



FRIENDSHIP FARMS & FARE

Friendship Farms & Fare affirms and advances agrarian ideals to reestablish a sustainable culture

FARM REPORT & NEWSLETTER

AUGUST 3, 2015 – 44TH 2014-2015 FARM & CSA REPORT

Friendship Farms & Fare is a division of Ecology Florida, a not-for-profit corporation.

Contributions to Friendship Farms & Fare and Ecology Florida are tax deductible.

If you would like to support our work, please consider sharing a donation.

PO Box 596 • New Port Richey, Florida 34656-0596

<http://www.ffffsite.org/>

FARM REPORT

76 degrees at 3:00 AM, August 1, 2015

Historic Average (for 8/1): 90 HIGH, 76 LOW Weather Underground: <http://www.wunderground.com/>

See the complete weekly weather report later in the Farm Report

8 Weeks Remain in Garden Year

There are 8 weeks left in the 2014-2015 Garden Year. The first Monday in October marks the beginning of our new garden year.

We plan to reduce the number of shares this year, so if you are interested in renewing, please let us know as soon as possible so we can reserve your share. A number of folks have already affirmed their intention to renew, and we are getting close to our cap. So, if you plan to renew, please notify as soon as possible.

If you know you are not renewing, please let us know that as soon as possible.

Much of our planning will be determined by whether we receive a USDA Grant for which we have applied. We will keep you posted on that, of course. In the meantime, keep us posted on your interest in maintaining your share.

Shares will be available on the basis of first come first serve. At present, we are planning for between 6 and 8, depending on external funding and location of shareholders. Current shareholders will have first opportunity to acquire new shares for 2015-2016 garden year.

Heavy & Prolonged Rain Slows Projects

All projects were slowed by the heavy and sustained rain of the past week. We did a little early season planting and some very late summer planting, but most of our plans were rained out.

Sweet Potato Harvest Continues

We began the sweet potato harvest in mid-June, and did a little more this week – despite the rain. Harvest work was significantly reduced by the persistent rain. Harvesting the sweet potatoes is the most difficult of all the garden tasks – and even more difficult when the soil is wet.

Heavy Production For Okra

Okra is producing heavily now. See report later on plantings and harvests. Some of the plants are now taller than the gardeners. The intense rain has stimulated the nematodes more than in previous years, but most of the plants are showing no ill effects.

To inspire your use of orka, here is a site with 12 recipes from *Southern Living*:

<http://www.southernliving.com/food/10-best-okra-recipes>

And here is one from *Cooking Light*:

<http://www.cookinglight.com/food/in-season/okra-recipes/view-all>

Red Malabar and Okinawa Spinach

Our two summer spinaches are producing nicely now. They are still not heavy producers, and may never be, but we are able to get good quantities now. Up until now it has been only the Red Malabar, but now the Okinawa is starting to produce.

Arugula: First Samples

One of our fall favorites, Arugula, is now available in limited (sample) sizes. We seed-tested some of last year's seeds, and after 100% germination, we put a few of the seedlings into pots – just for fun. Wonderfully, they took root, continued to mature, and we've now transplanted some into open spaces in the gardens. Samples are available this week.

Sweet Potato Leaves Proving Popular

Our oldest summer greens, sweet potato leaves, are available in abundance. Shares that request are getting 2 gallon bag of these delicious and nutritious dark green leafy vegetable. A number of shares have tried the sweet potato leaves, and most have come back for more. Try some, if you have not yet. Some folks prefer the flavor and texture of SP leaves to more well-known greens, like spinach or kale. Here is a site with nutritional information on SP leaves and links to recipes:

<http://www.epicurious.com/archive/blogs/editor/2012/08/cooking-with-sweet-potato-greens.html>

Fresh Honey Harvest From Daddy's Bees

For those interested in local honey, Robert has just completed a summer harvest, and we have plenty of bottles on hand. 8 oz. bottles for \$7.00 (\$5.50 for shares).

Also, sadly, Robert again reports that he lost more hives.

Please do not purchase or use insecticides with neonicotinoids. Here are reliable sources on the neonicotinoids, and the commercial "home and garden" insecticides that contain them.

