

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



Composting. We all have a sense of what it is, and its benefits. I look at it as basic recycling you can do at home or you can let us do it here at Seton Harvest. Composting benefits both the environment and the pocket book. By making compost we gardeners can create a source of high quality nutrition for our gardens and flower beds and eliminate the need to buy high dollar fertilizers. Compost improves the soil structure and its moisture retention during times of drought. It's an alternative to throwing it in the trash and filling our landfills. On the farm composting is a practical, cost-effective way to conserve nutrients that might otherwise go to waste. It allows us to make use of free sources of compost such as food scraps and leaves in the fall to help us in improving our soil fertility. We have a couple large compost piles here now. We use the slow method. It takes almost one and a half to two years for our pile to finish because of its size and how often its turned. The more its turned the more air is introduced the faster it breaks down. At home you can use a three-foot-wide by three-foot-high area to start one using some wire fence.

Here is a list of items that go in compost and some that don't. Grass clipping are good for compost, but we don't accept them here because I can't be sure what people treat their lawns with.

Compostable items:

All veggie scraps, skins, and stems
Leftovers from vegetable-based dishes
Citrus peels (and any bad fruit)
Fruit pits, rinds, seeds, and cores
Teabags
Coffee grounds
Bread and grains
Egg shells
Leaves

Items that do not go in compost:

Meat scraps or leftovers
Fish
Bones
Fats
Leftovers cooked in oil
Raw dairy products

I encourage all of you to do this very basic recycling either at home or bring it to the farm where we will put it to work for us all.



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 contest and great giveaways!



Compost bucket, liners & filters

June's Contest: Download the Seton Harvest App! If you have already downloaded the app, you are 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!



Reusable Bags

Kohlrabi and Carrot Slaw

Ingredients:

- | | |
|---|-----------------------------------|
| 1 large kohlrabi, peeled, stems trimmed off, grated | 1/4 head purple cabbage, shredded |
| 2 medium carrots, peeled and grated | 1/2 red onion, grated |
| 4 tablespoons chopped cilantro | 1/4 cup mayonnaise |
| 1/4 cup golden raisins (optional) | 1 tablespoon sugar |
| 1 tablespoon cider vinegar | |
| 1 teaspoon salt | |

Directions:

Combine the kohlrabi, cabbage, carrots, onion, cilantro, and raisins (if using) in a large bowl. In a smaller bowl, whisk together mayonnaise, cider vinegar, sugar, and salt. Pour the dressing over the slaw and mix until fully coated. Chill for several hours.



Sister Maureen's Reflection:

Rooted in your ground of being, God of Earth, renew us with the scent of moist soil after rain. May we care for the soil as it gives birth to new life.



We'd like to extend a special Thank you to AARP! In addition to being a Twilight Dinner sponsor, AARP has also purchased a full share to be donated to a local family in need. Thank you so much!



BLUEBERRIES FOR SALE

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

Sat. 6/12
Tues. 6/15



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

