



## Good Food News

As September approaches, we feel and see Fall's features: the brownish tint taking hold of Sycamore leaves, daylight disappearing sooner, and just a degree or two cooler in the evenings allowing for at least the possibility of back porch dining. Nothing particularly worth an aggressive applause but certainly a reminder of the coming change. Maybe it's the nostalgic nature of the season or just the charmed relief of summer's gripping humidity. Either way, I'd like to think of Fall as an ideal time of year to grow all the cool season leafy greens and crunchy roots we all remember gorging on back in the spring. But typically, at least in our experience, that's not the case. Perhaps if we were allowed to wait until Autumn officially consumed the days then pest pressure would be minimized, but due to shortening daylight now is the time when the first round of food must enter the warm earth. Over the last 2 weeks, we have seeded turnips and carrots, and transplanted lettuce, kale, and Asian greens. This week, with temperatures still summer-like and August still lingering, we will plant broccoli, chard, and beets. The laughable myth that all one needs to do is, "plant a seed, give it sunshine and water, and watch it grow," is repeatedly debunked at this farm. If it were that simple even 50% of the time I think we would see a substantial rise in that meager 1% of the population farming. This time of year when plants or seeds enter the ground we are immediately on high alert for any sign of army worm, cabbage worm, yellow margined leaf beetle, and aphids. These are the major devastating characters, but there are other minor players that only occasionally attend fall's "eat the profit" party. Growing organically leaves us with an uncluttered, to say the least, arsenal of pesticides, and the ones that work, like Pyrethrin, Neem Oil, and Bt, require repeated, timely applications and ongoing, concentrated scouting. This method works but only if the problem is caught soon and is not an infestation. One of the solutions we have found, and by solution I mean works some of the time, is insect netting. The stuff is mightily expensive (\$550 for a 14'x328' roll) and it lasts in good condition only 2 years, but it will physically prevent most insects from attacking the protected plants, and it does so while also allowing maximum light and adequate ventilation. So this costly canopy and a compulsive focus on daily walks up and down rows of plants gawking intently for any indication of mischief will be our plan of attack. And hopefully, this will be enough to fill our plates with good food!

### Wednesday On-Farm Market

**What to expect this week on the table:** Cucumbers, Arugula, Slicing Tomatoes (a few), Sungolds, 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 17<sup>th</sup> 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, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 4-6 p.m. @ Mercy Med in Columbus

**Happening This Week!**

### Pictures Of The Week



Our friend and drop-in, all-star employee, Emily is seen here cleaning out an expired bed of arugula to make way for more fall carrots.



Insect netting suspended over 2 beds of direct seeded turnips. This defense is our only hope against the the endlessly hungry and always persistent yellow margined leaf beetle.



Lady Bug larvae eating aphids on our sorghum sudangrass field. This cover crop attracts aphids and The lady bugs follow in hot pursuit for an easy meal. I usually cut this cover crop when it gets this tall But this year I will leave it alone for a while and see if the aphids stay there instead of moving to a cash crop.

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
- 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