<http://www.xerces.org/neonicotinoids-and-bees/>

http://www.xerces.org/wp-content/uploads/2012/03/NeonicsSummary_XercesSociety.pdf

http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees_Xerces-Society1.pdf

<http://www.ecologyflorida.org/2013/12/feature-make-meadows-not-lawns-for-honey-bee-colony-health/>

Weekly Weather Report

Rain: Last Week 17.20 inches This Week: More Rain and Mild Temperatures

76 degrees at 3:00 AM, August 1, 2015

Historic Average (for 8/1): 90 HIGH, 76 LOW Weather Underground: <http://www.wunderground.com/>
See the complete weekly weather report later in the Farm Report

Historically, the average high temperature is now 90 degrees (twenty degrees higher than the lowest average high of the year [70]), and the highest average high of the year [90]). Our average low is now 76 degrees, our highest average low of the year, which is twenty-five degrees higher than lowest average low [51].

Average highs and lows have reached their peaks and will remain constant (at 90/76) until early September (the 10th to be exact), when the annual decline begins. This means for the rest of the month the average high will be 90 degrees, and the average low will be 76. It will also be humid during this time.

Note: The National Oceanic and Atmospheric Administration (NOAA) reports that 2014 was the hottest year on record (since records have been kept, 1880). Ocean and land temperatures were at their all time highs. This has also been the warmest winter on record in the Arctic, and May 2015 was the hottest May on record.

Know the Science:

This is no great surprise to us. 2014 seemed hotter than usual here at the farms, and the past few years, our highs and lows have typically run a bit higher than historic averages. Last year the trend continued, and so far this year, it is still continuing. Although humans may enjoy unseasonably warm weather, above normal temperatures stress plants and animals.

According to NASA, 97% of climate scientists agree that global warming and resultant climate change is a reality and most likely due to human activity. <http://climate.nasa.gov/scientific-consensus/>.

Here is NOAA on the human causes of climate change and global warming.
<http://oceanservice.noaa.gov/education/pd/climate/factsheets/howhuman.pdf>

Special Rain Report: Last week received 17.20 inches of rain, and for the month of July we received 29.425. Through June, our total was 26.36. Yes, that's right, we received more rain in July than we had for the first half (6 months) of the year.

To put this into perspective, our total rainfall through July is 55.785 inches. This is already higher than the total rainfall received for the year, for four of the past seven years.

Last Week (7/25-7/31): WU's forecast was right on the mark. We had rain most days, and milder temperatures as a consequence. We were in mid- to upper-80s for the entire week, with one high temperature on 90 (on 7/30).

This Week (8/1-8/7): WU's forecast is much like last week's forecast. Expect rain most days, and milder temperatures. WU foredasts mid-80s for the entire week.

Looking Ahead: Longer term, a return to 90s can be expected. Average highs for August are 90, and average lows are 76. September 10, marks the beginning of the annual average temperature decline – with the average high dropping to 89 and the average low to 75.

Days are shortening. The days are getting shorter. Well, technically, the period of sunlight is shortening. This began with the coming of summer, on June 21. This is the day with the longest period of time between sunup and sunset during the year – "the longest day of the year."

From here on, until the first day of winter, the duration of daylight will become shorter each day.

Garden Overview
Projects Slowed By Rain
Fall Seeding Starts in about three weeks (August 15)

The persistent and sometimes heavy rains have been generally beneficial for the gardens, but they have slowed work on projects.

Harvests of okra and eggplant were good. Large quantities of sweet potato leaves were harvested, and shared with neighbors. One, Adam, prepared a large quantity with onions and garlic. He shared some with us – delicious!

We did start seeds for the first fall crop – collards. We started seeds in 126 cells. This is early, but starting seeds was about the best work we could do with the rain.

We harvested one more sweet potato bed. See later information in the report this.

Even with the recent heavy rains, we have already used more water than we do for an entire summer (May through September).

The end of summer is approaching, signaled by the beginning of the sweet potato harvest.

We do not recommend planting summer crops (okra, sweet potatoes, peanuts, eggplant), but you can give them a try. We might try some okra seedlings left over from our last seeding project. Definitely don't plant them in August.

For now, try peppers and tomatoes. We are. Eggplant might still make it.

In mid-August, we'll start fall crops (broccoli, kale, collards, swiss chard).

We have received reports of folks planting pumpkins and squash, and we've had reports in previous years of locals being successful with squashes. As for us, we've never been successful, despite repeated efforts. We do not intend to try again, but we encourage others to give it a try, since some report success.

See the Share Report for all items.

For all plantings, we use seeds from our collection or heirloom seeds from Seed Savers Exchange (<http://www.seedsavers.org/>).

Sweet Potato Update
446 slips planted
First Harvest in Early July
16 ½ pounds harvested

We harvested **8** pounds this past week (one more bed). This is again light for the size of the bed harvested. Our total is now 16 ½ pounds. This latest batch of SP are in good shape, with little

insect damage and no splitting. Most were small, although there were several mediums. None were AA, but most were A.

We should be able to include SPs with all shares. We have various sizes (medium to fingerling). We'd like to move the fingerlings, so let us know if those are okay. Most are good quality (A), but not excellent/fancy (AA). There is a little scarring on some.

We will try to harvest more this week – with Sunday looking like the best day to start.

We planted a total of **446** slips in 16 beds this year.

We've staggered the planting to stagger the harvest. Using this method, we'll be harvesting from July to late August and early September.

In 2013 we harvested 150 lbs. Last year (2014) our harvest was 250 lbs. This year we are aiming at 400 lbs., although the first rounds are not particularly encouraging.

Okra 46 pounds

We harvested 6 pounds of okra last week, bringing our total to **46 pounds**..

This is our second best week. In previous years, our best weeks have been 10-11 pounds. We'll probably reach that in an upcoming week, and would have come close last week, were it not for rain and the primary garden volunteer being away from the garden.

If you read this far in the newsletter, and like Okra, come join the New Port Richey urban agriculture community for an okra mini-fest on August 24.

We are doing some advance planning for a larger event in mid-June, 2016. Let us know if you are interested.

If you did not get our okra slide show, and would like to step-by-step sequence of images of okra preparation, let us know and we'll send the images. As the slid show shows, even large/long okra can be tender.

Some folks want only small and thin okra, and we are sharing accordingly. Everyone else will occasionally receive larger pods. Some may be woody, but we have found many (even up to 12 inches) that are quite tender.

Red Malabar Spinach

Our experiment with Red Malabar Spinach continues. The plants are producing a better now, but still not as much as we had hoped.

We have the Malabar listed this week, but leaves will be few. We have about 50 seedlings ready to plant, and we'll do so later this week or early next.

Here is a good site for information on this fine summer green from South Asia:

http://www.bbg.org/gardening/article/red-stemmed_malabar_spinach

Taste tests have been very positive. The leaves have been enjoyed raw and cooked. Although this is not a "true" spinach, it *does* taste a bit like traditional cool-weather spinach, with a somewhat earthier flavor.

At your request, we'll include few leaves for you to sample.

Tomatoes and Peppers

Once again our willing efforts with tomatoes and peppers are not working out very well. We've harvested some peppers and a few small tomatoes, but some of the tomato plants have died and most of the peppers are struggling. Of course, the rain is not helping.

Persimmon First Fruitlings

The Fuyu Persimmo's first fruit continues to mature. This is the first year this tree has fruited. If it reaches maturity we will share it with a deserving person in the community.

Habanero Peppers

Habaneros are coming back very nicely now, and bearing abundant blossoms – and the first fruits. Order if you like this week.

Eggplant

122

Eggplants are flourishing. We harvested eight more this week, bringing our total to **122** so far. The size and appearance is not consistent, and some would not be acceptable at a commercial market. All appear to have good texture and favor.

You may order eggplant this week, but we may not have enough for all shares.

Purslane

Purslane is a thriving, but most are putting out seeds right now. The seeds are good, but some find them off putting. Purslane has the highest concentration of omega oils of any terrestrial organism. Only some fish have a higher concentration.

Viticulture (Grape) News

Vines are thriving, although the two beautiful clusters are now gone, apparently to predation.

Friendship Farms & Fare Teams Up With Other Growers:

Two New Community Gardens Planned in East Madison Neighborhood

3F has teamed up with friends and supporters to develop two new community gardens in the East Madison neighborhood of New Port Richey. Joining in the project are East Madison Growers and Nature Coast Real Food Project.

Two property owners have committed to having 3F use their vacant lots for community gardens. The New Port Richey Environmental Committee has approved both lots for gardens. We are currently reviewing applications for garden managers and welcoming folks to acquire plots.

Eggs If Desired

Eggs from free-range, humanely treated chickens are available for \$6.50 (\$5.00 for shares) for a dozen.

We get them from Mandy's Monster Farm/Suncoast Acres Poultry and Juan's Chicken Farm.

We cannot guarantee that our suppliers use organic scratch.

Honey: Local honey is available. We have a fresh harvest available now. Our bee husbander, Robert, has been very successful with recent harvests. We support Robert's work, which is as much

about sustaining and regenerating bee populations as it is about honey distribution. Robert's bees live in West Pasco County, near New Port Richey, they pollinate wild flowers, domestic fruit trees, and vegetables. Honey is available in 8 oz. bottles for \$7.00 a bottle, \$5.50 for CSA Shares.

