

Findings on the Farm

Strawberries, what does that make you think of? For me I think of spring, because that is when they are ready and fresh from the fields. Generally, strawberries ripen for the eating around May in this part of the country. About now you are probably asking yourself “Why is Joe writing about strawberries in to the month of September?” Well, this past week we planted 2000 strawberry plants for next spring’s harvest. You don’t usually plant them in the fall for the following spring. Strawberries are usually planted in the spring, but with the way springs have been the past handful of years there is no opportunity or time to do it. We are lucky to get some veggies in the ground for the season ahead.



When you plant strawberries in the fall some special attention must be given to them so that they can survive the winter and make berries next spring. The first thing that we will have to do is go through and pick off all the blooms that they produce this fall to keep them from producing berries. What we want them to do is develop a good healthy root system for berries next spring and help to hold them in the ground through the winters freezing and thawing. They will also need a good layer of mulch around them and this will be in the form of straw. The other step I am going to take to help them out is to put a layer of frost blanket over the mulch for added protection. So, with a little special care this fall and winter, we should be able to get them through to next spring when we can all be enjoying them in May.

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.



Sister Maureen's Reflective Questions

We are invited to stand in awe of the beauty and wonder of creation. Are we making conscious choices to live with less, to limit consumption, waste and pollutions?

Recipe of the Week ... Grilled Eggplant with Tomato and Feta

Ingredients:

1 large eggplant	3 large tomatoes, to match the diameter of the eggplant	
Bulgarian feta, crumbled	1/2 cup fresh basil leaves	juice of half lemon
2 garlic cloves	1/2 extra-virgin olive oil	Kosher salt
Freshly ground black pepper to taste		

Preparation:

1. Cut of the eggplant crosswise into 1/2" thick rounds. Lightly season them with salt and leave them for 30 minutes on a side to let water to come out of the eggplant.
 2. Once ready drizzle some olive oil on top of each slice and grill them on a lightly oiled grill rack for 2 -3 minutes each side.
 3. Blend the basil leaves with 4 tablespoons olive oil, 2 garlic cloves and 1 tea-spoon salt in an emersion blender until smooth.
 4. Cut the tomatoes crosswise to 1/4" thick rounds.
 5. Lightly oil the baking pan. Arrange 4 eggplant rounds side by side. Spread 1/2 tablespoon of the basil-garlic mixture on top of each one, then generously sprinkle feta crumbs. Top each with tomato rings. Add another layer of eggplant, basil spread, feta and tomato rounds and top with the rest of the crumbled feta.
 6. Preheat the oven to 400F.
- Drizzle some olive oil on top of each stack and bake for 15 minutes.



Volunteers are always needed on the farm.

Don't forget to get your 4 volunteers hours in before the end of the season.

We will take \$50.00 off 2021 season for you time.