



Good Food News

We are grateful for consecutive dry days we experienced in early November that allowed us to progress on projects, prep fields for strawberries and garlic, and plant 3,000 strawberry plugs to harvest (hopefully!) next spring. Wet weather has been a theme this growing year, and while I acknowledge the privilege of complaining about too much water, the excess has certainly caused its share of problems. The short window between mid-October and mid-November is extremely crucial to the fall/winter planting schedule. It is during this period when most of our fields receive a cover crop sowing of rye, oats, and crimson clover, and it is also during this period when we plant strawberries and garlic, two necessary and profitable crops in our seasonal arsenal. In order for this typical schedule to unfold advantageously, we need days of dry soil to integrate last season's crop, till, spread compost and amendments, lay plastic, and plant. With the frequency and abundance of the present storm surge and shorter, cooler days upon us, it will be weeks before we are able to operate machinery on our soggy soil. And waiting longer, into days of perpetual chill, prevents the plants from establishing a strong root system and increases the possibility of premature death from the string of freezing temperatures we're bound to get.

Furthering education and years of experience are treasured teachers and will continue to help sharpen the more dull points of a farmer's operation, but so much of a crop's success comes down on good luck and good weather. The complexity of a working farm, which I've written about extensively over the years, is mind-blowing to anyone unplugged from their food cycle, and even to the foodies and gardeners directly connected. There is so much value in a farmer constantly seeking to fine-tune all the pieces that make a working farm work; soil health, greenhouse management, work space flow, marketing, employee relations, and the list goes on and goes. These things that can be somewhat controlled must be done so with a hungry diligence and a persistent patience, with big and small failures defining the route. Over time, the heart of a farm can beat steady and strong, I think, if her farmers embrace the irritable joy of the long game. The other sizable chunk of a farm's longevity, the uncontrollable piece, is what's so hard to approvingly swallow, because it pays no mind to a farmer's education or the farm's booming profit margin or the years of toil carved into the soil. Nature completely ignores the resume, relegating her fury and fortuitous beauty as she sees fit. We farmers know this from the beginning, but it is within this unsturdy space of agrarian existence where we find things that stick like surprise and gratitude, and sometimes, when nature deems necessary, lots of inconvenient pain. With so many farms this year experiencing nature's pain in the form of wildfires, hurricanes, and drought, we feel thankful for our loyal customers, Fall's bountiful crop, and the hard working, encouraging folks who work alongside us to grow good food for this community.

Wednesday On-Farm Market

What to expect this week on the table: Asian Persimmons, Baby Turmeric and Ginger, Cabbage, Napa Cabbage, Watermelon Radish, Butternut Squash, Beets, Rainbow Chard, Kale, Collards, Turnip Greens, Sweet Asian Turnips, Garlic, Sweet Potatoes, Lettuce, Microgreens, Pea Shoots, Dill, Shishito Peppers, Aji Dulce and other assorted Hot Peppers.

Also Golden Kiwi from Southeast Kiwi Growers in Alabama, and White Heirloom Pumpkins from Wilson's Farm in Pine Mountain!

Farm made Tinctures: Ginger, Holy Basil and **Elderberry is back!** Turmeric back in December.

Farm Made Chocolates- made with Raw Cacao, Cocoa Butter, Local Raw Honey, Sea Salt and farm grown ingredients like ginger turmeric spice, 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, Link & Ground sausage, Pork Butts, Pork Chops, Soup bones, Whole Chicken. Bacon sold out for now.

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 available now: Pumpkin Spice Golden Paste** made with real pumpkin, cinnamon, ginger, and cloves in addition to the turmeric.

New Item from Oliver Farms (South GA): Sunflower, Pecan and Pumpkin Seed Oil and Gluten Free Flours

Emerald Acres: Fig jam, Fig Preserves, Apple Butter, Blueberry Jam

Baked Goods: *Sue B's* granola bars and *Emerald Acres* pumpkin pecan bread, glazed fig cakes, and cranberry orange mini loaves.

North Highland Farmers Market

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

Next North Highland market is November 21st, its last one of the season!*

Pictures Of The Week



Comfrey Cream is Back! Makes a great gift & will be for sale at On-Farm Market starting tomorrow.



Beautiful 'Butterhead' lettuce.



Cold, Wet cabbage harvest today.

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 and Food Blossoms Catering out of Hamilton.

Take good care,

Chris and Jenny