Herbs: Herbs are in pretty good shape, but there is no cilantro . We have good quantities of basil, tarragon, and oregano. Basils will continue in recess. Consult the share list for other herbs, and other available items.

Tampa deliveries will be Wednesday this week. West Pasco transmissions at the farm will be determined on the basis of share request and distance, with Thursday being the best day.

Shareholders can call your farmer directly. If you are not a shareholder, and would like to schedule a visit to the gardens or to acquire seeds, seedlings, plants, or produce, please use the address on the website to contact us. <http://www.ffffsite.org/#!contact/cl4l>

For this week, here is what we have

*** larger quantity available if desired**

FCFS = limited supplies, early submissions given preference

Tampa Transmissions TBA

Vegetables

Arugula – 1st of the season (small shares/quart bags) **NEW**

Eggplant - likely

Lettuce – Romaine (possible)

Okra – plenty

<http://www.southernliving.com/food/10-best-okra-recipes>

Peppers – Habanero (burning hot)

Spinach – Okinawa (not a true spinach) – small quantities

Another summer favorite, just now starting to come in

Spinach – Red Malabar (not a true spinach) – small quantities

http://www.bbg.org/gardening/article/red-stemmed_malabar_spinach

Sweet Potatoes – First fruits. Small quantities for all. **NEW**

Let us know if you object to (a) small/fingerlings, or (b) blemished exteriors.

Sweet Potato Leaves (a wonderful summer green)*

<http://www.epicurious.com/archive/blogs/editor/2012/08/cooking-with-sweet-potato-greens.html>

Fruit -

Herbs (* larger quantity available if desired)

Basil

Italian

Red Basil

Chives (small quantity)

Cranberry Hibiscus *

Cilantro (in recess)

Culantro (small quantity – tastes like a strong cilantro)

Oregano*

Parsley

Peppermint

Purslane

Rosemary*

Smilax (in recess)

Tarragon

Thyme

Cottage Foods & Samples

Eggs: Mandy's Farm and Juan's Farm. These are eggs from small local growers. We cannot guarantee feed is organic. Fowl are humanely treated and free roaming: \$6.50 (\$5.00 for shares). Here is a link to Suncoast Acres Poultry Farm (which is the egg and fowl division of Mandy's Monster Farm) <http://www.mandysmonsterfarm.com/Poultry.html>

Honey: Local West Pasco honey from Daddy's Bees is available in 8 oz. bottles for \$7.00 (\$5.50 for shares). Daddy's Bees just harvested their summer honey. Ready for shares, if desired.

Red Panax Ginseng (liquid, tonic) 3.5 oz bottles (10 bottle box) \$6.50 (\$5.00, shares)

COMPANION FAUNA
Summer Report
Animal companions are active and abundant

Bat update: No bats seen this week.

Swifts: There are fewer swifts now, probably because the young birds have left the colony, and many parents have moved on to other lodges.

Tree Frogs: At least 30 frogs are on the estate – probably closer to 50. Six new egg clusters last week.

Raccoon: Raccoon not observed, and no definitive signs of its presence.

Opossum: No opossum.

Florida Ringneck Snake: Two Small ringneck snakes observed on west side of dwelling.

Florida Green Grasshopper: None.

Owl: No owls or calls this week.

Mediterranean Gecko: No gecko this week.

<http://myfwc.com/wildlifehabitats/nonnatives/reptiles/mediterranean-gecko/>

Greenhouse Frog: None observed. We are seeing many fewer greenhouse frog this year than previously.

Eastern Blue Bird: No blue birds

<https://www.youtube.com/watch?v=1WlYEmuUhKI>

http://www.allaboutbirds.org/guide/Eastern_Bluebird/id

<http://www.audubon.org/field-guide/bird/eastern-bluebird>

Southern Toad: No toads.

Sweet bees: None observed.

Pileated Woodpecker: None this week.

Here is a good site for the Pileated :

<http://www.audubon.org/field-guide/bird/pileated>

[woodpecker?gclid=CjoKEQiA4OqnBRDAj9aazvPji9ABEiQANq28oLTa9kUEg7khhIiQxXQSzXno1KGGEkjlUYhQcrnafj8aAnMP8P8HAQ](http://www.audubon.org/field-guide/bird/pileated-woodpecker?gclid=CjoKEQiA4OqnBRDAj9aazvPji9ABEiQANq28oLTa9kUEg7khhIiQxXQSzXno1KGGEkjlUYhQcrnafj8aAnMP8P8HAQ)

And here is a video:

<https://www.youtube.com/watch?v=SpYsdZ8gUU8&index=3&list=PLFMP2eIAO8oQFZ3IyCJhIKXCi914uI8uu>

Florida Black Snake: No back snake.

