



Good Food News

Tulsi Jane Jackson turned one yesterday, a joyful milestone worth some heart-prodding reflection. It would be an understatement to say we are endlessly engaged and in love with her world-pondering eyes and her lighthearted, contagious smile and the genuine giddiness expressed from her bright face all the way down her wild body when she eats good food (her current favorite being tomatoes). Her fresh, uninhibited response to our ordinary is a subtle reminder of ubiquitous beauty; the capturing colors of fluttering butterflies, inviting, murky mud puddles, the always amusing and easily mimicked sounds of animals both tamed and untamed. Her horse imitation is spot on, by the way, and dad's chicken cackle cracks her up every time. Braking frequently to bear witness to these sporadic and significant connective moments has slowed the year down, at least relative to the pre-Tulsi, nutsy nature of work life we so mercilessly bestowed upon ourselves. Not that farm work has somehow compassionately retreated due to the constant attention of baby, but the fast forward nature of the day must momentarily pause in order to play, provide, and preserve a sanity-inducing schedule. Yes, time flies by, but Tulsi's endearing presence insists that we unplug from time's stronghold and unwind in her wondrous world even if it means part of today's list of chores tack on to tomorrow's.

This is the reality, and thus far it has been a fascinating adventure worth embarking, but the challenge, the very high cost, has been figuring out how to be good parents while maintaining a household and managing a full-time farm operation that at times becomes unmanageable. Tulsi, obviously, does not help at the farm, and we do not expect her to be good help, if at all, for several years. So, one of us must spend the day tending to her needs while optimizing nap time to bounce from irrigation to greenhouse to computer to managing to hanging diapers on the clothesline. While we have not been shy about howling out in despair and threatening to quit this farm thing for something less consuming, we have routinely channeled our frustrations into making lists of necessary changes we must make next year to preserve a quality of life that needs to exist in order to make a production farm's innumerable demands and low pay worth the work. I cannot say that this part has been fun and exciting, but it has undeniably been healthy for our relationship and for our business moving forward. Our hope is that we can increase efficiency, polish some rough edges, drop unprofitable endeavors, and in the process, imperfectly carve out a life that allows for reflection, for an abated rush, for freedom to abandon the next pressing thing to instead sit and splash water in the dog bowl. Maybe not all the time but enough to ease those sobering, summertime blues.

Wednesday On-Farm Market

What to expect this week on the table: Arugula, Slicing Tomatoes, Heirloom Tomatoes, Juliet Tomatoes, Cucumbers, Squash, Beets, Cured Sweet Onions, Garlic, Eggplant, Summer Crisp Lettuce, Okra, Microgreens, Pea Shoots, Basil and Flowers.

Farm made items: Ginger Tincture and Holy Basil Tincture. Elderberry and Turmeric is sold out.

New Item: Farm Made Chocolates!- made with Raw Cacao, Cocoa Butter, Local Raw Honey, Sea Salt and farm grown ingredients like mint, ginger and strawberry. Very dark chocolate, very good!

Microgreen Pesto (frozen)- made with our microgreens, garlic and organic pecans from Koinonia.

Koinonia Farms (Americus)- Organic, Biodynamic Pecans

Turntime Farm (Ellerslie): Pastured Eggs, Ground Beef, Chuck Roasts, Bacon, Link & Ground sausage, Pork Butts, Pork Chops, Soup bones, Whole Chicken.

Randle Farms (Auburn): Ground Lamb

Mica Hill Farm (Shiloh): Raw Honey

Pecan Point Farm: Yogurt (maple, plain, and turmeric/ginger) and granola.

Bulger Creek Farm: Goat Cheese (veggie, pecan, plain, and dessert) & Soap.

New Item from Plant Magic Medicine Shop in Columbus: Golden Paste (turmeric, black pepper, ghee); a concentrate to make the delicious “Golden Milk” by adding this paste to milk. Also can be mixed into coffee or smoothies.

ALSO, **Sue Batistini’s breads and granola bars WILL be here on Wednesday AND Penny’s Southern Sourdough (soft and slightly sweet) bread will be back in stock!**

North Highland Farmers Market

June-November, 1st & 3rd Wednesdays, 4-6 p.m. @ Mercy Med in Columbus

Pictures Of The Week



Tulsi at 10 days old



End of day, 3 mile birthday hike back to a cold, secluded swimming hole. A year ago we were racing up the interstate Atlanta bound with Jenny experiencing intense labor brought on by a wee dose of castor oil. Today unfolded with lots less pain and uncertainty; we shuffled through lush rhododendrons and crossed a few slow moving creeks while the birds chirped and Tulsi pointed and babbled to the always receptive forest.



We topped off Tulsi's day with a back porch celebration complete with a homemade beet cake topped with yogurt and chia seed "icing." I think she would have eaten the entire cake but we chose to pull her away, put her to bed, and finish off the rest ourselves.

Our produce may be found at:

- On Farm Market Wednesday Mornings from 9-12 (through December)
- North Highland Farmer's Market 1st and 3rd Wednesday afternoons, 4-6 pm
- Uptown Columbus Market Saturday Mornings from 9-12 (we're there through August)
- We have a 115 member CSA with drop-off locations in Lagrange, Columbus, Auburn, and On-farm.
- You can also find our produce on the menus of Bare Roots Farmacy, River & Rail, and Country's BBQ in Columbus & Food Blossoms Catering out of Hamilton.

Take good care, Chris and Jenny