



Good Food News

As December approaches and we are busy harvesting final rounds of greens and roots, parts of our attention are beginning to turn towards hiring next year's labor force, finishing fall projects, and general planning for 2019. On the labor front, Jenn and Wendi will return next year for their second season. They both bring a 'top shelf' work ethic, positive energy, and an unwavering, upbeat attitude. Keith, this year's lone apprentice, finished out his farm season the day before Thanksgiving. Keith will be missed, but it is settling to know he is rooted just down the road in Columbus and has high hopes of infusing the city's lower income folks with regular doses of real food as preventative medicine. We've begun interviewing for next seasons two apprenticeship spots and hope to have that wrapped up by the new year. We've noticed the last few years that fewer applications enter our inbox leading us to wonder if this is the new normal moving forward. The positions are usually filled by those who find value in eating good food and desire to pay that love forward by learning the fine art of farming. While the hours are not too much over a typical 40 hour week, the intensity of those hours are felt deeply in the body's bones. An apprentice will not leave here with too much money saved, but while they are here, the housing and utilities are covered and comfortable, the food is healthy and tasty, and the complexity associated with a year farming in the south is viscerally understood. Hopefully this labor model we have cultivated over the last ten years will survive and this latest dip in applicants is not telling of the youthful farm movement in general.

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 **WILL NOT BE HERE**, but Penny’s sourdough breads **WILL BE!**

Pictures Of The Week



Tinctures make great gifts! Check out our Etsy shop to purchase these tinctures, Comfrey cream, and chocolate. https://www.etsy.com/shop/JennyJackFarm?ref=shop_sugg



Why should I take only one persimmon when I have two hands?

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