

Findings on the Farm

Happy Father's Day to all you Dads out there! Being a Father is special and comes with many unexpected challenges. You imagine all the routine things that go along with raising a child; changing diapers, feeding, bathing, rocking and holding them so they know they are loved. You also wonder how you are going to provide for all those needs as they grow. There are doctor appointments, braces, schooling, clothing, cars, insurance and other unforeseen circumstances that are too numerous to mention. Thank goodness they don't all come at once and we have time to figure out ways to deal with each challenge as it comes. As the child grows over the years, we grow too. We learn to better understand them and become wiser and more creative in how to meet their emotional and material needs; hopefully teaching them to be young adults capable of dealing with the challenges that they will face as they get older.



I can't forget the very important role played by Mothers! Mothers are very special in their own way that, we as fathers, don't always quite understand. We try to, believe me. They tend to be more in tune with the kids than we dads know. Their caring and nurturing is a benefit to us, as well as the child. So happy belated Mother's Day to all you Moms!

Always Growing,

Farmer Joe

BLUEBERRIES FOR SALE

\$6.00 quart \$4.00 Pint

Please have the correct amount.



Job Notice: Seton Harvest is looking for a full-time employee! This outdoor job includes harvesting, weeding, and planting. Get in touch with the earth, your food, and nature. If you or someone you know might be interested, please contact Amber Schiff.

Applications along with a resume may be submitted to:
AMBER SCHIFF, DIRECTOR OF HUMAN RESOURCES
9200 NEW HARMONY ROAD
EVANSVILLE, IN 47720



ATTENTION SATURDAY SHAREHOLDERS!!!

July 4th falls on a Saturday this year. We will move the

Saturday, July 4th pick-up to

FRIDAY, JULY 3rd 3:30-6:30

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.



Contact information: Joe Schalasky, Farm Manager - 812-963-7690; email joe.schalasky@doc.org
Julie Dietz, Community Outreach Manager - 812-963-7692; email julie.dietz@doc.org

Sister Maureen's Reflective Questions

Our soil, water and air together with our suffering sisters and brothers of all species cry out for our conscious, loving awareness. Is my response deliberate and caring?

Kohlrabi Basics

To help you with this whimsical-looking vegetables you received in your CSA, here's what you should know:

- It's a member of the cabbage family
- The whole plant is edible, but usually when we talk about kohlrabi we mean the bulb of the plant, as we do here.
- The bulb kind of tastes like broccoli stems (my favorite part of broccoli!)
- It doesn't have to be peeled, but the peel can be tough so I usually do. You can eat it raw in [slaws](#) and salads, as well as roasted and stir-fried.



How To Cut Kohlrabi

INSTRUCTIONS

- **Cut off the stems:** If the stems and leaves are still attached to the kohlrabi, cut them off. (Save the leaves and cook them just like kale or turnip greens.)
- **Slice in half:** Cut the kohlrabi head in half down through its center.
- **Slice into quarters:** Place the halved kohlrabi cut side down and slice into quarters.
- **Cut out the core:** Use the tip of your knife to cut at an angle through the core. Discard the tough center.
- **Peel the kohlrabi:** Now that you have small, manageable quarters, use a sharp vegetable peeler to remove the tough skin.



Kohlrabi Salad with Cilantro and Lime

Ingredients:

Salad

6 cups kohlrabi, cut into matchsticks
 1/2 cup chopped cilantro
 Very small jalapeno, minced
 1/4 cup chopped scallion
 Orange zest from 1 orange
 Lime zest from 1 lime

Citrus Honey Vinaigrette:

1/4 cup olive oil
 1/4 cup fresh orange juice
 1/2 cup plus 1 Tbsp. lime juice
 1/4 cup honey
 1/2 tsp. kosher salt
 1 Tbsp. rice wine vinegar



Directions:

Trim and peel the kohlrabi. Cut off both ends. Cut in half from top to bottom. Slice thinly, rotate, and slice again, making 1/4-inch matchsticks.

Place in a large bowl with chopped cilantro, scallions, finely chopped jalapeno, lime zest, and orange zest.

Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro