

Findings on the Farm

I want to thank everyone for being so understanding about the tight harvests right now. There are always fluctuations when you are dealing with nature because so much is beyond your control. What we do is prepare for setbacks and minimize their impact upon us. Which, as we know, does not always work out the way we want it to. From there we try to learn and understand what worked for us and what didn't, so hopefully we can better weather it in the future. So, plan the best you can and always be ready to change it to fit the situation you are in.



This week was a busy one. We ended up getting some ground worked last weekend, so we could start our fall planting. The broccoli went in the ground on Monday, all 800 plus or minus a few. Then Wednesday we planted part of the Napa Cabbage and finished them off on Thursday, as well as some collard greens. Then the skies opened up, dumping an inch and a half of rain in less than an hour. Rutabagas were also planted, so that they have time to develop by the first frost in mid-October. The frost doesn't hurt them, it actually turns some of their starch into sugar, so they taste a little sweeter. It's hard to believe that fall is right around the corner.

The potatoes that I talked about the other week in my newsletter have sprouted up. We had about an 80 to 90 percent germination rate, which is good, considering the rain we had. I took a chance planting them in an unusual way. We are always working on how to farm in a changing weather environment.



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 Reflective Questions

The world we have received also belongs to those who will follow us. How sustainable is what we are leaving to the next generation?

Creole Shrimp and Okra

Cookinglight.com

Ingredients:

3 cups unsalted chicken broth 1 cup 2% milk
 3 garlic cloves, finely chopped 1 bay leaf
 1 cup polenta or grits 1/2 tsp. kosher salt
 1 1/2 Tbsp. olive oil 1/2 tsp. ground red pepper
 2 cups fresh okra, trimmed and halved lengthwise
 1 cup vertically sliced onion
 3/4 cup diagonally sliced celery
 1 lb. fresh tomatoes
 1 lb. large shrimp, peeled and deveined

**Directions:**

Bring chicken broth, milk, garlic, and bay leaf to a boil in a large saucepan over medium-high heat. Add polenta or grits and 1/4 tsp. salt, stirring constantly with a whisk. Reduce heat to medium-low; cook 20 minutes or until thickened, stirring occasionally. Discard bay leaf. Cover and keep warm.

In a separate saucepan, simmer tomatoes for 15 minutes, stirring occasionally, until soft.

Heat a large skillet over high heat. Add oil; swirl to coat. Add okra, onion, and celery; cook 2 to 4 minutes or until browned (do not stir). Add remaining 1/4 tsp. salt, shrimp, red pepper, black pepper, and tomatoes; cook 2 minutes, stirring occasionally. Stir in sauce and 1/2 cup water; bring to a simmer. Cook 3 minutes or until shrimp are done.



It's U-Pick time again!!

We're going to do another

SUNSET U-PICK

8/21/2020 6:00-8:00pm!

And also on 8/23/2020 from 9:00am-3:00pm!

\$25 per container!

We provide the container and clippers!