

## Jenny-Jack Sun Farm

### "good food news"

Halfway through the year's first installment of the CSA season and to celebrate the 12 year mark of a hardworking marriage, we decided it was the right time to evacuate somewhere north of here. Where the sinister sun won't sear skin deep shades of Southwestern landscape and the night air purifies the whole internal system with each deep inhale and the eyes and the brain borrow reprieve from a nature not requesting service but only admiration. It was time for a brief break from squirrels snacking on innocent sweet potato leaves and gluttonous deer grazing on tender, bean buds and rain-starved soil and that skanky, squash bug and the unrelenting, monotonous hustle of it all. We all need the periodic perspective shift from the very westernized wound of being too busy. We wear that busy badge like it's honorable but after a while it just erodes away the meaningful pieces of our work until a hollowed out nothingness prevails. Maybe that's extreme but maybe not. Jenny and I are always having the conversation of balance, what's worth the dollar and what is not. When is enough? The work of finding that murky middle between recklessness and contentment seems like a lifetime's worth of practice. We sometimes answer that question too late and our body physically fails us or we fuss and feud, or the stacking of stress overwhelms like the cacophonous symphony of swarming honeybees. This time we responded well and retreated to the beautiful hills of North Carolina in time to capture its gracious gift of rejuvenation.

We spent two days inside and near the eclectic, profound city of Asheville, "a cesspool of sin" as described by a late state senator, offering up easy, lighthearted fodder for local design and print shops. And while it may or may not be that depending on your filter, it is unquestionably imaginative and charming and comfortably weird. Money, unfortunately, has a history of following coolness, polishing its attractive, rough edges, and then ironically evicting the talented, poor folks that made it enchanting to begin with. Asheville is no island to gentrification, but it still retains, at least relative to my perspective, pockets of interesting, fringe activity that is valuable to my education. When I go I love eerily eavesdropping on liberal, local conversations at the bakery, strolling through the anarchist bookstore, staring approvingly at all the sights and sounds so unfamiliar to my normal. It's pleasurable because it's a surprising atmosphere for the generally tame, conservative south. One does not have to totally approve of its content to at least appreciate its bohemian sub-culture and hope for its continued existence as a welcoming place for our broader community of neighbors who might not find home elsewhere. Its culture, the surrounding, picturesque geography, the fair climate, the booming, local food and drink scene all threaded loosely together by an untamed, evocative sense of awe amounts to a replenishing way to spend time away. The trip was healing salve for a couple of overworked spirits, and it came at the right time, just before macho summer bursts forth in her bounty and flavor and bruising, seductive sass.

## Wednesday On-Farm Market

**What to expect this week on the table:** Beets, Carrots, Summer Chard, Malabar Spinach, Summer Crisp Lettuce, Sunchokes, Kohlrabi, Basil, Cabbage, Okra, Beans, Summer Squash, Zucchini, Cucumbers, Eggplant, Sweet peppers, Hot Peppers, 'Sungold' Tomatoes, 'Glacier' Tomatoes, 'Juliet' Tomatoes, Beefsteak Tomatoes, Farm Eggs

**Farm made items:** Kale Kimchi, Comfrey-Aloe Cream, Elderberry Tincture, Ginger Tincture, Turmeric Tincture, Holy Basil Tincture

**Oinkment:** A super effective sunscreen made by CSA member Jenn Collins. Made with micro-ionized zinc oxide and lard from our pigs. Rubs well into skin and smells like peppermint.

**Farm Pork:** Sliced, smoked ham, link & patty sausage, pork chops, ribs, neck bones, bacon, lard.

**White Oak Pastures** beef marrow bones and roasts, **Comerford Farms** ground beef.

ALSO, Sue Batistini will be here with her **homemade sourdough breads and tasty baked goods.**

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



This is what they call Glamping (glamorous camping). We stayed in this teepee-like tent with a queen bed, electricity, and a very pleasing view of woods and rushing creek. We also had our own picnic table, fire pit, and potable water on site. We like to vacation outdoors even though we spend our entire working lives outside. A little strange perhaps, but this place offered a peppering of creature comforts to lessen the work load of a more primitive camping experience. A fair and worthy compromise.



Chris bedding a dry field of a second planting of summer squash. We have had less than a fourth of an inch of rain in two months which is not ideal for a lot of reasons, bed preparation being one of them.

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 9-12**

**We have a 120 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 153 Main Bistro in Pine Mountain.**

Take good care,  
Chris and Jenny