

# Jenny-Jack Sun Farm

## "good food news"

Now is the time when popsicles and cold showers and homemade ice cream and restorative plunges in cool bodies of water all sound like energizing ways to undermine summer's strong hold. Just the other day Jenny and I went to see a movie mostly because it involved sitting on a cushioned chair in a beyond frigid room. It's almost laughable how much joy chilled, forced air can bring this time of year in the south, but moments to enjoy such comfort are rare and gratefully seized when available. Aside from the marginal pockets of unreal bliss, most of the days have been scorching, marching casually between tasks always dampening the endless rivers of sweat careening down our shiny necks. It is with this distressed backdrop that we erected our temporary, lightweight shade house to begin seeding for a fall harvest. What a paradox! Faces red and haggard, painted in mild disgust from consumptive heat preparing for cooler, tolerable days ahead. Constructing the shade house is usually an enjoyable task for me because its presence is a harbinger of a slower, calmer, cooler working schedule. A time that is still well over a month away but nonetheless worth contemplating its eventual value.

Inside the shade house now we only have a few full seed trays resting on elevated screened tables. We've started onion sets and rutabagas for the fall as well as Asian greens, lettuce, and tomatoes for a late summer planting. More vigorous seeding will begin in the next two weeks when we start broccoli, cauliflower, cabbage, collards, kale and chard. It seems counterproductive to start cool weather crops in such debilitating weather, but in order to give adequate time for cool season crops to mature before the day length gets too short and the temperatures get cold, we must begin seeding in early August. The overhead, synthetic shade prevents soil from drying too quickly and accommodates a cooler atmosphere for germinating cool weather seeds.

Thoughtful planning and precise timing are essential for a successful fall season. Cover crops will be turned under next week in preparation for both transplanting and direct seeding, seeds for the upcoming season were ordered weeks ago and sit unopened inside our house, and the shade house stands black and brilliant patiently awaiting trays and trays of invigorating food. Growing food in the fall is challenging because the window to start seeds narrows quickly, not to mention, the end of season aggravations with pests and temperature. Every stage from seed to harvest, undoubtedly, presents its fair share of surprises, frustrations, and mind-numbing puzzles. So, we plow forward zealously engaged in late summer harvests while simultaneously, transitioning into the varied demands and colorful spirit of a new season.

### Wednesday On-Farm Market

**\*With such hot and dry temperatures, most of our food this week is going to our CSA members so show up to market early for most variety\***

**What to expect this week on the table:** farm made KIMCHI! (Fermented Napa Cabbage, radishes, carrots, cucumbers garlic < all from the farm >, salt, chili powder, ginger), 'Juliet' salad Tomatoes, Beefsteak large slicing tomatoes, Okra , Basil, Squash, Eggplant, Onions, Garlic, Red and Purple Peppers, Hot Peppers, Blackberry/Blueberry Jam!, Salsa!, Canned tomatoes, Flowers, Foster's Honey, Lard and cracklins rendered from our hogs, Olive Oil and Balsamic Vinegar, Canned items, White Oak Pastures beef roasts and chicken, Comerford Farms ground beef, Coverall Farms Pastured Chicken. ALSO, Sue Batistini will have her delicious sourdough breads, baked goods, and granola bars available.

This market tends to be small but festive; folks shop while catching up with old friends, exchange recipe ideas, talk with the farmers and chef, and stroll through the fields where all the produce is grown. We would be honored to be a part of your weekly good food grazing routine

### Pictures Of The Week



Hushpuppy, immediately following her typical afternoon mud facial, and a few of her four week old piglets, gorging themselves on some sweet-tasting, vegetarian slop.



Stacks of curing butternut squash and pumpkins pulled from the field this week. Almost 1000 pounds harvested! CSA members will see some in their shares towards the end of August and everyone else should see it later in the fall. It was another good harvest year for this durable, storage crop although not quite as bountiful as last season. So it goes...



The shade house is supported by 1" PVC bent snugly onto two pieces of rebar. The shade cloth, which has lasted several years, is tied on the ends to t-posts and clipped onto each piece of PVC. Trays of greens, lettuce, onions, and tomatoes.

### Where to find our produce and products:

Our produce may be found at:

Market on Broadway in Columbus from 9-12 on Saturdays

On Farm Market Wednesdays from 9-5 (Ring the bell out back for service after 12!),

When extra is available, at the FDR Market in Pine Mountain Saturdays from 10:30-12:30.

We have a 100 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, Country's in Columbus, and Rose Cottage Café in Pine Mountain.

Take good care,  
Chris and Jenny