

## Findings on the Farm

We have our first pick-up under our belts. I thought it went pretty well considering it is an unusual ritual compared to our usual market style pick up that we have. I do hope we can get back to something like that in the future. I am thinking on it. As for our u-pick opportunities that we have here at Seton Harvest such as picking herbs out of our herb garden or picking some flowers out of our flower patch or gathering those delicious sungold tomatoes out of the field, I have been looking into how long the virus is thought to live out in the open under the sun on surfaces. So far, I feel like there are a lot of mixed messages about the subject at this point. If any of you have any advanced knowledge on this subject, please let Julie or I know.



We did accomplish a few needed things this week. One was to get our watermelons planted in the ground. I didn't think we were going to get to any of it with the rain chances we had every day. The rain was light for the most part though. Our eggplants got in the ground too. So happy that they are out of the greenhouse.

The first tomatoes are looking great, they even have some fruit hanging on them already. I used to plant all my tomatoes at one time, but now I do it in three different plantings to get a more even and consistent harvest once they start coming in. I can't wait to sink my teeth into those first ripe ones of the season, they are so good.

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!!*



**At this time, we will not be accepting the pulp containers back. We are asking you to keep them until Sungold season.**

Volunteer are allowed at the farm at this time with restrictions. ALL volunteers will need to have their temperatures taking upon arrival and will be required to wear a mask and gloves. Please contact Julie or Joe to schedule your volunteer hours.

### SHAREHOLDER PICK-UP DAYS AND TIMES:

**SATURDAYS @ THE FARM 8:00 AM—11:00 AM**

**TUESDAYS @ THE FARM 3:30 PM—6:30 PM      TUESDAYS @ EPWORTH CROSSING 3:30 PM—6:30 PM**



**We'd like to extend a warm welcome 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!**

**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.



## Sister Maureen's Reflective Questions

While light bounces all around, have you captured the moment to notice beauty, to engage in wonder?

Like Us On  
facebook 

Like us on FACEBOOK and keep up with what is going on at the farm. We will be posting cooking videos, Fun Farm Facts from Bambi that you don't want to miss.

Please visit our webpage at [www.setonharvest.org](http://www.setonharvest.org) for you weekly POTENTIAL PRODUCE list, newsletter, COVID-19 precaution, Twilight Dinner information and much, much more.



Currently, we serve residents and neighbors of the Carriage House Senior Living, an apartment community managed by the Gene B. Glick Company. To support our efforts to build community and create opportunity for those we serve, Glick Philanthropies made a \$5000.00 contribution to Seton Harvest through the Glick Community Relief Fund, a grant program to help local non-profit organizations continue to respond to the needs in our community.

## WHAT'S IN THE BAG?



While we are doing curb side service, we will be posting pictures, like this, to help recognize what could potentially be in your produce bag for the week. This is not a picture of a full or partial amount, it is of the produce that could be in your bag. We will post the picture on our FACEBOOK page and on our website. We want to make sure you know what you are getting, so you can do your research on what to do with it. We want you to enjoy everything you get from the farm!

### *Kale Salad Submitted by Julie Deeg*

#### Ingredients:

Peach Vinaigrette dressing:

- 1 ripe peach, pitted and chopped
- 2 tablespoons raw apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons water
- 1 tablespoon honey (optional)
- 1/4 teaspoon salt

#### Directions:

To prepare the dressing, combine the chopped peach, vinegar, oil, water, honey, and salt in a blender, and blend until completely smooth. If the peach you're using is very sweet, you may not need the honey.

Rip the kale into small pieces, and then use your hands to massage the dressing into the leaves until they are tender and slightly wilted. Toss in the red onion and chopped peach, and allow the salad to marinate for 30 minutes before serving. Save any leftover salad in a sealed container in the refrigerator for up to 3 days.

#### Salad Ingredients

- 2 bunches kale, stems removed
- 1/2 red onion, diced
- 1 ripe peach, pitted and chopped

## ENJOY FRESH FLOWERS BEGINNING JUNE 2020

Fresh from the Farm seasonal blooms are available again this year through a weekly and bi-weekly bouquet subscription offer from Eastham Flower Farm.

With a bouquet subscription you will receive a beautiful farmers' market style bouquet full of seasonal bounty including flowers, herbs, and foliage when you pick up your Seton Harvest CSA share.

The available subscription options are located on Emily's website at [www.easthamflowerfarm.com](http://www.easthamflowerfarm.com). Click the "Seton Harvest Shares" tab that the top to learn more.

If you are not familiar with Eastham Flower Farm, please visit Emily on her Facebook page to get a look inside the Farm.