Honey Bees: Ray reports significant numbers around a Mexican Heather plant.

As noted previously, we noticed a sharp decline in all winged insects have a night of mosquito fogging in the area. butterflies, dragonflies, and wasps were routine visitors until the night of the fogging. Since then, there has been very little insect activity.

"If the bee disappeared off the surface of the globe, then man would have only four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man."

– attributed to Albert Einstein.

Please do not purchase or use insecticides with neonicotinoids. Here are three reliable sources on the neonicotinoids, and the commercial "home and garden" insecticides that contain them.

<http://www.xerces.org/neonicotinoids-and-bees/>

http://www.xerces.org/wp-content/uploads/2012/03/NeonicsSummary_XercesSociety.pdf

http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees_Xerces-Society1.pdf

Bald Eagle: Not observed this week.

Bumble Bees: None.

Hawk: None

Earth Worms: several unearthed during sweet potato harvest.

Sphinx Moth: No sphinx this week. Here is Youtube video of a Sphinx Moth feeding at 4 o'clocks, very much like the moth at the 3F farm. <https://www.youtube.com/watch?v=eaTfKLO96gE>

Pygmy Rattlesnake: No pygmy rattler this week. Here is a good site on the pygmy rattlesnake from the University of Florida: <http://ufwildlife.ifas.ufl.edu/pdfs/Pygmy%20Rattlesnake%20Info%20Sheet.pdf>

Grapeleaf Skeletonizer: No GS caterpillars observed. Ray and I are alert to these predators. Here is a link to a site with information on the Skeletonizers:

http://entnemdept.ufl.edu/creatures/fruit/grapeleaf_skeletonizer.htm

Nocturnal Garden Spider – Numerous – like stars in the ground.

"Asian Tramp Snail." Less frequent than earlier in the warm season.

Woodlouse – Common but not thick. These warm weather creatures are proliferating. Several were observed this week.

Marine Toad (aka: Brazilian Cane Toad, *Rhinella marina*, Giant Toad): None this week.

Marine Toads are destructive of ecosystems and poisonous to mammals. They are omnivorous, aggressive, and drive out native and assimilated frogs and toads. A survey of several professional sites found none that recommended killing the frogs, although this has been advocated by several folks in the area.

Here is the Extension Office's website on the Marine Toad (which includes an audio of its call): http://www.wec.ufl.edu/extension/wildlife_info/frogstoads/rhinella_marina.php

Here is a very detailed, professional study of the Marine Toad, also from the Extension Office. This site has instructions for humane euthanizing of the creatures:

http://www.egovlink.com/public_documents300/winterhaven/published_documents/Winter%20Haven/Lakes/Backyard%20Wildlife/Animal%20Information/Frogs%20and%20Toads/Marine%20Toads%20UW04600.pdf

Tomato Pinworm: None observed. The season for these eggplant-loving moth larvae may have passed.

For information on pinworms, see this University of Florida site: http://entnemdept.ufl.edu/creatures/veg/tomato/tomato_pinworm.htm

Cats: Neighborhood cat, Frankie, appears regularly. Staying dry. Lady Gray visits occasionally.

3F Stories, Events, and Policy Updates

Programs and Plans

We often receive questions about the Friendship Farms & Fare project. We are happy to send an information brochure with details on our mission and our various programs. Here is a brief sketch of our programs:

We offer heirloom organic **seeds**, including seeds from plants acclimated to local climate and soils. We have a good stock of several types of okra (including the much desired Red Burgundy), robust arugula, and our famous Calabrese Broccoli. Friendship Farms & Fare is a licensed seed dealer in the State of Florida, and a member of Seed Savers Exchange (with several listings in the SSE Yearbook).

Seed Kiosk Friendship Farms & Fare also sponsors a sales kiosk featuring organic seeds from Seed Savers Exchange at the Market Off Main, in New Port Richey. We never offer seeds from for-profit commercial seed sellers, and we discourage others from doing so as well. Acquiring your seeds from local seed dealers supports local ecologies and economies, and will usually result in stronger, healthier plants – and seeds for next season!

Organic **seedlings** are available throughout each growing season. We use our own seeds from previous years whenever possible, and otherwise, we use only organic seeds and heirloom varieties when available. We never use seeds from for-profit seed sellers, and we do not offer seedlings grown from such seeds. Friendship Farms & Fare is a licensed nursery in the State of Florida.

