



## Good Food News

These cool, lightweight mornings are full of dirty fingers pressing plants into the soil. Everyone's in tune with the routine by now; sprinkle amendments on bed, lightly till under, run bed marker over bed to indicate plant spacing, plant accordingly, and run irrigation. Lots of little pieces to the puzzle but once the whole process is understood, efficiency and speed seem to lead the way. Currently in the ground and working tirelessly to outcompete nature's attack are: broccoli, chard, beets, Asian greens, kale, collards, carrots, turnips, radish, and the ongoing successions of arugula and lettuce. Our first impressions of plant growth are good. This time of year we hold our breath, do what we can to optimize conditions, and just hope catastrophe stays contained. We have already experienced minor loss from fire ants eating tender transplants from the root and grasshoppers munching on tender leaves from the top, but nothing in the realm of unexpected annihilation. These are the reasons we grow a few extra transplants in the greenhouse and plant more than we actually need.

### Wednesday On-Farm Market

**What to expect this week on the table:** Cucumbers, Arugula, Baby Kale, 'Juliet' Tomatoes, Sungolds (just a few), Cured Sweet Onions, Garlic, Eggplant, Lettuce, Okra, Microgreens, Pea Shoots, Micro Lemon Basil, Shishito Peppers, Hot Peppers and Scuppernogs!

**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!**

### 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!**

## Beginner's Yoga Series

Our Yoga teacher is offering a 4 week beginner's series targeted at folks who are really interested in practicing but have no or very little experience. The class will focus on learning poses, breathing, strengthening, and stretching. You will leave with a strong foundation in yoga fundamentals and confidence to attend yoga classes.

Dates: September 11th, 18th, 25th, and October 2nd, 2018

Time: 6:15 pm – 7:30 pm

Price: \$40 (for the series)

Location: Hopewell United Methodist Church, Social Hall

4342 Hopewell Church Road

Pine Mountain, GA

CONTACT: [yogawithmonique@gmail.com](mailto:yogawithmonique@gmail.com)

## Pictures Of The Week



Lettuce is looking like it's salad-worthy. Plenty to offer at Wednesday's two markets: on-farm and North Highland in Columbus.



We attended a wedding Saturday of one of our past apprentices, Max Godfrey. Max has immersed himself in the study and practice of old-time music and has played a few concerts at our farm that some of you may have attended. The wedding was in a beautiful garden in Decatur and made for a really pleasant night away from the farm.

**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