Friendship Farms & Fare

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

3F Farm Report & Newsletter

September 21, 2015 – 51st 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.fffsite.org/

FARM REPORT

74 degrees at 4:00 AM, September 18, 2015

Historic Average (for 9/18): 89 HIGH, 75LOW Weather Underground: http://www.wunderground.com/
See the complete weekly weather report later in the Farm Report.

One Week Left

This is the last week in the 2014-2015 Garden Year. If you plan to renew, now is the time to send the participation fee. If you have had a change of heart about renewing, please notify us.

You can mail to:

Friendship Farms & Fare
PO Box 596
New Port Richey, FL 34656-0596

The first Monday in October begins our new garden year. This will be the 6th Garden Year of the 3F CSA.

If you know you are not renewing, please let us know.

Shares will be available on the basis of first come first serve. At present, we are planning for 8 and we have commitments for all 8.

Welcome Autumn
Equinox September 23

The Autumnal Equinox will be Wednesday (September 23). We'll still have some hot days (some very hot), regular rains (and some downpours), and high humidity, but the peak of summer has passed. Late day

shadows are changing and sometimes hints of coolness can be felt late at night and early in the morning. These are just hints, but they are noticeable.

On the 23rd there is perfect balance between day and night, or the periods between sunup and sunset, and sunset and sunrise – hence "equinox."

Daylight will continue to get shorter, just as it has since the summer solstice -- June 21, the day with the longest period of time between sunup and sunset during the year. The equinox is when the shortening of daylight has brought day and night into balance. The days will continue to get shorter until the winter solstice -- "the shortest day of the year," in December.

Grand Gardens Coming Soon
Friendship Farms & Fare Teams Up With Other Growers:
Two New Community Gardens Planned in East Madison Neighborhood

Look for news on the opening of the Grand Gardens in New Port Richey soon. 3F is participating with Ecology Florida and other local organic agriculture organizations to establish a substantial community garden just west of the East Madison neighborhood on Grand Boulevard in New Port Richey.

Grand Gardens is one of two new community gardens in the East Madison neighborhood of New Port Richey. Joining in this 3F and Ecology Florida 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 receiving applications for garden plots.

Financial support will be greatly appreciated. If you would like to share contributions with Friendship Farms & Fare in support of the new Grand Gardens or any our other projects, your gifts will be gratefully received. We'll share an acknowledgment of your gift and our warm thanks. We are also happy to report that contributions to Friendship Farms & Fare are tax deductible.

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Fall Seeding and Garden Starts Resume
Collards in the Gardens

We continued our fall seeding and planting regime. See later sections for details. We seed 42 kale cells, moved few more collards into the gardens. So far our last large planting of broccoli and collards is doing well. The seedlings are developing nicely, and should be ready for planting or sharing soon.

Summer Season Nearly Over
Shares Light

Shares will generally be light, but we'll have plenty of sweet potatoes and SP leaves – and most herbs. If you'd like a few peanuts, let us know. We use them as a nitrogen fixer for the soil, but the nuts are delicious.

Our summer season is nearly over – despite the record-breaking heat. Eggplant is light, and okra has slowed dramatically. It is unlikely that we'll have either, but feel free to order – we might have some after all. As the sweet potato beds are harvested, the volume of sweet potato leaves declines. We'll have plenty of leaves until October– but order now if you are interested. Sweet Potatoes are coming in nicely, and we should have these famous southern spuds for most of September.

Arugula
Samples Available

One of our fall favorites, Arugula, is doing well. We have leaves available in limited (sample) sizes this week, but we should have more than previous weeks. The plants have not really taken off yet, but they are healthy and strong.

Red Malabar and Okinawa Spinach

Our summer spinaches are slowing, but we'll have sufficient quantities for any who are interested.

Sweet Potato Leaves
Plenty For A Few More Weeks

We are harvesting sweet potatoes now, so the leaves are gradually on their way out. Sweet Potato leaves are our oldest summer greens, and beloved by many. Shares that request are getting 2 gallon bags of these delicious and nutritious dark green leafy vegetable.

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
Milder Last Week
Mixed Reports For This Week

74 degrees at 4:00 AM, September 18, 2015

Historic Average (for 9/18): 89 HIGH, 75LOW Weather Underground: http://www.wunderground.com/
See the complete weekly weather report later in the Farm Report.

