

### 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

Here we are in the middle of August, halfway through our regular harvest season. Days are getting shorter and the nights will be cooling down a bit. The final planting of green beans, zucchini, and cucumbers will be planted next week or so, providing time to mature. Our window of opportunity for planting summer crops is closing fast now with September almost on our door step. We will start to plant the fall crops next week that will carry us into November. The fall potatoes that were planted about two weeks ago are up and growing too. Glad to see that!

This time of year, is when you seem to get the same veggies week after week. This is true. The key to it is finding different ways to fix the items that you receive or give some to family and friends. It won't be long before some new veggies will start to appear. If you haven't tried okra before you need to. I love to eat it uncooked or on the grill. The way I make it is; wash it, lay it uncut on aluminum foil, brush it with olive oil, sprinkle with salt, pepper, and maybe season salt. Then I fold the foil over the okra and put it on the grill for about six to eight minutes on each side.

The winter squash is doing well, and it looks like there are a lot of them hanging on. Sweet potatoes will be coming in next month as well. One thing about being part of a C.S.A. is that you must try to enjoy what is in season. It won't be long before that season is gone, and you move on to another. Being the farmer at a C.S.A. requires patience and hope in the future, taking it day by day that things progress the way you hope to keep a variety of produce coming on that everyone can enjoy.

I would like to remind people that the bags and pulp containers that we supply come at a price. So, if you use them, please try to get as many uses out of them as possible. You can bring them back week after week to put your sungolds and other items in. We are all about being as environmentally conscious as we can manage. Reducing, reusing, and recycling make our world a better place to live



Always Growing,  
Farmer Joe

Download the "setonharvest" app from Google Play or App Store for a quick and easy way to volunteer or purchase Twilight Dinner tickets. Don't have the app? You can also purchase tickets by contacting julie.dietz@doc.org, through Eventbrite.com or Setonharvest.org



## MARK YOUR CALENDERS

With the great turn out of our last Weeding Wednesday, we decided to try it again!



**WEDNESDAY AUGUST 25 5:30-7:00**

Sign-up sheets will be posted at all pick-ups!  
All are welcome!

When you compost, you help keep food scraps out of the landfill. When fruits and veggies decompose in the landfill, all those nutrients are being lost which is the best reason for bringing your compost to us. You can help make valuable fertilizer for our fields! Compost is always accepted at Seton Harvest! Just place it in the compost bucket which located in the front of the barn. There is also a compost bucket available at Epworth Crossing.



## Weekly Recipe: Okra Summer Salad

### Ingredients:

1 pound fresh okra, cut into 1/2-inch pieces	1 15-ounce can of black beans, drained and rinsed
1 ear of corn (fresh sweet corn preferred)	1 large, white onion, diced
1 pound (about 15-20) cherry tomatoes, halved	Garlic cloves crushed 2 – 3
3 tablespoons extra virgin olive oil	Juice of 1 lime
Ground cumin 1 teaspoon	Sea salt 1/2 teaspoon
freshly ground pepper	1 ripe avocado

### Directions:

1. In a large pot of salted boiling water, blanch the okra until it's bright green, about 30 seconds. Drain well and allow to cool to room temperature. Cut the okra into 1/2 inch pieces, and discard the stems.
2. Add the okra, beans, raw corn, onion, garlic, olive oil, lime juice, cumin, sea salt, and pepper to a large mixing bowl, and toss gently until the olive oil is evenly distributed. Chill for 30 minutes or more. Before serving, cut the avocado into 1/4-inch pieces and gently toss with the salad. Add more salt and pepper to taste if necessary.



## COVID Campus Regulations

**With the increase of positive COVID cases, we want to do our part to provide a safe environment for all!**

### PLEASE remember to.....

- \* **Wear a mask that covers the mouth and nose. It must be worn at all time while in the barn area.**
- \* **Maintain a 6ft distance while collecting produce in the barn and in the u-pick area.**
- \* **Use hand sanitizer before choosing your produce.**

**Thank you for your cooperation and understanding!**

## Things You Didn't Know About Okra

okra is a super low calorie and low carb vegetable

each plant can produce 2-4 pods every 2 days in the summer

there's such a thing as okra coffee



okra plants have spines like cacti that can make you super itchy

get 25% of daily needs for Vitamin C and K in 100g of okra

if you don't harvest pods in a few days, the okra becomes inedible

GARDENARYco

## 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.

