



FRIENDSHIP FARMS & FARE

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

FARM REPORT & NEWSLETTER

MAY 18, 2015 – 33RD 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

72 degrees at 4:00 AM, May 16, 2015

Historic Average (for 5/15): 87 HIGH, 70 LOW–Weather Underground:

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

See the complete weekly weather report later in the Farm Report

Slow Times In The Gardens

This is a slow time at the gardens, and CSA shares will be light. We are in transition from the end of spring to the start of summer. A few of the winter greens are holding on. We are not listing collards and kale, but we do have a little. The summer crops have not yet reach maturity, but we do have limited amounts of okra and eggplant.

We are doing a lot of planting, so as the season progresses we should have abundant harvests.

There will not be too much in the share this week, but please order what you like, and we'll make every effort to meet your request.

Recess Week of the 25th

Also, please note that the week of the 25th (Memorial Day week) the CSA will be in recess.

Berries and Plums This Week

We'll have blueberries and plums this week. Berries are a suggested donation small, \$2.00, larger, \$3.00. These are local organic blueberries from Seeds of Love Organic Farm.

Seed Savers Seeds Available Through Friendship Farms & Fare

Please buy your seeds and seedlings from local growers or suppliers committed to organic, heirloom seeds.

3F is pleased to offer the highest quality organic, heirloom seeds to the community. You may order several locally-acclimated seeds from our own collection as well as Seed Savers seeds from us. Seed

Savers seeds are the only ones we use at Friendship Farms, unless we use our own 3F seeds saved from previous years.

If you'd like to order Seed Savers seeds from us, find the seeds you desire online, let us know the type(s) and quantities, and we'll order them for you. <http://www.seedsavers.org/onlinestore/>

Cost: \$4.00 per packet (\$3.00 for shares). We'll include them in your share or mail them to you, if you give us your address.

Please buy your seeds and seedlings from local growers or suppliers committed to organic, heirloom seeds.

See this story on the damage caused by "big box stores":

<http://www.goodjobsfirst.org/smart-growth-working-families/harms-big-box-retail>

See also, 10 reasons to support local commerce:

<http://ilsr.org/why-support-locally-owned-businesses/>

Weekly Weather Report Last Week: Another Hot One This Week: Hotter Still

72 degrees at 4:00 AM, May 16, 2015

Historic Average (for 5/15): 87 HIGH, 70 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 87 degrees (seventeen degrees higher than the lowest average low [70] of the year), and three degrees lower than the highest average high [90]). Our average low is now 70 degrees, which is nineteen degrees higher than lowest average low [51], and four degrees lower than the highest average low [76]).

The average low and high are increasing at about a degree a week. They will peak in early June for highs and late June for lows, and remain constant (at 90/76) until early September, when the annual decline begins. This means for three months the average high will be 90 degrees, and the average low will be 76. It will also be humid during those months.

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.

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/pdf/climate/factsheets/howhuman.pdf>

Last Week (5/9-15): We were above normal every day last week. The climate-change heat we've had all spring (and most of the winter) shows no signs of letting up. Our lowest high was 88 degrees, and we were above 90 four days – once reaching 95, which is very hot for Florida. We had a nice rain on Thursday.

This Week (5/16-22) WU is again forecasting highs in the 90s for most of the coming week, and lows in the mid-70s. Rain chances will decline slightly.

Remember, historically, our highs are around 87 and our lows around 69. We do not reach the historical average of 90, until the first week of June.

Looking Ahead: The rainy season is still about a month away – mid-June. Look for above normal temperatures and high humidity. Plan for daily irrigation of gardens.

Average temperatures are gradually rising. By the end of May, averages will be approaching 90 degrees. Of course, we have been at or above 90 for most of the month already.

We are currently running above historical averages on a consistent basis.

Garden Overview **Summer Plantings Begin** (additional details and assessments follow)

We are well underway on our summer plantings. The south beds are almost complete, with three beds of winter greens remaining.

We are going to try a new summer green – Red Malabar Spinach. This is not a true spinach, but resembles it in taste and texture.

We've cleared and remulched most of the south beds and planted with okra and sweet potatoes (Beauregards and Georgia Jets).