A developing area of our mission is our **fruit tree project**. At present, we offer loquat and avocado trees, with a few native flowering shrubs. We are a state-registered nursery, and among a small number of nurseries in the region offering loquat trees. We also are pleased to host (along with Ecology Florida) the **Florida Loquat Festival**, held each spring in New Port Richey.

Our original project, and still our central focus is a **Community Supported Agriculture** program. This is a small (“boutique”) CSA, featuring organic produce from our gardens and local

cottage industry foods. We are 100% organic and have a no-kill policy. Our program is recommended for single persons, couples, or (at most) three-person families.

When quantities are sufficient, we offer produce to the general public through **local markets**, such as Tasty Tuesdays and Market Off Main in New Port Richey. Folks can also make requests through our website. Non-members can request any and all items on the share list for \$20.

Our newest project is a **community garden**, dedicating a portion of the 3F farm for use by others in the community. The community garden is located in New Port Richey, and operates through the City's urban agriculture ordinance. The 3F community garden follows the standard policies of Friendship Farms & Fare. We are 100% organic, non-GMO, and have a no-kill policy. With the exception of the predatory Marine Toad, no animals are harmed on our farm. We follow permaculture principles, and working with and within our natural systems.

If you would like to know more about any of these programs or would like to volunteer to share in our mission, just let us know. Folks interested in the Friendship Farms & Fare project can contact us through our website. <http://www.fffsite.org/> See the "Let's Talk" section for an email connection.

Contributions to Friendship Farms & Fare are now tax-deductable. If you would like to offer financial support, your contributions will be a wonderful enhancement to our project – and they will be tax deductible.

Planting & Harvest Notes **Winter Seeding and Garden Starts This Week**

Seedings: 126 Vates Collards

Garden Starts: 24 okra (in empty SP bed)

Harvest Notes: okra, eggplant, herbs, red malabar spinach, sweet potato leaves, and sweet potatoes

Vermipost: none

Bat Guano: no harvest

3F, Ecology Florida, and Market Off Main Offer Seed Savers Exchange Seeds in New Port Richey

Good gardens require good seeds, and Tampa Bay now has access to the highest quality seeds. These are Seed Savers Exchange heirloom, organic seeds. Your CSA has joined other groups committed to sustainability in sponsoring a Seed Savers Exchange seed kiosk in New Port Richey.

Through a cooperative arrangement with Friendship Farms & Fare and Ecology Florida, the Market Off Main, in New Port Richey, now offers a wide range of organic, heirloom, non-GMO seeds exclusively from Seed Savers Exchange.

This is a trend-setting achievement for the Market Off Main, and another verification of New Port Richey's leadership in ecological stewardship, sustainability, and resiliency. Market Off Main in New Port Richey will be the only location on the West Coast of Florida offering these high quality packaged seeds.

Ecology Florida News carried a feature article on the kiosk by your 3F Farmer, which you can read at this link:

<http://www.ecologyflorida.org/2014/12/on-the-lighter-side-the-story-of-the-seed-kiosk-in-new-port-richey/>

Ecology Florida advances the harmonious integration of healthy natural, cultural, and economic ecologies to regenerate a sustainable world

<http://www.ecologyflorida.org/>

The Market Off Main is a meeting place, a community hub, and an entertainment center. It features local produce, a delicatessen, and a cafe.

<http://www.marketoffmain.com/>

Seed Savers Exchange is a non-profit organization dedicated to saving and sharing heirloom seeds. Since 1975, our members have been passing on our garden heritage by collecting and distributing thousands of samples of rare garden seeds to other gardeners.

<http://www.seedsavers.org/>

Next Workday: TBA

If you would like to join us for a workday, we'll have a lot to do. Please send your best Saturday(s) in August.

**2015-2016 Nursery Certification and Registration
Friendship Farms & Fare
48015239**

Friendship Farms & Fare is a registered nursery in the state of Florida. Our registration number is 48015239.

Our successful re-certification and registration renewal is another step in the development of the Friendship Farms and Fare sustainable urban agriculture project. As most of you know, we are also a registered seed seller. The nursery certification is an important expression of our farm's mission and our commitment to responsible community development.

If you would like to support the work of Friendship Farms and Fare and help us cover expenses related to the project, please feel free to share a contribution. Friendship Farms and Fare operates under the umbrella of Ecology Florida, a not for profit corporation, so your contributions are tax deductible.

**2015-2016 Renewal
Seed Dealer License & Registration
Friendship Farms & Fare
S009451**

We are also a licensed Seed Dealer License for 2015-2016.

3 F is a licensed Seed Dealer, through the Florida Department of Agriculture and Consumer Services, which issues these licenses that are required to sell seeds to the public.

