

# Jenny-Jack Sun Farm

## "good food news"

The consummation of farming year number six arrived abruptly, almost automatic like the next breath. The ease of external inhalation and exhalation mask a clandestine, internal arrangement intimately crafted and forever dependant on so many parts cooperating. Much like the farm days of early winter, our working hours unravel effortlessly, unrevealing of the exhaustion and feverish efficiency demanded of warmer months. Spring, summer, and even early fall seem like distant memories lived in bodies harnessing more energy and minds percolating more matter. Now is like the calm just before a storm, lethargically narrated, expansive, magnetic. Our bodies move rhythmically with the wind like storm-approaching trees, full of life but patiently contained. Perhaps that speaks to the power of present or the power of seasonality, either way, the work feels in tune and the year end break seems both necessary and expected.

The winter fields sit like square green patches on a rolling hill quilt of lifeless, brown pathways, four acres of the living and the dead symbiotically serving. The verdant sections of oats, rye, peas, and clover will hold the soil overwinter, energizing it upon our spring return with gifts of nitrogen, organic matter, and microbial activity. Like our bodies and minds, the soil needs a season of rest, void of scurrying feet, tractor tires, hoe disturbance, and the fast-paced flow of production. The time apart, the separation of farmer and field, of soil and machine, of cash and harvest, is healing and a vital piece to a sustainable food economy.

The farmers will co-exist with the shorter, quieter days, adopting a cheerful balance between work and leisure. Our house needs a brick pathway, a screened in porch, and a couple of pieces of furniture slowly built. I will concentrate on these in between gathering firewood, farm chores, visiting friends and family, reading, writing, and taking the evening walk into the woods. Jenny plans to refinish some inherited pieces of furniture, crochet by the fire, work with her horse that she hopes to ride soon, practice more yoga, and manage a few farm chores. We might take a trip out west in January and perhaps take a short road trip in December to places that have something to say like Athens and Asheville.

We are farming and living the life we have imagined because you choose to support our efforts. Thank you for carving out a space in your busy lives for a small farm. May the cold, cradling days of winter bring you healing, communion, joy, and a contagious peace that announces.

### Farmer Photo Link

Here is a short farmer slideshow put together by *Home and Garden*. We are featured towards the end. It's good to also see several of our friends from across the state.

<http://www.hgtvgardens.com/life-style/farm-fresh-and-foxy-the-new-crop-of-farmers>

## Last Markets for the Year

Please make a note that November 20<sup>th</sup>, tomorrow, will be our last On Farm Market for the year, and this Saturday, November 23<sup>rd</sup>, will be our final Columbus appearance. We have had such a dedicated and energetic group of shoppers this year, adding an exciting element to our mid-week and end-week mornings as well as a healthy dose of encouragement for the farmers. Come out and buy some greens, roots, and stock up on sweet potatoes, garlic, cheese, breads, and meat. Hope to see you soon!

## What Is Available to Buy at Market?

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

**Sue B's breads and granola bars will be at market tomorrow.**

**We only have the following Heritage pork cuts available: Ribs- \$7 / lb.; neck bones; Big Butts- \$6 / lb. (packages are all around 9lbs.- great for bbq!)**

## Pictures of the Week



'Snow Crown' Cauliflower congested like a big sky landscaped in cumulus clouds.



An early start to part of my winter evening plans.

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