

**Mission Statement**

Seton Harvest, a ministry of the Daughters of Charity, promotes care of the environment by growing food naturally, shares produce with local shareholders and people in need, and provides educational opportunities for sustainable living.

**SHARHOLDER PICK-UP TIMES**

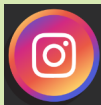
Saturday @ the Farm  
**8:00 a.m.—11:00 a.m.**  
 Tuesday @ the Farm  
**3:30 p.m.—6:30 p.m.**  
 Tuesday Epworth Crossing  
**3:30-5:30**

**REMINDER**

**Always wash your produce before you use it.**  
**We rinse it but do not wash it for you.**

VISIT US AT

SetonHarvest.org



**Findings on the Farm**

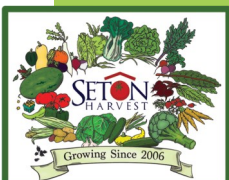
Our volunteers are an asset no matter what kind of work they perform when helping. All jobs are important and you just might learn something along the way. A high school student once asked me what kind of life lessons could be learned working in the fields. I thought for a moment and said you can learn all kinds of them; such as patience, while waiting for plants to grow; success, when everything comes into full production; work ethic, giving the best you have to get the job done; ecology, understanding how nature works and how what we do effects everything around us; failure, how sometimes you give your best and end up not getting anything out of it. She looked at me and said, “Wow, I never thought about all of that. There are a lot of lessons to be learned.”

When you volunteer you help Seton Harvest meet one of its missions, to provide local, environmentally friendly, healthy food to the poor and homeless in the area. Through our efforts we have provided over 151,000 pounds of produce over the last 19 seasons to shelters, food pantries, and soup kitchens in and around Evansville. Some of the recipients are St. Vincent de Paul food pantry, St. Vincent day care, St. Peters, U.C.C. Food Pantry in Posey County, Ozanam Family Shelter, House of Bread and peace, the Rescue Mission, Salvation Army, and SWIRCA (Southwestern Indiana Regional Council on Aging). Seton Harvest is having a large impact on building a healthy community and helping these organizations meet their goals as well. While helping them, we build the Seton Harvest community by working together, getting to know each other and our common interest in good, healthy, naturally grown food. There is nothing else I can think of that brings people closer together than food. It brings us together as families, friends, and communities to share in the bounty the good lord gives us. So, keep up the good work! I can see that the Seton Harvest family is alive and well and its community is always growing.

Always Growing,

*Farmer Joe*

**SHAREHOLDER WORK DAY!**  
*Saturday Aug. 17 & 31*  
*Anytime from 8-11:00 a.m.*  
 We need lots of volunteers to help combat ALL the weeds!



# Seton Harvest Twilight Dinner

Our first magical evening on the farm will be

**September 21, 2024**

**6:00pm—10:30PM**

Proceeds support our mission of growing  
20% extra produce for people in need.

Tickets are limited to our  
Farm-to-table **TWILIGHT DINNER!**  
Tickets are on sale **NOW** on [Eventbrite](#)

\$75.00 per person

*Working*  
**DISTRIBUTORS**  
EVANSVILLE, IN

Thank you to our  
**TWD Sponsors**



**RETRO  
SHOCK**



## **WEEKLY RECIPE:** Zucchini & Squash Casserole Recipe

www.evolvingtable.com

### **Ingredients:**

2 lbs. summer squash *cut into 1/4-inch slices*

2 Tbsp. fresh parsley

1/2 tsp. pepper

1/3 cup Panko breadcrumbs *gluten-free*

2 1/2 Tbsp. olive oil

1 1/4 tsp. salt *divided*

1/3 cup Parmesan cheese

1/4 tsp. garlic powder

### **Directions:**

1. Preheat oven to 350 degrees
2. Cut squash and zucchini into thin, 1/4 inch slices
3. Sprinkle 1/2 teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.
4. Spray a 9-inch square baking dish with non-stick cooking spray.
5. Alternatively, overlap the zucchini and squash in a row. You should be able to form 4 rows.
6. Drizzle olive oil over the zucchini and squash and then sprinkle with salt and pepper.
7. In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash.
8. Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.
9. Remove foil and turn heat to a high broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.



We are looking for **BOOKS!**

Do you have a few gardening, farming, recipe books, or even kids gardening books,  
lying around you don't know what to do with?

Donate them to Seton Harvest!

We will soon have a Garden Library Box to share educational farm, garden and cooking books!

Please bring your donation of books (in a bag) to your next veggie pick-up!

Look for the Garden Library Box coming in September!!