



## Good Food News

We have finally reached the last week of our spring/summer CSA season. We will take a 5 week CSA “break” and then resume our 12 week fall season in mid-September. During this “break”, our Wednesday on-farm market will continue as usual, opening from 9-12, and providing anyone with the opportunity to purchase nutritious, clean vegetables as well as other grocery store staples like yogurt, meat, bread, eggs, and chocolate infused with farm grown flavors. The produce selection this time of year is limited. Okra, thankfully, appreciates as the summer progresses, but most other crops offer us that blissful 3-6 week window of prime picking before unapologetically slowing/croaking. Our relentless Georgia summers tend to outlast any will to thrive, much less survive, and so we are left with hollowed-out fields on life support begging for conditions a little less sultry. And thus the “break” from delivering promised food to our dedicated members. We need the time to transition tired fields into hopeful, fresh rows of seeds and baby plants looking to hunker down and come of age just as that consuming cloud of summer graciously dissolves into cool breezes, shorter days, and luxurious, window-raising nights. We also need the time to recalibrate our summer-shaken sanity with perhaps a few less nights in front of the computer and a few less weekends tidying up unmet work week goals.

### Wednesday On-Farm Market

**What to expect this week on the table:** Slicing Tomatoes, Heirloom Tomatoes, Cured Sweet Onions, Garlic, Eggplant, Summer Crisp Lettuce, Okra, Carrots, Microgreens, Pea Shoots, microcilantro, Basil, Sweet Potato Greens.

**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, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 4-6 p.m. @ Mercy Med in Columbus

### Pictures Of The Week



Rainbow Chard shining in the morning light. These were seeded last week and germinated well over the weekend. These plant babies should grow fast and be ready to transfer outside in a few weeks.



1<sup>st</sup> planting of broccoli is up and wide awake. The greenhouse, with 48% shade cloth covering the entire length, is a few degrees cooler than it would be without the shade and much more comfortable for cooler weather loving food like broccoli. Those are greenhouse cucumbers we are experimenting with in the background. If they continue to thrive, we should have cucumbers in a few weeks at the On Farm Market.

Our produce may be found at:

- On Farm Market Wednesday Mornings from 9-12 (through December)
- North Highland Farmer's Market 1<sup>st</sup> and 3<sup>rd</sup> 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 & Food Blossoms Catering out of Hamilton.

Take good care, Chris and Jenny