Cucumbers are now spend, and we'll remove the vines this week. We would have loved to have kept them on a bit longer, but the extreme heat and pickle worms made the choice to remove them necessary and easy – sad but easy.

Eggplant shrubs are budding profusely, and we've had some good harvests. This week eggplant will be light.

Our next (and last sweet potato) shipment will be in the first week of June. If anyone would like to assist with the planting, just drop us a line.

If you would like SP slips, let us know. We'll share for .50 per slip.

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/>).

Persimmon First Fruitlings

The Fuyu Persimmon tree has one small fruit remaining. This is the first year this tree has fruited.

East Madison Growers and Friendship Farms & Fare Team Up: New Community Garden Planned in East Madison Neighborhood

3F has teamed up with friends and supporters to develop a new community garden in the East Madison neighborhood of New Port Richey.

The property owner has committed to having East Madison Growers and 3F use a vacant lot for a community garden. There is still some paper work that needs to be reviewed and signed, but the project looks to be solid. We'll have more about this exciting new development in the future Farm Reports.

Second Sweet Potato Shipment Planted 269 slips planted

We are holding steady at **269** in ten beds: the two new south beds (East and West), the Old South bed, and old beds 2, 4, 5, 7, 10, 11, and 12.

The next set of slips will arrive in the first week of June. This will be our last order for the season.

Okra ¾ pound

We harvested another ¼ of a pound this week, bringing our total to ¾.

More okra of all varieties was planted in the north and south garden.

If you read this far in the newsletter, let us know if you would be interested in attending an Okra Festival – probably in mid-June.

Cucumbers Done For Now 41 Harvested

Cucumbers are done for the time being – done in by the climate change spring and pickleworms.

We ended up with 41 total, and about 20 pounds. If we could have had a little more cool weather and avoided the pickleworms we easily would have doubled that.

Tomatoes and Peppers

Tomatoes started last week are all up and doing well. The peppers are now up, and many of the seedlings look good

Several of the tomato plants are thriving and we might (just might) have some tomatoes. If you do not want tomatoes let us know.

Collards

The collards are still with us – but they are starting to show their age.

Blackberries Ouachita Family

The blackberry vines now have numerous berries. A few berries were ripe this week, and we expect more next week.

Habanero Peppers

Habaneros are coming back very nicely now, and bearing abundant blossoms – and the first fruits.

Order if you like this week.

Eggplant

22

Eggplants are now flourishing, producing flowers, and first fruits! We've harvested **22** so far this young season.

You may order eggplant this week, but we may not have any that are large enough to harvest.

Purslane

Purslane is a thriving, and there are many healthy plants throughout the garden.

Viticulture (Grape) News

Vines are taking off.

Jamming with the Cat: Black Cat Growers Offers Jams To 3F Family

As reported last week, we are delighted to announce that Black Cat Growers has joined the 3F family. Black Cat is a small local grower, cottage food producer, and designer of edible landscapes. Some of you may remember the wonderful assistance of Black Cat Growers shared during our Loquat Festival last year.

Our work with Black may well evolve over time, and for now we are happy to list their line of outstanding local organic jams. Shares can acquire these for \$5.00, for a 1/2 pint container, which includes their CSA discount.

If you would like a sample of any of the jams, let us know in your share request this week

Hart's Family Hot Sauce Ready for the Willing

Ray (of Hart's Family Gardens) has brewed this season's first batch of habanero pepper sauce. We sampled it, and found it quite tasty, but HOT. Use in moderation. The sauce is made with various peppers (chiefly habaneros) organic vodka, and apple cider vinegar. That's it! It is all organic, with only local peppers. It may be too hot for some palate. All peppers are from Hart's Family Gardens or Friendship Farms & Fare.

If you would like to try a bottle, just let us know. A donation of \$5.00 will be received for a 5oz. bottle.

