

Jenny-Jack Sun Farm

"good food news"

The sniffing, sneezing, and snotty-nosed season has shifted into power and instituted its ruinous spread of degrading occupation amongst us vulnerable people. The story reads similar every year, a few friends feel “under the weather,” and within days half your conversational encounters speak lazily in scratch voice, expel guttural, baritone coughs, and physically look lifeless like they need a hug, which really isn’t a good idea from a disease control perspective; perhaps we should all agree to follow the unceremonious creed, ‘cards not cooties’ saving hugs for the ripening, unsullied days of Spring. Nonetheless, from now through winter staying undefiled by Germfest 2015-16 will be a daily prayer dutifully lifted. The answer to how one saunters through winter generally unblemished by the ‘Krud’ cannot be isolated, though. We have all heard the dependable, ubiquitous list of sickness prevention: eat your allotted 3 cups of veggies per day, keep your nose clean, keep your germ coated hands off the face, and go outside long enough for nature to neutralize the presumptuous pathogens. This is certainly good advice but not a systemic solution. Overall bodily wellness is undoubtedly longer and more complex than a checkoff list or a 30-day diet or an over the counter bottle of multivitamins. If we are to take our health seriously, then we enforce a total lifestyle change, we uproot the unresponsive, the benign, the inert, and radically replant sound, holistic roots into our daily routine. Sickness will still occasionally infiltrate a well-constructed fortress but not as often or as hostile. Like any meaningful pursuit, orchestrating a well-rounded, healthy lifestyle is difficult, time consuming, costly, and inconvenient, but the rewards unfold in ways that are more often than not nourishing instead of depleting.

Health and wellness is on my mind partly because of the season, but also because we just finished filling bottles with Elderberry tincture, an esteemed remedy for colds and flus comprised solely of the richly colored purple elderberries steeped in alcohol. We harvested buckets and buckets of BB-sized berries this summer, placing the clipped berry clusters in various sized jars, covering them generously with alcohol, and allowing ample time for their immune-enhancing, anti-viral juices to stimulate. And don’t think this is some gypsified, quack remedy untested and untrusted, hell, *Elder* is in its name denoting its sage status in the garden. Traditionally, the elder bush was planted on the edges of herb gardens throughout Europe enlisting it as the “protector” of the garden. Even now, the plant’s medicinal properties are evident in the amount of Elderberry products seen lining pharmacy shelves.

So, no, this time-honored tonic won’t cure you of all your ills, but it can act as an integral, replenishing thread in the convoluted cobweb of healthy living. Plants have a demonstrable ability to heal, and Elderberry is one powerful medicinal talent we are fortunate to have working for us. 2oz. and 4 oz. bottles for sale starting tomorrow at our on-farm market!

Market update for the Fall/Winter...

Our Wednesday on-farm market will continue until December 16th and we will sell at the Saturday morning Uptown Columbus Market until December 19th. Both markets are continuing to do exceptionally well. Thanks so much for choosing to shop with us and supporting a small, local farm!

Wednesday On-Farm Market

What to expect this week on the table: Kale, Turnip Greens, Arugula, Mizuna, Green Beans, Mustard Greens, Watermelon Radish, Black Spanish Radish, Basil, Parsley, Eggplant, Garlic, Red, yellow and Purple Sweet Peppers, Hot Peppers, Lettuce, Japanese Lettuce, Butternut Squash, Sweet Potatoes, Baby Ginger! Fresh Turmeric! Asian Mustard Greens, Pepper Relish, Pickled Sweet Peppers and Jalapenos, Jacksauce (fermented hot sauce), **NEW farm items: Hibiscus/Lemongrass/Peppermint Tea, Elderberry Tincture**, Hawley Honey (from Pine Mountain), Lard rendered from our hogs, Olive Oil and Balsamic Vinegar, more canned items, Jean's Microgreens, White Oak Pastures beef roasts and marrow bones, Comerford Farms ground beef, Coverall Farms Pastured Chicken. ALSO, Sue Batistini will be have her baked goods at market.

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.

Farm Pork

We now have a plentiful supply of pork available from hogs we raised entirely at our farm on wooded lots where each pig had space to root, graze, stretch, and mud bathe. The pigs were also supplemented with a non-GMO, soy-free grain. The following cuts will be available at our on-farm market as well as a limited supply Saturday mornings in Columbus: Pork chops, link and patty sausage, smoked ham steaks, and ham hocks.

Pictures of the Week



Amber bottles of Elderberry tincture full of cold fighting capabilities awaiting your purchase here at the farmacy. We have two sizes, 2 oz. and 4 oz., and both include only Elderberries harvested here this summer and alcohol (Vodka to be specific).



The farm hard at work harvesting on this cool, spry Tuesday morning. Turnip Greens, Kale, Collard greens, and Radish all doing its best to grow despite an annoying fleet of aphids and other pesky critters.

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**