

Jenny-Jack Sun Farm

"good food news"

The dark grey sky slow and sure of its intent enveloped our parcel of earth this morning, beckoning praises of rain and hurried motion to finish the outdoor chores before the flood. The obvious signs were circulating, a steady breeze flapping the tree tops, the undeniable, calming scent of rain, and did I mention, darkness in every direction. We ended up with maybe 30 minutes of a slow fall, enough to settle the dust and postpone irrigation until tomorrow. The holdout allowed us to harvest some peas, beans, and arugula, remove the drip tube for our already harvested winter squash field, and weed the herb garden. All good things of course, but we would gladly trade for a half day of mesmerizing, mind-numbing rain.

For the last two weeks we have been harvesting sweet potato leaves for our CSA and market customers. Jenny and I were first introduced to this delicacy in Hawaii when we were working on a farm that did not provide us with the most adequate amounts of food. We were laboring in exchange for room and board, but the board tended to leave us still hungry. Luckily, some other farm mates knew more about the versatile sweet potato plant than us and sautéed a mess one night for the crew. We were instant converts, supplementing our limited diet with this unlikely, warm season green for the remainder of our stay. And now, over six years later, we are still tramping through rows of wandering vines snapping leaves and confusing our taste buds with summer greens. Come by the market tomorrow and pick up a bag. They are very easy to cook. We cook garlic and oil together for a few seconds and then throw some chopped sweet potato leaves into the pan allowing them to steam for about 10 minutes covered. Season with a bit of salt and pepper and serve with some crab cakes and cheese grits. Hallelujah!

Finally, I wanted to inform all that the movie *GROW!*, a documentary film on young farmers in Georgia of which we were included, went global today. We received an e-mail from the filmmakers, Owen and Christine, that *GROW!* Can be downloaded on i-tunes, Amazon On Demand, Vudu, Playstation, You Tube, X-box, and Cinema Now. They are also releasing the 60-minute deluxe edition DVD with behind the scenes and bonus features on their website, <http://growmovie.net/grow-store/>. Also, *GROW!* is the featured film for August for the Whole Foods Market Do Something Reel online Film Festival. It goes live on Wednesday here www.dosomethingreel.com. They have traveled the country conducting numerous screenings, attending film festivals, and winning several prestigious awards. We feel very privileged to have been included in their work of art, and want to encourage anyone interested to purchase the film and show to friends and family. It's really good!

What's Available?

Sweet potato leaves, Arugula, Eggplant, Peppers, Okra, Beets, Onions, melons, Garlic, Juliet Tomatoes, Sungold Tomatoes, Big Red Sandwich Tomatoes, Local Honey(Columbus), Stone-ground grits and free range eggs. Rachel will also be here with her baked goods.

Picture of the Week



Max, Molly, and Jenny are snapping sweet potato leaves off the vine on an unusually cool July morning. The irrigation is spreading water on our third planting of sweet potatoes before the moisture-sucking sun spreads her rays.

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