

Findings on the Farm



This newsletter may look familiar to some of you, but it bears keeping in mind this time of year. School is going to be back in session in the coming week. The busses will be on the move and kids will be walking to school, so take your time and slow down for them. They are all learning new schedules and routines and sometimes not paying attention to what is going on around them. The kids are eager to learn about new subjects and have new experiences as they venture out into the world. Some of you parents will have the same thing going on as well. Take your time and help them with the homework, explain what they don't understand, talk and listen to them about the new things they are doing and experiencing, and ask them how their day was. The time spent with them now will pay off in the future.

Another mission that we have here at Seton Harvest is to educate the young and old in the area about sustainable agriculture. We accomplish this in several ways. One is through field trips to the farm. Some are from E.V.S.C., Catholic Schools, local universities, and summer camps throughout the season. Several hundred students have visited the farm this year to learn about how we grow plants naturally and work with the environment that surrounds us. We cover what nutrients are needed by plants to grow healthy and strong, and how we meet those needs through composting, cover crops, and supplemental fertilizer. We also talk about the wide variety of crops that we grow and show them some examples of how they grow above and below the ground. Field tours allow them to see it firsthand. We walk around the farm to show them potatoes and carrots in the ground, and all the other crops growing. Pest management tactics for everything from the big ones, like deer, all the way down to rodents and insects are covered. They also get to plant a seed in a pot to take home and try to grow on their own. The good thing is we never stop learning no matter what age we are, and I am glad that education is part of what we do here at Seton Harvest.

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 Reflection

There is within us a God-shaped hollow in the human heart nothing else can fill. Blaise Pascal

Shareholder Incentive—August

Who’s ready to volunteer at the farm?

Shareholders who volunteer time during the month of August will have their name entered into a drawing to receive a gift certificate for a Weekly Family Meal from Culinary Innovations. (We love to support local) Be sure to sign the Volunteer Sign in book.

Every time you volunteer for the month August your will receive an entry!



Its WATERMELON season! So, how do you pick the best watermelon?



1. Look for 'webbing': These weblike brown spots on the watermelon mean that bees touched the pollinating parts of the flower many times. The more pollination, the sweeter the fruit is. 😊

2. Look for the field spot: The yellow spot, known as the field spot, is the place where the watermelon rested on the ground. Ripe watermelons always have creamy yellow or even orange-yellow spots, not white.



4. 'Boy' and 'girl' watermelons: Many people do not know that farmers differentiate watermelons by gender. For example, 'boys' are bigger, have an elongated shape, and a watery taste. The 'girls' have a rounded shape and are very sweet.

5. Inspect the tail: A dried tail indicates that the watermelon is ripe. However, if the tail is green, it probably means that the watermelon was picked too soon and will not be ripe. Remember to kindly like and share this post to others. 😊❤️

July Incentive Winners! Thank you to everyone who posted a picture of your share! We love seeing all your pictures, so keep them coming. You can email, text or post them on our Facebook page!



Grand Prize winner:

Deavron Farmer– Gift from Darnell School Farms

Reusable Produce bag winners:

Jake Lakota, Amy Lu Riley, Paula Harmon, Cheryl Mochau

Your prizes will be on the sign-in table at your pick-up!

CONGRATULATIONS!



Roasted Potato and Kohlrabi Salad

Ingredients:

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| 2 kohlrabi, peeled and cut into 1” cubes | 3 cloves garlic, thinly sliced | 2 lbs. Rainbow potatoes, halved |
| 1 lemon, zested | 1 Tbsp. fresh parsley, minced | 1 sprig fresh Rosemary, minced |
| 3 sprigs fresh Thyme, minced | 1/2 tsp. freshly ground pepper | 1 Tbsp. salt |
| 3 Tbsp. extra virgin olive oil | | |

Directions:

Preheat oven to 375°F. In a large baking dish, place cut kohlrabi and potatoes. Sliver the garlic cloves and distribute them over the vegetables; zest the lemon. Pour the olive oil over the vegetables. Sprinkle the fresh herbs, salt, and pepper over the contents of the dish. Stir once or twice to evenly distribute.



Bake for 25 minutes; remove from oven and stir. Then bake for another 20 minutes. Check for doneness—a fork should go into the potatoes easily. Remove from oven and allow to cool for a few minutes before serving.

Thank you to everyone who submitted pictures of your share for the month of July!



Amy Lu Riley



Ellen Roper



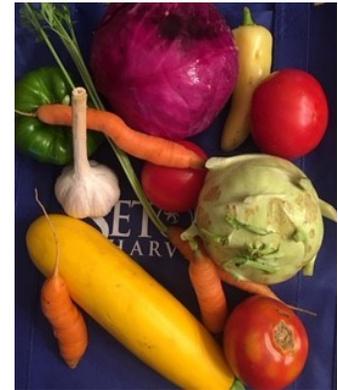
Deavron Farmer



Jake Lakota



Jan Williams



Julie Dieg



Joy McDaniel



Sandy Banks



Paula Harmon

