#### **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**

As I sit here writing this newsletter, I hear workers on the roof of the barn installing a new solar panel array. It has been four long years waiting for this day to come. With the addition of the solar panels to produce electricity for the farm, we will be able to reduce the carbon footprint of Seton Harvest. Offsetting the amount of fossil fuels that would otherwise be burned to run the lights here at the farm fits in perfectly with our mission of being more environmentally aware of what we do each day and how our actions impact the world.

As shareholders of Seton Harvest, you do your part by getting some of what you eat locally along with other things you may do. We can all do things like shut off lights when no one is using them and sealing around drafty doors and windows to keep the heat or air conditioning in and the cold and heat out. These may seem like small actions on their own, but if a million other people do the same thing it does make a difference and has a big impact. If more of us can move to installing solar panels we can help generate a brighter future for us and the world.

Our second Twilight Dinner Drive-Thru fundraiser is coming up next Saturday, October 23rd from 3:30-5:30pm. These are important events that help support the charity side of our work here at the farm. The funds raised during the Twilight Dinners are used to offset the cost it takes to produce the food that we donate to local food banks, soup kitchens, and shelters. So, if you can help by purchasing tickets it would be greatly appreciated. Ticket information is on the next page. I hope to see you and your friends come through on that day. Thank you in advance.



Always Growing, Farmer Joe



### Last Chance for Twilight Dinner Drive-Thru Fundraiser Tickets!!

Tell your family and friends about this great way to support Seton Harvest. Ticket sales end Sunday, Oct. 17th.



#### A \$50 purchase includes:

- Farm-to-YOUR-Table meal & dessert created by **Culinary Innovations**
- Beverage from Working Distributors

#### **Extras included:**

- Eastham Flower Farm table bouquet
- Bring your cash! Enter the Veggie Basket drawing & Half Pot Raffle
  - Entertainment by 2 Miles Back during the Drive-Thru
    - Fun Fall treats for the kids

#### Order tickets on

**Seton Harvest App or SetonHarvest.org** 

#### **Weekly Recipe: SPANISH GREENS**

#### **Ingredients:**

2 tbsp olive oil3 cloves garlic, smashed1 lb. spinach, chard, collards,or other greens, stemmed and well washed

salt and pepper to taste 1/4 cup gold raisins 3 tbsp toasted pine nuts

#### **Directions:**

Heat oil over high flame in very large skillet. Add garlic cloves and stir-fry until golden, about 30 seconds. Discard garlic. Toss in greens. Season with salt and pepper.

Cover; wilt greens 2-3 minutes. Add raisins and pine nuts. Check for seasoning and serve. Makes 2-4 servings.



# **Shareholder Appreciation**

To show gratitude for the support of our shareholders, a bag of locally grown apples will be included with this week's pick up.

Thank You!!



## The Wonder & Beauty of Plants

Shareholder Bridget Culiver was amazed to watch the "little bity" ornamental pepper plant she received in one of her 2020 shares grow this year to be an amazing beauty!

#### Sister Maureen's Reflection:

Some people have a deep spiritual connection to nature through their experience of awe and wonder at the beauty of nature. Are you one of them?

