

Jenny-Jack Sun Farm

"good food news"

September is a recharging month for both farm and farmer. We paused CSA deliveries until October, conveniently carving out more hours dedicated to fall food preparation and less to harvesting and composing CSA shares. The latter takes so much additional focus and energy that to temporarily halt its existence is both practically and holistically renewing. We aren't, of course, abandoning work and shamelessly disappearing, though we have casually and carefully considered the option. Nope, the available hours are now redirected towards cutting and integrating cover crops, amending Fall fields with organic minerals, running irrigation, transplanting and seeding, and being exponentially attentive to the absolute frailty clouding the seasonal transition. Growing food in the Fall is so challenging because the starting, direct seeding, and transplanting of crops must begin in late summer in order to begin harvesting in October. And this is not a formulaic process where if all the proper inputs are dutifully installed than the correlating response automatically announces satisfying success. Sometimes it does happen as such, but this time of year, between excessive heat and crotchety critters, the whole planting process must be taken slow and methodical and with ongoing, attentive care if the results are to resemble resounding achievement. There are so many variables, so many inaudible prayers, so many fingers figuratively crossed, so many trips back and forth to fields just to check on progress and health and any indication of distress. But, if the micro-managing prevails than we all can take so much more pleasure in the tastes of cooler weather; colorful lettuce, crunchy, sweet carrots, radishes, turnips, crisp cabbage, nutrient-rich Asian greens, kale, collards, chard, and the sugary and savory sweet potato and squash. Food is the pleasurable prize but getting it to the plate plays out like conquering a corn maze.

Two new and promising experimental techniques we are using this season to promote quicker growth and better germination as well as combatting bad bugs are the micro-sprinkler and insect netting. The micro-sprinklers plug into drip tube we already have on hand, and are inserted into the bed-center soil every 6-8 ft. The emitted water mists softly and evenly on our 30" beds causing cooler soil and a more complete soak. Direct seeded crops like turnips and radishes have germinated well with these sprinklers thus far. They are a tad bit more labor intensive but they do seem to reduce soil temperature which makes considerable difference in consistent germination and reducing initial heat shock for transplants. The insect netting, though potentially a crop saver, was a much more costly investment. We bought enough fabric to cover 18-100' beds which cost a little more than \$1200. But, if the physical barrier actually prevents an onslaught of aphids or worms or any other flying, damaging insect from annihilating a fall crop than the initial cost will be well worth it. The netting is a lightweight, mesh screen that floats atop hoops spanning two beds and pushed into the soil every ten feet. The ends are pressed down with soil and the sides secured with sandbags. Because the netting is breathable, the plants do not overheat like they can with row cover, and the material only has to be removed for weeding and the eventual harvest. Again, certainly a bit more work involved, but if we can sidestep the notorious and ravenous fall plant killers then the added work and initial investment will be a cost worth providing. Even after nine years, the work and the process is anything but routine; we must be vigilant and responsive to what nature gives and it is ever-changing, cumbersome, and always humbling.

Wednesday On-Farm Market

What to expect this week on the table: Malabar Spinach, Green Beans, Arugula, Okra, Yard Long Beans, Eggplant, Sweet peppers, Hot Peppers, Garlic, Onions, Sungold Tomatoes, Juliet Tomatoes, A few slicing tomatoes, EGGS! **NO microgreens from Jean.**

Farm made items: Elderberry Tincture, Ginger Tincture, Turmeric Tincture, Holy Basil Tincture, **Jacksauce (fermented hot sauce) is back!**

Farm Pork: Sliced, smoked ham, link & patty sausage, ribs, ham hocks, bacon, lard, chops

White Oak Pastures beef marrow bones and roasts, **Comerford Farms**(Lagrange) ground beef
ALSO, Sue Batistini's **delicious breads and granola bars.**

Bulger Creek Farm Goat Cheese.

Turntime Farm (Ellerslie): Pasture-raised whole Chicken, www.turntimefarms.com for more info!

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.

Market Update

Our On-Farm Market will open continuously through the week before Christmas, however, we will only setup at the market on Broadway in Columbus through September. We are changing the Saturday morning Columbus pick-up to Dinglewood Park in Midtown.

Fall CSA

Our current members are re-signing for the 10-week Fall CSA. If you would like to join please send us your e-mail address to be added to the waiting list. We will open up the remaining shares next week to all the folks on this list.

Pork Expansion

For all of you Columbus folks, we are now offering sausage, bacon, and sliced ham at Maltitude on Broadway in downtown Columbus. For those of you who have not heard of Maltitude, they mostly sell craft beer and wine, but have recently began to offer local, frozen meat and preserved artisan products.

Pictures of the Week



I am prepping beds for today's planting of kale. After amending the beds, I used a walk behind tiller to integrate material and then we raked each bed flat, removing the never ending supply of rocks. Because the walk behind tiller is too narrow to reach the walking paths, I used a flame weeder to extinguish small weeds and grasses growing in the foot wide paths (it was too dry and hard to cultivate with the tractor or wheel hoe). The insect netting can be seen behind me covering turnips, watermelon radishes, and Napa Cabbage.



Caught in the act and seamlessly and sublimely smashed. This is one of many fruit worms attempting to ruin our final planting of tomatoes. Jenny proudly smashed 42 of these monsters during yesterday's harvest, then spent an hour last night at dusk spraying Bt on both our trays of transplants and the three long rows of fairly healthy tomato plants. Bt is an organic approved bacterial insecticide that acts as a stomach poison to kill these disrespectful, vengeful creatures. It kills worms only, and you won't find beneficial caterpillars munching on tomato plants so we don't have to worry about harming honey bees or other good guys.

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 our pork at Maltitude in downtown Columbus.

Take good care,
Chris and Jenny