

Jenny-Jack Sun Farm

"good food news"

Vacations are absolutely necessary. To temporarily substitute the daily routine for a perspective emblematic of one's own unique definition of beauty is energizing and nourishing, a transformative dose of holistic healing. For farmers, it's hard to leave because there is always some breathing, beneficial thing roaming or rooted that needs basic care and a set of evaluating eyes accustomed to what looks normal. When we swiftly sauntered away to the Southwest two weeks ago we left a greenhouse that necessitates daily spritzing, rows of recently planted greens still adapting, pigs and chickens that need daily maintenance, and a whole season's worth of crops rife with requirements rivaling an incapable infant. When we returned everything looked as good as or better than when we left. We are grateful for a capable crew able and willing to mindfully care take while we sought solace miles removed. Before we left, we made multi-sheet to-do lists with starred reminders scribbled in the margins, a hand written, watering spreadsheet because it's forgotten how to rain, and a series of verbal "don't forget to..." explanations sprinkled in conversation the week of departure. We are always a little deflated before leaving because the organization involved is eternally exhausting, but that is a cost of farming and one worth working through to gain all the healing collected on holiday.

Two years ago when we spent five weeks on a dairy farm in Normandy, Jenny's parents and a farm apprentice cared for the animals and a few rows of greens, but otherwise, we shut down the farm for the entire season. When we arrived at the dairy farm, the two married farmers had just returned from a week long holiday in southern France. We learned from them that France's government helps with payment for "substitute farmers" to tend the farms of vacationing farmers for up to two weeks every year. They shared a few stories with us of costly mistakes made by these substitute farmers on their dairy operation, but they said it was their only way to travel and felt thankful for the government-funded opportunity. My point is not to advocate for this policy domestically, but I do find it noteworthy that the country of France finds so much value in farmers vacationing that they are willing to fund labor to keep working operations temporarily afloat. There is so much intensity and hostility involved with farming, with keeping food alive, processed, and marketed, that to routinely remove oneself from the monotony of challenging chores should be exercised, at least in the sense of prioritizing it as part of the business plan. We talk a lot in the food movement about sustainability regarding the health of soil and plants, and practicing growing methods that conserve water and abstain from chemicals. But if we want a country with a growing number of agrarians than we must also equate sustainability with preserving and conserving farmers. Part of that should be a renewed expectation that farming is not all work and no play, but a healthy, forgiving balance. Of course it is complicated involving questions of fair pay, labor, and scale but it's a necessary conversation if we expect to entice young people into the field. Can we expect intelligent, hardworking folks to eagerly join ranks with a career known for its long hours, infrequent vacations, and laughable salary? Sustainable farming must be a model that works both for the farmer's mind, body, back pocket, and spirit as well as the parcel of earth being stewarded.

Wednesday On-Farm Market

What to expect this week on the table: Lettuce, Arugula, Japanese Lettuce, Kale, Napa Cabbage, Collards, Turnip Greens, Turnip Roots, Tat Soi, Radishes, Green Beans, Eggplant, Sweet peppers, Garlic, Slicing tomatoes, Turnips.

Farm made items: Elderberry Tincture, Ginger Tincture, Turmeric Tincture, Holy Basil Tincture, Jacksauce (fermented hot sauce).

Farm Pork: Sliced, smoked ham, link sausage (sold out of ground for now), ribs, ham hocks, bacon, lard, chops

White Oak Pastures beef marrow bones and roasts.

ALSO, Sue Batistini's **delicious breads and granola bars will be at market this week.**

Bulger Creek Farm Goat Cheese.

Turntime Farm (Ellerslie): Ground Beef (Pasture-raised whole Chicken is sold out for this week).

This market tends to be small but festive; folks shop while catching up with old friends, exchange recipe ideas, talk with the farmers and "Market Girl" 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 Concert

The New Millennium Jelly Rollers are back!

This foot-stompin' duo has been playing wild fiddle tunes, singing low-down blues, and inspiring general hilarity all over the eastern United States. The New Millennium Jelly Rollers is composed of Max Godfrey (former Jenny Jack Farm Apprentice) and Elias Alexander, who began making music together by trading off verses on worksongs and spirituals. Since then, their sound has grown to encompass everything from country-blues to old-time dance tunes.

They put on such a fun show here at the farm back in Februarywe're so happy they are back for an encore performance!

Date: Sunday, October 16th

Time: 6:30 p.m.

Suggested Donation: Adults \$12

Kids 15 and Under: \$5

Check out the facebook page.... Please rsvp on there and share with friends!

<https://www.facebook.com/events/1776986115906372/>

Pictures of the Week



Four rows of green beans bearing nicely and three beds of covered cabbage growing extremely well. Jenny and I walked up to this field last night to pull row cover over these beans and she snapped this photo. Notice the bright yellow blooming sunn hemp to the right of the cabbage. We are covering the beans only because we are experiencing increased deer pressure this Fall. We have never constructed a legitimate deer fence around our farm and have only experienced minimal snacking until this year. Tack on another item on the winter to-do list.



We were worried that the deer had munched too heavily on the sweet potato leaves, and we would be stuck with a poor harvest. BUT, not the case at all. The second of three sweet potato successions was a success and are all now curing and sweetening in the barn. Hoping the final succession, which we'll dig in a couple of weeks, looks this good.

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 100 member CSA with drop-off locations in Lagrange, Columbus, and On-farm. We are full on memberships for this season.

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