

Jenny-Jack Sun Farm

"good food news"

I was listening to the public radio station in the truck on my way to Lagrange this morning in route to three different schools awaiting fall transplants grown at our farm. The journalist reported on a new study questioning the legitimacy of Organic foods, their supposed higher nutrient content, and the questionable danger posed by trace amounts of pesticides found on the food ingested into our bodies. I missed some of the report but I believe they said this was an ongoing 100 year study and they were reporting on some of the more immediate findings. This specific study concluded that we ingested fewer amounts of chemical pesticides with Organic food, however, we do not ingest enough from conventionally raised produce to account for any harm. The study also found no difference in nutrient content. Studies like this one have been ongoing for years, and I suppose will continue to persist, each seemingly finding support for both sides, so as not to tip the scales. I am curious to know if these studies test organic food from small, local farms or if all the organic food is from the same thousand acre California compound? I wonder how old these farms are and how long the Organic farms have been replenishing the soil and if that might have an effect on nutrient density? Regardless of the findings, I think the research is important not for its questionable findings, but for its ability to make us ask questions about why we have made certain lifestyle choices. If every study found no difference in the amount of nutrition found in organically grown fruits and vegetables we would still choose not to spray or dust or inject chemicals onto our produce and land. It does not make sense to us to willfully ingest any amount of chemicals regardless of any findings. I like to hear our customers tell us why they buy from our farm. Many do so exclusively because the produce is grown organically, but many others offer a diverse rationale like supporting small businesses, a belief in actively buying from local farms, the opportunity to be closely connected with the farmers and farms from which their dinner arrives, and it taste better when the harvest happened hours ago instead of days, even weeks, ago. I am in no way attempting to defend our vocation in light of this recent, nationally advertised research, but I found it pertinent because I was on my way to participate in the farming and food education of our youth at Lagrange College and Hillside Montessori School. This relationship between farms and schools and farms and community and even more intimately, farms and our bodies, should be a thoughtful connection we take seriously. One that exceeds the boundaries of percentages and figures and trends and instead transcends into the more complex interrelationships that represent our day to day, week to week and year to year. Organic vs. conventional is a fair starting point but I think it's time as a community and a nation we begin to probe a little deeper with our 'why's'. Agriculture is the great connector, from health care to the economy to DC policy, we are all players. May the conversation politely continue.

What's Available at Wednesday Market?

Arugula, Cucumbers, Tatsoi, Eggplant, Peppers, Garlic, Okra, Butternut Squash, Summer Squash, Bush Beans, Turnips with the greens, Local Honey(Columbus), Stone-ground grits and cornmeal, and free range eggs. Yippee! Rachel will be here with her baked goods. Come on out and see us.

Summer/Fall CSA

We will begin our second session CSA next week and that will run through the week before Thanksgiving. Even without the regular CSA pickups this week, we will continue selling at our regular market spots, Wednesdays on farm beginning at 9 and Saturdays on Broadway in Columbus also starting at 9 a.m. Hope to see you there.

