn to care for water as water cares for us.*

### A Father's Day Prayer

God, bless all the fathers in the world. Father, we ask that You guide them to be good role models and loving to their children. We also ask that You help them to be a father like You are. Give them grace and patience to handle situations in a loving way.



Amen

## BLUEBERRIES FOR SALE

No pre-orders  
First Come-First Serve  
Cash or Check

**Sat. 6-19**  
**Tues. 6-22**



Blueberries  
\$6.00/Qt or \$4.00/Pt

