

Findings on the Farm

This has been one week for weather, has it not? Our prayers and thoughts are with all the people in this great country who are being affected by the wild fires burning in the west, to the people along the gulf coast suffering the effects of a major hurricane coming ashore. These are both tragic events that are affecting thousands of lives in this already troubled year. I hope that they all have a speedy recovery to try and get back some normalcy in their lives.



The weather around here has been a bit sporadic too. Parts of the area have had torrential downpours and others have had nothing. One example is at my house on the Northeast side of town. We have had close to three inches of rain in the past week or so. But here at Seton Harvest we haven't had any measurable rain in the same period. Things are starting to get pretty dry. The dry weather has been a blessing though in my book. We have used the opportunity to plant out tray after tray of plants that needed to go in the fields. Some of them were cauliflower, bulb fennel, kohlrabi, and lettuce. Some seeds went in the ground too. There were three varieties of turnips planted- purple top white globe, scarlet queen red stem, and Hakurei, which has become one of my favorites. Daikon radishes went in, Miyashige and Alpine. They are excellent in stir fries. Also, a specialty radish called Red Meat or Watermelon was planted along with some regular old Easter Egg radishes. A couple kinds of Kale, some mustard greens, and a skillet or wok full of Asian greens to top it all off. So, the rain can come now to water it all in, just not too heavy nor too fast.



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.



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Sister Maureen's Reflective Questions

Inner peace is reflected in a balanced lifestyle together with a capacity for wonder. What causes me wonder and harmony?

Annual Sweet Potato Dig

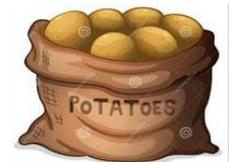
Looking at the annual sweet potato harvest and COVID-19 regulations, we are considering offering 2 days of the dig. That would help with social distancing and allow more volunteers to join us. We are asking you that if you plan to attend the sweet potato dig, please let us know how many will be attending and on which day. With your reservation, it will allow us to determine if two days are necessary.

THURSDAY, SEPTEMBER 17

OR

FRIDAY, SEPTEMBER 18

Please RSVP to julie.dietz@doc.org or dianne.herrmann@doc.org
no later than September 11



Wild Rice and Apple Stuffed Acorn Squash

Ingredients:

1/4 cup wild rice, rinsed	2 small acorn squash, halved and cored
1 Tbsp. plus 2 tsp. canola oil	1/2 cup finely chopped onion
2 garlic cloves, finely chopped	2 celery stalks, diced
1 large red apple, unpeeled and diced	1 Tbsp. fresh thyme

Directions:

In a medium bowl, cover wild rice with 1 cup of boiling water. Let sit covered for 1 hour, until kernels pop, and then drain the water. Preheat oven to 400°F. Brush insides of each squash half with 1/2 tsp. of canola oil. Place squash, flat side down, on a parchment-lined baking sheet. Bake until squash is tender, about 30 minutes.

Five minutes before squash is finished baking, prepare stuffing in a non-stick skillet. Sauté onion, garlic, and celery in remaining canola oil over medium-high heat for about 3 minutes. Add apple, and cook an additional 2 minutes. Add rice and thyme; mix well. Remove squash from oven and stuff with wild rice blend.

