

## Jenny-Jack Sun Farm

### "good food news"

Much has happened since the last time I penned a letter two weeks ago. With our Spring/Summer CSA season ending at the end of August and the Fall season not beginning until October, Jenny and I took four days last week and tried to do as little as possible while enjoying the sounds, sights, and relief offered at Cape San Blas, Florida. Constructing and deconstructing camp might have been the most amount of energy expended. A light work load along with a vacant, hypnotic beach and fresh, local oysters perfectly satiated our desire for a short, therapeutic recovery. This year has been the most physically demanding on the farm for Jenny and I since its inception in 2007 mainly because we increased work while decreasing labor; not really the most effective equation for a successful small farm. We are raising exponentially more pigs, chickens, and honeybees, deepening the diversity and production of perennials and produce, and spending copious amounts of time and energy compared to years past creating added value farm products. It has been a mighty fine year economically, but without the necessary additional full-time person, it has come with the cost of sore bodies and sapped minds. So, the time off was replenishing and gave us both space to imagine a better farm life next year, with one more full-time apprentice added to our already all-star staff. Does that math work out to twice as many beach days next year?

At the farm, when we're not chasing pigs, cussing pigs, or castrating pigs, we're focusing our energy on transitioning efficiently into Fall. Seeding root crops like carrots, beets, and turnips along with fast growing salad greens like arugula and mizuna have occupied hours on end. The actual seeding goes fairly fast but the preparation, the inevitable re-seeding, and the very soon after post weeding all consume large swaths of time. Late last week we plugged our very first fall transplants in the ground; a whole field of Asian greens, mustard greens, and cabbage covered over loosely but snugly with row cover to physically block nasty, day-ruining pests like aphids and leaf beetles. In between plantings, mowing grass, weed whacking, and the still consistent summer harvest, we plucked our first sweet potatoes from the ground and drove the year's first four hogs to the butcher. Both 100 ft. high tunnels look clean and cared for. The freshly-weeded ginger and turmeric rows are finally maturing and all the other beds, once rooted vigorously with untamed, fruit-heavy tomato plants, are now covered in clear plastic for four weeks in order to kill disease organisms and nematodes. This solarization, while labor intensive to install, allows us to plant tomatoes inside the tunnels next year in the same beds.

The days are getting shorter and cooler but the farm is still burning hot with activity, demands, and the periodic candid dose of humility. We're behind but the good news is we're always behind; that's line item 1 in the often neglected terms of agreement, checked but seldom truly understood.

## Wednesday On-Farm Market

**What to expect this week on the table:** Green Beans, 'Juliet' salad Tomatoes, Beefsteak slicing tomatoes, Mixed Cherry Tomatoes, Okra , Basil, Eggplant, Onions, Garlic, Red, yellow and Purple Sweet Peppers, Hot Peppers, Lettuce, Arugula, Mizuna, Butternut Squash, Blackberry/Blueberry Jam, Salsa, Canned tomatoes, Jacksauce (fermented hot sauce), Flowers, Hawley Honey (from Pine Mountain), Lard rendered from our hogs, Olive Oil and Balsamic Vinegar, Canned items, White Oak Pastures beef roasts and marrow bones, 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



One of today's tasks was digging the first of ten rows of sweet potatoes. We were very pleased with both the quality and quantity from the season's first sampling. About 300 lbs. harvested on one row!



Four beds of ginger and turmeric (the plant with a broader leaf) and three beds solarizing after a hearty season of 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 and Rose Cottage Café in Pine Mountain.

Take good care,  
Chris and Jenny