We renew in July every year. Through our friendship with Ecology Florida, we apply for the license as a subsidiary of Ecology Florida – a federally sanctioned Not For Profit organization.

Want to buy some seeds?

To explore the Ecology Florida project, see: <http://www.ecologyflorida.org/>

Community Garden Projects

Folks interested in acquiring a plot can contact us through the 3F site.

Together with East Madison Growers, we are developing another community garden plot on Montana Ave. in New Port Richey.

Shareholders interested in acquiring a plot may participate for reduced rates.

We have installed sample community garden beds. Each is about 100 square feet.

Farm Tours (Local Urban Gardens)

If you would like to schedule a tour of local urban gardens in New Port Richey, please let us know, and we can make arrangements. Our tours are experiential, informational, educational, and fun. Donations are greatly appreciated.

Typically, and depending on the season, participants will spend an hour or so in two or more gardens, learn about organic farming in an urban environment using permaculture philosophies and practices, observe and learn about urban wildlife and helpful plants, and enjoy samples of live produce. Tours are structured on the basis of participants' interests and background.

Please note that an appropriate contribution for the tours and learning sessions will be suggested when tours are scheduled.

There are four categories of tours:

- * Urban Farming, Permaculture and Soil development
- * Urban wildlife and helpful plants
- * Seasonal produce, from seed to harvest
- * General (including two or more categories)

Please note that an appropriate contribution for the tours and learning sessions will be suggested when tours are scheduled – typically, \$100.

3F: A Florida Friendly Farm

The 3 F gardens are certified as a "Florida Friendly" environment – a certification we have held for over a decade.

Florida Friendly recognition is given to environments (typically residential yards) that support and enhance natural ecosystems. Certification is given in three categories (bronze, silver, and gold) based on a point system rating various features of the property and practices followed by the property owner. We received a high score but only a silver rating because of some changes in the program of which we were unaware.

Attention is given to features such as water-retention, native and drought tolerant plants, diversity in plant species, responsible irrigation systems, and amenities for native pollinators. Positive

practices include minimal use of fertilizers (with organic preferred) and little or no use of poisons, groundcovers rather than turf, composting, and rainwater collection systems.

We encourage all our members and friends to pursue Florida Friendly designation for their properties. It is a wonderful way to learn more about Florida's natural ecology and what you can do to create a healthy environment right where you live. It is also a great way to go green.

Folks who wonder what they can do be more environmentally responsible are encouraged to review the Florida Friendly checklist. If you can change even one thing about your yard or your landscape practices to bring it into agreement with the guidelines, you will have made a difference. Even if you do not apply for the designation, reviewing the criteria will be an enriching educational experience. Putting the guidelines into practice will make a definite difference. Here is the website for the program:

Other News and Reports

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COMMERICAL PRODUCE REPORT

Our Commercial Produce News Report is currently in repose.
We will resume when time and talent allow.
If anyone would like to volunteer to collect market prices, please let us know.

OTHER PRODUCTS FOR THE CSA FAMILY

3F Produce for non-shareholders: Non-Members may order items for \$5.00 each, shares for \$20 per week, or \$50 per month. For this amount, contributors may request any and all items they desire from the weekly Share. Although we will assist with transmissions, it is the responsibility of the contributor to make arrangements for pick up of the share.

As always, non-CSA Members may request single items from the share list for \$5 per item. A full share for one week (any/all items) is \$20, and \$50 for one month. Annual shares are recommended, at \$300 per year. Five-month shares are \$200.

Just reply using the website contact link if you desire anything on the list. We suggest non-shareholders start an account to cover costs of items.

EGGS. Prices are \$6.50 a dozen (\$5.00 for shares), and \$4.00 a half-dozen (\$3.00 for shares). These prices are a bit higher than prices for organic eggs at commercial grocers. Acquiring eggs from local farms keeps resources in our community, supports local farming, and directly benefits a local farm family.

As required by our policies, our suppliers are local, follow organic principles, practices compassionate husbandry, and allows chickens free range. If you would like to be included on the egg list, please start an account (\$20 suggested), and make requests accordingly. Eggs are from humanely treated chickens, and fed non-GMO feed.

Honey: Local West Pasco honey is available in 8 oz. bottles for \$7.00 (\$5.50 for shares).

Seeds: If you would like organic vegetable seeds for your garden, we will order them for you. Seed packs are \$4.00 each, 2 for \$7.00, and 5 for \$14.00. Just tell us what you'd like. Be sure to send your mailing address. No charge for shipping.

