

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 are cooling down a bit. The final planting of green beans, zucchini, and cucumbers will be planted next week so that they will still have 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.

This time of year, when you have a lot of different produce to collect, I 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 in.



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

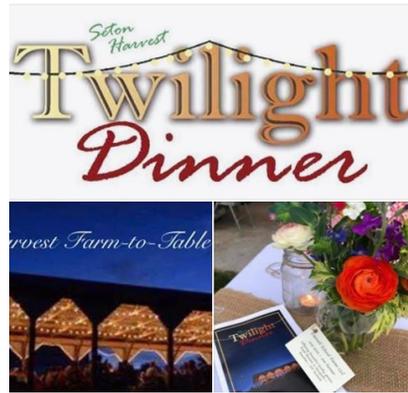
Have you wandered down the aisles of nature's cathedral—taking a walk in the forest?

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 businesses!) Be sure to record your time in the Volunteer Sign-in book.

Every time you volunteer during the month of August you will receive an entry!



Tickets are going fast for the September 14 Twilight Dinner! Reserve your tickets now, before they sell out. Tickets are only \$35 each and may be ordered online at Eventbrite.com, or by contacting Julie at 812/963-7692 or Dianne at 812/963-7531.



In line with our Mission, we will no longer provide plastic bags for your weekly produce. However, you may purchase reusable, washable produce bags from Seton Harvest. This set of four bags will be available for only \$5 during pick-up times at the Farm and Epworth Crossing. The supply is limited, so plan to buy a set soon!

Garlic Parmesan Baked Eggplant

Ingredients:

- 1 large eggplant
- 6 tablespoons unsalted butter, melted
- 1 cup bread crumbs
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning

Directions:

Wash the eggplant and trim off the green end. Peel the skin (optional). Slice eggplant into 1/2" disks. Place disks in colander, set over baking sheet, sprinkle with salt, and let sit for least 30 minutes. Melt butter. In a separate bowl, mix bread crumbs, spices, and Parmesan cheese. Dip each eggplant disk into the melted butter, then dip into breading mixture. Place disks on a baking sheet lined with aluminum foil or parchment paper. Bake at 400° F for 15 minutes, then flip each disk and bake for 7 more minutes. The eggplant should be golden brown and the breading crispy.