Eggs If Desired

Organic eggs from free-range, humanely treated chicken are available for \$6.50 (\$5.00 for shares) for a dozen. We are now generally getting them from Mandy's Monster Farm/Suncoast Acres Poultry Farm. When Mandy does not have them, we'll go with Juan's farm. Here is a link to Mandy's Monster Farm, which has a link to the Suncoast Acres Poultry Farm: <http://www.mandysmonsterfarm.com/index.html>

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. 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 Thursday this week. West Pasco transmissions at the farm will be determined on the basis of share request and distance, with Wednesday 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.fff-site.org/#!contact/cl4l>

For this week, here is what we have (FCFS, as always):

May 18, 2015 (33)

*** larger quantity available if desired**

FCFS = limited supplies, early submissions given preference

Tampa Transmissions TBA

Vegetables

Collards (end of season)

Eggplant (possible)

Lettuce – Romaine (possible – from another local organic grower)

<http://edibleplantproject.org/okinawaspinach/>

Okra (possible)

Peppers – Habanero (burning hot)

Fruit -

Blueberries (small \$2.00, large \$3.00)

Plums

Herbs (* larger quantity available if desired)

Basils

Italian (small quantity)

Chives (small quantity)

Cranberry Hibiscus

Cilantro

Culantro (small/sample quantity – tastes like a strong cilantro)

Mint

Oregano

Parsley

Peppermint

Purslane

Rosemary*

Smilax (in recess)

Tarragon

Thyme

Cottage Foods & Samples

Eggs: Juan's Garden or Mandy's Farm. These are eggs from small organic growers. 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).

Hot Sauce: Hart's Habanero Hot Sauce, made from our 3F Habanero peppers, 5oz. bottle \$6.50 (\$5.00 shares), - Very Hot

Jams, Jellies, Preserves: Black Cat Growers featured jams and fruit spread. All organic, with most fruits locally sourced. Half Pints for \$6.50 (\$5.00 shares). Available jams:

Peach

Cherry

Strawberry

Orange Marmalade (bitter orange)

Loquat

Seedlings (Start your spring garden with locally grown organic seedlings!)

1 for \$2.00

2 for \$3.00

4 for \$5.00

Okra (All varieties: Star of David, Hill Country Red, Silver Queen, Red Burgundy)

COMPANION FAUNA

Spring Report

Animal companions are active and abundant

Swifts: Swifts are busy. The lodge is alive with chittering, peeping, and squeaking.

Bat update: No bats.

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>

Tree Frogs: Frog songs are heard every night n

Florida Black Snake: None.

Florida Ringneck Snake: None

Honey Bees: None observed this week.

"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

Raccoon: No raccoons, no signs of raccoon activity.

Greenhouse Frog: First one observed, in seed tray.

Opossum: Not observed.

Leopard Frogs: Not observed. Likely still with us.

Earth Worms: Not observed.

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 – Evident but not numerous.

"Asian Tramp Snail." Abundant on greens and planters

Mediterranean Gecko: None this week. Here is a good site for the Mediterranean Gecko, and Florida fauna in general:
<http://myfwc.com/wildlifehabitats/nonnatives/reptiles/mediterranean-gecko/>

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

Woodlouse – These warm weather creatures are proliferating. Several were observed this week.

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. Lady Gray occasionally joins her.

3F Stories, Events, and Policy Updates

Programs and Plans

2015

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.fff-site.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: None this week

Garden Starts: okra

Harvest Notes: herbs, arugula, collards, kale, eggplant, cucumbers, okra

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 spring workday, we'll have a lot to do. Please send your best Saturday(s) in April, after April 4.

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

Our nursery registration has been renewed for 2015-2016.

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.

**2014-2015 Renewal
Seed Dealer License & Registration
Friendship Farms & Fare
S009451**

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 June.** Through our friendship with Ecology Florida, we applied 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

Have received two new applications for our community garden on Illinois Ave., and we've been contacted by another interested gardener. 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 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 visit several urban farms, learn about organic farming in an urban environment using permaculture philosophies and practices, observe and learn about urban wildlife and helpful plants, enjoy samples of live produce, and share in the preparation of the vegan cuisine. 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, Gardening and Soil development
- * Urban wildlife and helpful plants
- * 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.

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

==

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 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 supplier is local, follows 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 vermipost 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 vermipost 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](#)

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

Hart's Family Farm

Seeds of Love Organic Farm

Tarry Lane Tasting Station

May 18, 2015 – 33rd 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

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

www.EcologyFlorida.org