Seedlings: We are also happy to start plants for you. Just give us the word on the plants you want us to start, and we'll do the rest. Starter plants in cells are \$2.00 per plant (\$1, for shares), \$3.00 for 2, \$5.00 (\$4) for four, \$8.00 (\$7.00) for nine. When available, small plants are \$3.00 (\$2.40) each, and medium plants are \$5.00 (\$4).

Let us know if you want to acquire seeds or starts for spring and summer.

Trees: Young Loquat trees are available in small (half-gallon) and medium (gallon) pots - \$10.00 (\$8.00 for shareholders). \$20 (\$18) for two-gallon pots. Larger trees in five-gallon pots are \$50 to \$70, depending on the size of the tree.

Vermipost and Worms: For folks interested in organic gardening, we have the best all-natural soil amenities you can find: Vermipost and Worms! Vermipost is compost that has been broken down and enriched by Red Worms. We also have the worms themselves. **Vermipost** is available in 32 oz containers for \$2.50 each (\$2.00 for shareholders), with discounts for orders of five or more. Vermipost containers will most likely have some worms in the mix. We recommend mixing the vermicompost 1 to 1 with regular soil, and 1 to 3 or 4 with organic soil. Remember, if you use synthetic chemicals (such as fertilizers or pesticides), the vermicompost will be compromised. Pesticides will kill the worms and synthetic fertilizers will kill the worms or drive them away.

Worms are available in 32 oz containers for \$7.50 (\$6 for shareholders). We cannot specify the exact number of worms in a container, but there should be 30-50. By the way, if you are developing an organic garden, always look for the OMRI seal of approval on fertilizers, soils, and insect deterrents.

Seeds: Shareholders are entitled to samples of seeds from our seed bank – three types of okra, arugula, and our famous Calabrese broccoli. Our seeds are organic and derived from heirloom stock. They are listed with Seed Savers Exchange, and also available at the New Port Richey Library Seed Exchange. Let us know if you are interested – additional packages of seeds for \$4.00 (\$3.00) a packet (of 30). We cannot guarantee germination, but in our tests germination rates are close to 100%.

Heirloom, organic seeds from Seed Savers Exchange are \$4.00 each (\$3.00 for shares). You may order Seed Savers seeds from us. Find the seeds you desire on line, and let us know, and we'll order them for you. <http://www.seedsavers.org/onlinestore/>

Florida Central West Coast acclimated Okra Seeds offered by 3F are: Silver Queen, Star of David, Red Burgundy, and Hill Country Red.

Local Markets and Growers' Sites Open to the Public Endorsed by Friendship Farms & Fare

Market Off Main: We encourage members of the TBN G&G CSA to patronize the Market Off Main in New Port Richey, and other local produce markets. They often have organics, usually have local produce, are locally owned, and are now a distributor of Cow Pots. Here is their website: <http://www.marketoffmain.com/>

Tasty Tuesdays: Visit the New Port Richey Library Tuesday (10:00 AM – 12:00 noon) for a good selection of locally grown organic vegetables. [New Port Richey Public Library, 5939 Main St, New Port Richey, FL](http://www.newportricheylibrary.org)

Freedom House Farms: Open to visitors on Saturday afternoons. Featuring freshly harvested produce available for purchase. 5642 Virginia Ave., New Port Richey

First Farm: Receptive to visitors on weekend afternoons. Featuring seeds, seedlings, Loquat trees, and select produce in season. Call for appointment afternoons or evenings: (727) 849-1626. New Port Richey.

To Return to our website, go to: < <http://www.ffffsite.org> >

Friendship Farms & Fare

An Urban Farm Community, CSA, Seed Saver, Community Garden, and purveyor of seeds, seedlings, fruit trees, and organic cottage-industry foods.

Friendship Farms & Fare Community

Cadle's Cove Farm

Black Cat Growers

Freedom House Farm

Friendship Farms & Fare: First Farm

Good Chance Farm

Hart's Family Farm

Seeds of Love Organic Farm

Tarry Lane Tasting Station

July 27, 2015 – 43rd report for the 2014-2015 Garden Year

Friendship Farms & Fare is a branch of Ecology Florida, a not-for-profit corporation.

Contributions to Friendship Farms & Fare and Ecology Florida are tax deductible.

If you would like to support our work, please consider sharing a donation.

PO Box 596 • New Port Richey, Florida 34656-0596

Friendship Farms & Fare affirms and advances agrarian ideals to reestablish a sustainable culture



Ecology Florida advances the harmonious integration of healthy natural, cultural, and economic ecologies to regenerate a sustainable world

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www.EcologyFlorida.org