

## Findings on the Farm

Last week I said that I was thinking about changing how we do our pick-ups at Seton Harvest. Our last official curb-side pickup will be **Friday, July 3<sup>rd</sup>** and **Tuesday, July 7<sup>th</sup>**. Those that feel they would be more comfortable continuing the curb-side pickup due to age or health should make arrangements with Julie. We will work to accommodate you. Starting on Saturday, July 11<sup>th</sup> and Tuesday, July 14<sup>th</sup> you will be able to come in the barn and get your bag of produce. You can also utilize our you-pick sungold tomato patch, you-pick herb garden, and walk around the farm. Please remember to social distance from other shareholders. When in the barn you will be required to wear a mask and social distance at a minimum of six feet. I am looking forward to getting back to some kind of normal in the future. Hopefully everything goes well as we transition into the coming weeks ahead.



Always Growing,

*Farmer Joe*

### REMINDER!!

*Please wash all of your produce before you use it. We rinse it but do not wash it for you!!*



## ATTENTION SATURDAY SHAREHOLDERS!!!



July 4th falls on a Saturday this year. We will move the  
Saturday, July 4th pick-up

to

**FRIDAY, JULY 3<sup>rd</sup> 3:30-6:30**

**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 Reflective Questions**

Are you living, awake, alert, engaged, ready to respond in love to the groanings of creation?

***Fresh From The Farm Stir Fry***

*Submitted by Deana Johnson*

**Main Ingredients:**

2 chicken breasts, cut into bite-sized pieces  
 1 cup sliced carrots, broccoli, or other  
 1 tsp. sesame oil  
 fresh vegetables on hand  
 1 tsp. vegetable or olive oil  
 1 medium onion, diced  
 1 tsp. minced garlic or 1 thinly sliced garlic scape  
 1 small can of mushrooms  
 Salt and pepper to taste



1/2 red bell pepper, diced  
 1 head of tatsoi (or other Asian greens),  
 cleaned and roughly chopped to  
 bite-sized pieces

**Sauce:**

1/2 cup chicken broth  
 6 Tbsp. soy sauce or liquid aminos  
 2 Tbsp. cornstarch  
 2 tsp. sesame oil  
 1 tsp. hot sauce (Tabasco or sriracha)

**Directions:**

Place chicken pieces, 1 tsp. sesame oil and 1 tsp. vegetable or olive oil in a large skillet or wok. Season with salt and pepper. Sauté until chicken is plump and no longer pink. Add minced garlic or garlic scape, diced onion, and sliced carrots. Cook 2-3 minutes until veggies are soft. Add mushrooms, diced bell pepper, and tatsoi. Sauté until veggies are just wilted. To prepare the sauce, mix together chicken broth, soy sauce or liquid aminos, cornstarch, 2 tsp. sesame oil, and hot sauce. Pour prepared sauce over mixture and cook. Sauce will thicken quickly (30-60 seconds). Remove from heat. Serve over white or brown rice.

***FRESH FLOWERS SUBSCRIPTIONS***

***BEGINNING JUNE 16, 2020***

***CONTACT EASTHAM FLOWER FARM***

***TO PURCHASE A SHARE OF BEAUTIFUL LOCAL FLOWERS***



**Herbs will be available to order next week  
 Watch your email!**