

Jenny-Jack Sun Farm

"good food news"

Every season has a beat, a resonant rhythm encompassing everything it encounters. Farmers, wild critters, the cognizant forest, and all of nature listen and relevantly respond. We are now fully imbued in fall's good fortunes. A time when the pace of work neutralizes, when fields once supporting vibrant cash crops now grow nourishing cover crops, when clouds and cool air move freely across the sky graciously atoning summer's grievance. The stimulating temperatures, transient colors, unhurried fields, and season-changing scents are something to be cherished. As a southern vegetable farmer, I am thankful for the seasons and the perfectly designed order in which they cheerfully endure.

Like the honeybees and birds, we're still preparing for winter's insufficient ways. The ladies spend occasional afternoons canning, drying, and freezing foods that will prevent us from subsisting on grocery store mediocrity and conveniently provide nutrition to our bereaved bodies. Tomorrow we will dig the final succession of sweet potatoes adding to our already immense stockpile of winter's vitamin A fix. Planting sweet potatoes at different intervals has not only evenly spaced laborious harvests but allowed us the benefit of continuous distribution. This provides customers the opportunity, like their farmers, to save farm-fresh sustenance for frigid days ahead void of veggie variety.

As we approach the halfway mark to season's end, we continue to pluck verdant greens from their tightly packed rows. Most of these greens, excluding the turnips, have spent a majority of the fall working to overcome nuisances common with living as a member of the food chain on a Georgia farm in the fall. But, like the ubiquitous anthills, they continue to express their unyielding need to survive. This week we began harvesting broccoli, beets and watermelon radishes to accompany the barrage of leaves, and in the coming weeks we hope to pull carrots and cut cauliflower.

We southerners find ourselves currently consumed with absolute weather perfection. May our thankfulness warrant pursuit and may our pursuit make a joyful noise and may our noise quiet the blaring busyness just long enough to take a long walk before sunset.

What Is Available to Buy at the On Farm Market?

Arugula, Garlic, Butternut Squash, Turnip Greens, Kale, Lettuce, Sweet Potatoes, Rainbow Chard, Radish, Stone Ground Grits, Eggs, Foster's honey (Columbus), Bulger Creek Goat Cheese and Soap, Comerford Farms Ground Beef, Bariani Olive Oil and Balsamic Vinegar, and an assortment of canned goods made at the farm.

Sue B's breads and granola bars will be at market tomorrow. Jenny will also be selling some delicious Pumpkin Pecan muffins (made with butternut squash and pecans from the farm).

We also will be selling select pork cuts from our heritage breed pigs. Smoke-cured ham: ~\$12.00/package (\$8#), Pork Chops- \$8.50/#, Smoked Ham Hocks- \$5/ #, and Sausage (patty and link, mild, medium, and hot): \$6.50/#. We also have lard available for those adventurous, rendering types.

Pictures of the Week



'Bright Lights' Chard bundled, washed, and awaiting a move into the cooler.



Here is a portrait taken by Liz for the Certified Naturally Grown website. This non-profit, grassroots organization is tailored for certifying small, direct-market farms such as ours, and they will be highlighting our farm on their website sometime soon.

Our produce may be found at the Market on Broadway in Columbus from 9-12 on Saturdays and our On Farm Market Wednesdays from 9-12. We have a 140 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