

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

What a change in the weather we had on Tuesday into Wednesday. It went from Summer straight into Fall with a wind chill. It seemed quite appropriate for the day though, the twenty-second being the first day of Fall.

As we start the slow transition to Winter, the weather can be unpredictable and catch some people off guard.

We ended up getting nine tenths of an inch of rain, which was very welcomed after the long dry spell we've had the last month around here. Now that there is some moisture in the ground, it can be worked for the cover crops to be planted soon.

Last Friday we had our annual Sweet Potato Harvest which I would call a huge success. We had one of the biggest groups of shareholders ever come to help dig those sweet potatoes out of the ground. The number was between fifty-five to sixty compared to the average of about forty to fifty people. They did a lot of work in a short amount of time. I want to thank everyone who came out to help, and please make sure that you get your volunteer hours recorded in our volunteer book.



Always Growing,
Farmer Joe





Many **THANKS** to all of the shareholders who volunteered at our annual **Sweet Potato Harvest** on September 17th! We had a beautiful evening, which included a rainbow, fellowship, and lots of digging **SWEET POTATOES!** The evening concluded with a boxed meal catered by **Culinary Innovations.**



Weekly Recipe: **BLACK BEAN STUFFED SWEET POTATOES**

Ingredients:

4 sweet potatoes	1 tbsp olive oil or avocado oil	1 1/2 cups black beans
1/2 cup corn	1/3 cup cilantro chopped, tightly packed	1/4 cup red onion diced
1 clove garlic diced	1/2 lime juiced	2 tsp olive oil
1/4 tsp sea salt	pinch pepper	pinch chili flakes
1 cup cherry tomatoes chopped		

Easy Guacamole (for topping)

1 avocado
2 tsp lime juice
pinch sea salt

Vegan Sour Cream (To Drizzle)

1/3 cup coconut yogurt
1/2 tsp lime juice
pinch sea salt

Directions:

- Preheat oven to 400 f. Using a fork, poke small holes in sweet potato going all the way around, about 1– inch apart. Line baking tray with parchment paper, and paint sweet potatoes with oil to lightly coat. Bake for 40 minutes to 1 hour, or until fork tender.
- In a bowl combine black beans, corn, cilantro, tomato, red onion, garlic. Drizzle with olive oil and lime juice, Sprinkle with sea salt, pepper chili flakes. Mix to combine.
- Prepare easy guacamole. Mash avocado, add lime juice and salt.
- Prepare vegan sour cream: In a separate bowl mix together coconut yogurt, lime juice and sea salt.
- Cut sweet potatoes and fill with black bean medley.
- Top with easy guacamole and drizzle with Vegan sour cream



Sister Maureen's Reflection:

*Blessed are you Autumn, season of so much bounty.
You invite us to imitate your generosity in giving freely from the goodness of our lives.*

