

# Jenny-Jack Sun Farm

## "good food news"

### Wednesday On-Farm Market

**What to expect this week on the table:** Kale, Fresh Ginger and Turmeric, Sweet Asian Turnips, Microgreens, Micro basil, Butternut Squash, Pumpkins, Sweet Potatoes, Lettuce, Arugula, Mizuna, Garlic, Sweet Peppers, Hot Peppers, Watermelon Radishes, Beets, Carrots, Cilantro, Rainbow Chard, Mustard Greens, Collards, Persimmons.

**Farm made items:** Elderberry Tincture, Ginger Tincture, Turmeric Tincture, and Holy Basil (Tulsi) Tincture.

**Farm Pork:** Link Sausage, Ribs, Butts, Ham hocks

**Bulger Creek Farm (Notasulga, AL):** Goat Cheese and Soap

**Turntime Farm (Ellerslie):** Ground beef, Beef soup bones, Chuck roasts, Pork Chops, and Sausage. NO EGGS this week, sorry!

**Pecan Point Farm (Hurtsboro, AL): NEW ITEMS:** Pastured Cow's Milk Yogurt (maple and plain) & granola made with this Alabama farm's own pecans.

**Sue Batistini's granola bars will NOT be at market for the rest of the season, BUT expect to see a few sourdough country loaves for sale made by farm apprentice Ann!**



### Pictures of the week

Seeding in the greenhouse goes a lot slower with a baby in your lap, but Tulsi seemed to enjoy helping with the onion seeding! We are seeding onions now for next year's crop. In early January we'll plant them into the hoophouse, where they'll grow bigger. Then in mid February we'll

pull them from the hoophouse and plant them into the field.



Market table last week. So full of fall goodness! I love how the most nutrient dense foods are available when our bodies need them most. Greens especially are full of immune boosting vitamins. Add ginger, turmeric and some root crops (sweet potatoes are full of vitamin A, essential for a healthy immune system) and you've really got a plate full of super foods ready to help ward off colds and flu. We are open Wednesday mornings, 9-12, through Dec. 20<sup>th</sup>.



Kale at sunset.

This week our friend Jenn will also be selling our produce at a new market in Columbus at Mercy Med Clinic. Plenty of greens and sweet potatoes available there on Wednesday afternoon from 4-6.

There will be two fall markets here, Nov. 15<sup>th</sup> and 29<sup>th</sup>. There are plans for a weekly market starting in the spring of 2018.



Carrot harvest shinning in the morning light.

Where to find our produce and products:

- On Farm Market Wednesday Mornings from 9-12 (through December 20th)
- Columbus Market on Broadway Saturdays from 9-12 (April through August).
- North Highland Market at Mercy Med in Columbus November 15, 29<sup>th</sup> from 4-6 p.m.
- We have a 115 member CSA with drop-off locations in Lagrange, Columbus, and On-farm. You can also find our produce on the menus of Food Blossoms Catering out of Hamilton and Bare Roots Farmacy and River and Rail in Columbus.

Take good care,  
Chris, Jenny and Tulsi