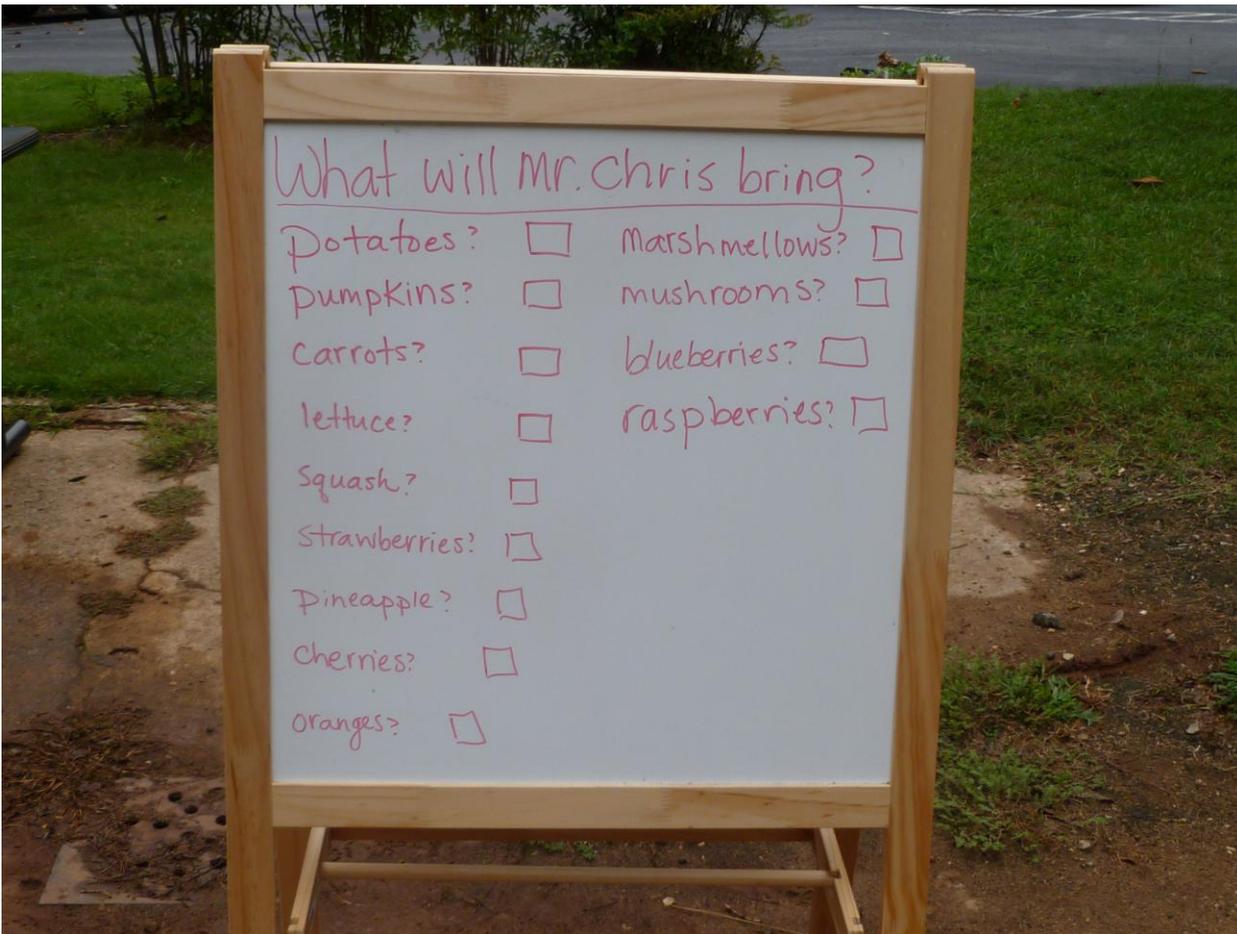
Pictures of the Week



Students in Mr. Alvin Lingenfelter's Sustainability class at Lagrange College are helping plant their fall raised bed garden. For the past couple of years students in his class work in the garden, view and discuss the *GROW!* Movie, and discuss farming-related issues when I visit for a guest lecture. We feel very honored to be connected agriculturally with a local college and hope this relationship continues to flourish in the future.



Students in Mrs. Bethany's class at Hillside Montessori School in Lagrange plant their two raised beds with greens. They had fun digging and tramping through the wet, composted beds. The new school will educate 11 students this year each receiving an environmental component that includes, of course, gardening.



Bethany Headrick, Hillside Montessori School's lead instructor, asked the students what plants they thought Mr. Chris would bring for them to plant in their garden. This is their list.

Our produce may be found at the downtown Columbus Market on Saturdays from 9-12 and our On Farm Market Wednesdays from 9-12. 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