

# Jenny-Jack Sun Farm

## "good food news"

I saw the very first fully formed cucumber in the high tunnel this morning while I was easing down both rows, winding their wandering vines through the cattle panel trellis. The daily chore of hauling heavy bins full of splendid squash and zucchini from the fields has begun and the cucumbers look to be next. Every year we train and re-train on the methods of proper cucurbit harvest. It's a little more straightforward in the spring even though communicating the exact bunch size for greens can be cumbersome. Harvesting is one of the many aspects to farming that most people would not consider challenging or complicated, but like so many other seemingly obvious, "anyone can do that," farm chores, it's far from easy. The physical component of constantly bending and toting burly buckets down full rows is weary work in itself, but the mental part of knowing what to cut or pluck takes on an added burden that summons the taker to think critically in an instant. Is the squash a dull, dark yellow suggesting it's possibly overripe? Is there any rotting or soft spots towards the bottom? Is this squash too small and if so, will it be too big by this time tomorrow when we harvest again? No matter what the crop, the picker has to be purposeful and focused in both body movement and mind calculation. This work is not rocket science and it certainly does not take a college degree but it requires so much more than just a warm body. That warm body has to be present and deliberate and inspired and educated to do the good work required in harvesting. We have had some marvelous volunteers over the years, but one of the reasons we shy away from sending a new volunteer to harvest is because there is just too much technical directions to impart and the stakes too high to chance a poor harvest. There is always work to be done on a farm as most of us know but that work is not all created equal and the hands performing those sometimes "simple", mundane tasks are using their heads more than you think.

### Wednesday On-Farm Market

**What to expect this week on the table:** Arugula, Kale, Chard, Cabbage, Sweet Asian Turnips, Microgreens, Sunflower sprouts, Watermelon radish, Small Salad Radishes, Strawberries galore! Green Garlic, Green Onions, Lettuce, Carrots, Broccoli, Beets, Collards, Kohlrabi, Napa Cabbage and Summer Squash and Zucchini.

**Summer Transplants:** Basil, Heirloom & Beefsteak Tomatoes, 'Sungold' cherry, 'Juliet' salad, and Roma Tomatoes. Also Eggplant, Sweet & Hot Peppers

**Farm made items:** Elderberry Tincture, Ginger Tincture, Turmeric Tincture, Holy Basil Tincture.

**Farm Pork:** Link & ground sausage, Ribs, Ham hocks, Lard, Chops.

**Turntime Farm (Ellerslie):** Ground Beef (**currently out of stock**) And Pastured Eggs

**ALSO, Sue Batistini's breads and granola bars!**

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 Shannon, 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.

## Need Plants For Your Home Garden?

We are still selling summer transplants at the on-farm market and at the Saturday morning Columbus Market. This week there's a new round of many varieties of tomatoes! Check the availability list above. Each plant was grown by us in our greenhouse with our homemade soil mix and zero sprays or chemical fertilizers. Starting out with a healthy, vigorous plant makes a big difference! ***Our plants are also for sale at Garden Solutions Nursery in Lagrange.***

## Pictures Of The Week



We had a fun potluck dinner with Little Bit Farm at our place Monday night. We see them every Saturday morning at the market in Columbus but never have time to talk as we are both selling food. It was a good time to learn from one another and share some good food with fellow farmers.



This is an On-Farm Market picture from last week. Much of the same food this week. What you don't see is Sue's bread and granola bars off to the right and our never-ending, sweet strawberries off to the left on their very own table. Stop by, walk the fields, and stock your fridge.



Second round of tomatoes ready to plant and with plenty extra for sale. In our humid climate its next to impossible to harvest tomatoes all summer long on just one planting. Succession planting allows both the farmer and the home gardener continuity of quality and quantity.

Where to find our produce and products:

**Our produce may be found at:**

**On Farm Market Wednesdays from 9-12 (through December)**

**Columbus Market on Broadway Saturdays from 9-12**

**We have a 110 member CSA with drop-off locations in Lagrange, Columbus, and On-farm.**

**You can find our produce on the menus of Food Blossoms Catering out of Hamilton and Bare Root Farmacy in Columbus.**

Take good care,  
Chris and Jenny