

Jenny-Jack Sun Farm

"good food news"

A thunderstorm from the west slowly grumbled its way through the farm dropping over an inch of rain in less than 20 minutes. Seconds before the four o' clock rain shower we were frantically sowing buckwheat and spreading amendments, trying to accomplish all we could in the dry fields before they became impermissibly saturated. All of our cover crops, including the abovementioned buckwheat, depend on rain to germinate as we customarily do not irrigate these fields. Because in recent weeks we have been blessed with periodic showers, all of our cover crops, sorghum sudan grass, buckwheat, and iron clay peas, look healthy and like they truly understand their summertime purpose. We have been consistent since the beginning with covering our unused fields with nitrogen-fixing legumes and biomass-rich grasses in order to build fertility. Soil health is central to any type of sustainable farming enterprise, and cover cropping, along with composting, amending, and mulching, increases organic matter which not only helps retain water but feeds a host of sub-top soil microorganisms. Since we are continually harvesting organic material from the fields we must also actively participate in their return. This is what Sir Albert Howard, regarded by many as the founder and pioneer of the organic movement, called quite simply, "the law of return." He famously quipped, "the health of soil, plant, animal, and man is one and indivisible." As monoculture farming continues to dominate our landscape, we must not lose sight of good land stewardship practices needed to promote a balanced, diversified, ecological system. We have the forests and the prairies and all the wild pockets of creation in between as examples. We should not let profits and power and "progress" replace the wisdom of the Wendell Berry's and the Howards and the Native Americans and all of our agricultural ancestors who practiced their art of sustenance rooted in thought, imagination, care, and compassion.

What's Available?

Summer Squash, Sweet Potato leaves, Eggplant, Peppers, Beets, Onions, melons, Garlic, Juliet Tomatoes, Sungold Tomatoes, Big Red Sandwich Tomatoes, Heirloom Tomatoes, Local Honey(Columbus), Stone-ground grits and free range eggs. Rachel will NOT be here with her baked goods.

Pictures of the Week



The okra Max is harvesting inches north each day eventually encompassing enough space to be considered a jungle. The two rows in the middle of the okra underneath the hoops and shade cloth are planted with arugula, typically a cool season crop. We are hoping the shade from both the cloth and the okra will decrease the temperature enough to grow tasty, spicy, mildly bitter green leaves. I am in the distance mowing down the Sorghum Sudan grass cover crop.



Jenny is spreading amendments on our third squash/cucumber planting with the looming rain clouds approaching from the southwest.

Our produce may be found at the downtown Columbus Market on Saturdays from 9-12 and our On Farm Market Wednesdays from 9-1. We have a 125 member CSA with drop-off locations in Lagrange, Columbus, and On-farm. You can also find our produce on the menu of Food Blossoms Catering out of Hamilton and the Bakery and Café in Pine Mountain.

Take good care,
Chris and Jenny