



Good Food News

Wednesday On-Farm Market

What to expect this week on the table: Watermelon Radish, Beets, Rainbow Chard, Kale, Collards, Turnip Greens, Sungold Tomatoes, 'Juliet' Tomatoes, Red Slicing Tomatoes (just a few), Onions, Garlic, Eggplant, Lettuce, Microgreens, Pea Shoots, Basil, Shishito Peppers, Aji Dulce and other assorted Hot Peppers.

Farm made items: Ginger Tincture and Holy Basil Tincture. Elderberry and Turmeric back soon!

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.

Riverview Farms (North GA.): Stone-Ground Grits & Corn Meal

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.

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!**

North Highland Farmers Market

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

Pictures Of The Week



Shannon the masterful, market girl showing off an assortment of greens we have available every Wednesday morning at the on-farm market. Over the years we have been slowly adding an assortment of locally produced food items that meet our standard of quality and enhance the shopping experience for our customers. So, when you come and shop you are rewarded with selections broader than just our own farm offerings.



Keith bunching 'Alabama Blue' Collards in this early morning October humidity. These hardy greens have been good to us this season, somehow steering clear of pest damage and persevering courageously through this unkind October heat wave.



Roselle is a species of hibiscus sometimes called "florida cranberry" because of its citrusy, tangy qualities. The plant's edible flowers make a beautiful and tasty tea, a delicious jam, or can be added to salads to add texture and tartness. We'll have some for sale at Wednesday's on-farm market!



Tulsi snacking on her and the season's first Asian Persimmon. We should have a few of these available this month for CSA members and maybe market shoppers.

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 100 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