



Good Food News

Sorry, two weeks in a row now with no letter but a beach getaway has us playing catch up and so my time is limited. Right now we are transitioning from summer to fall in the fields and greenhouse, still harvesting for markets, and preparing for the next 12 week fall season CSA. We are accepting members for the CSA now, so if you're interested see our brochure here: [CSA Fall 2018](#)

Come see us Wednesday morning for a wide ranging shopping experience.

Wednesday On-Farm Market

What to expect this week on the table: Arugula, Slicing Tomatoes (a few), Green Tomatoes, Cured Sweet Onions, Garlic, Eggplant, Lettuce, Okra, Microgreens, Pea Shoots, Micro Cilantro, Sweet Potato Greens, Asian Greens, Sweet Peppers, Hot Peppers.

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 rosemary, mint and blueberry. 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 (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 here! Sourdough bread freezes really well so consider grabbing an extra loaf.**

Fall CSA Sign-ups

We will be beginning our Fall season CSA the week of September 17th with pick-ups in Columbus, Auburn, Lagrange, and On-Farm. Sign-ups are happening now. More information can be acquired by clicking on [the brochure](#) or sending us an email. Please feel free to pass on this opportunity to friends, we have spots available for new members!

North Highland Farmers Market

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

Pictures Of The Week



Keith showing off the okra he just picked. Okra is at peak season and with no CSA shares to fill, we have plenty available for purchase. Consider buying extra to freeze, can, or pickle. Email us with orders of 5 lb. or more. Discounts for bulk orders!



We took five days off and fled to the Florida coast for a much needed change of pace and scenery. It was Tulsi's first beach experience. She loved playing in the sand and crawling along the shoreline and we loved not farming.



We really love the fresh oysters, empty beaches, and quite atmosphere Cape San Blas provides. Two close friends from Chicago joined us and we all had a really good time introducing Tulsi to another beautiful aspect of our natural world.

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
- 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, Country's & Food Blossoms Catering out of Hamilton.

Take good care,

Chris and Jenny