Historically, the average high temperature is now 89 degrees (nineteen degrees higher than the lowest average high of the year [70]), and one degree lower than our highest average [90]). Our average low is now 75 degrees, one lower than our highest average low of the year, and twenty-four degrees higher than lowest average low [51].

Average highs and lows have begun their annual decline. This is the beginning of the long gradual decline in temperatures that continues until January, when we reach our lowest average temperatures – 70 and 51.

Note: Reports just reaching the media indicate that this Summer (June-August) was the hottest in recorded history. We at the *3-F Newsletter* are not surprised.

The National Oceanic and Atmospheric Administration (NOAA) reports that July was the hottest month in recorded history. 2014 was the hottest year on record (since records have been kept, 1880). Ocean and land temperatures were at their all time highs. This was also 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. Temperatures have been running well above normal most of the year 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

Last Week (9/13-19): WU was pretty good in its forecast this week. Early in the week we were above above normal, and later in the week, cooler and a bit below. We only had a couple of days above normal (in the 90s), and we were in the mid-70s overnight. We also has a little rain. It has felt cooler.

This Week (9/20-26) WU's forecast looks a lot like last week. Early in the week is projected to be above normal, and later in the week, cooler and a bit below. A few days of mid-80 to just below look pretty good.

The average high dropped to 89 on the Thursday (9/10) and the low to 75 on the Wednesday (9/9). This is the beginning of the long gradual decline in temperatures that continues until January, when we reach our lowest average temperatures – 70 and 51.

Looking Ahead: The Autumnal Equinox will be Wednesday (September 23). We'll still have some hot days (some very hot), regular rains (and some downpours), and high humidity, but the peak of summer has passed. Late day shadows are changing and sometimes hints of coolness can be felt late at night and early in the morning. These are just hints, but they are noticeable.

Days are shortening. On the 23rd there is perfect balance between day and night, or the periods between sunup and sunset, and sunset and sunrise – hence "equinox."

Daylight will continue to get shorter, just as it has since the summer solstice -- June 21, the day with the longest period of time between sunup and sunset during the year. The equinox is when the shortening of daylight has brought day and night into balance. The days will continue to get shorter until the winter solstice -- "the shortest day of the year," in December.

Garden Overview

Harvests of okra and SP leaves are declining – okra has dropped off dramatically. Eggplant has also slowed dramatically, and we are not expecting to have any this week. Sweet potato harvests continue to improve.

Fall seeding and garden starts have resumed. We seeded Kale, and moved more collards into the south garden.

Now is the time to begin planning the fall garden, and we are doing that. Try seeding, if you like. It is still very hot – probably too hot for fall crops. It is getting late, so w are taking our chances with starts. We'll be planting swiss chard, collards, kale, and (of course) broccoli. We'll continue to work with tomatoes and bell peppers.

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/).

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

No harvest this week. We stand at now **72 ½** pounds.

We continue to run behind expected numbers at this point. We've done eight beds and were expecting at least 15 pounds per bed – 120 total. So, we are about 50 pounds behind.

We can include SPs with all shares. We have various sizes (medium to fingerling). We'd like to move the fingerlings, so let us know of those are okay. Most are good quality (A), but not excellent/fancy (AA). There is a little scaring 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 well into September, and maybe even into October.

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

Okra
83 pounds

Okra has dropped off significantly. We managed only two pounds this week. Our total is **83 pounds.**

We have less than half our original planting still producing. We have identified several for seed saving. These were heavy producers and thrived despite nematode colonies on their roots.

Shares are advised that okra will be light, and may be woody.

We are doing some advance planning for an Okra Event in mid-June, 2016. Let us know if you are interested.

Red Malabar Spinach

Our experiment with Red Malabar Spinach draws to a close.

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

Okinawa Spinach

Okinawa Spinach is now producing better. This is another summer green. It is great raw, in salads, or cooked. Try preparing it like a regular spinach, you might be surprised with its wonderful flavor.

Habanero Peppers

Habaneros are coming back very nicely now, and bearing abundant blossoms – and plenty of fruit.
Order if you like this week.

Eggplant
146

Eggplants are slowing. We harvested **two** this week, keeping our total to **146** 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.

There is no fruit on the plants and the plants have been weakened by the heat.

Purslane

Purslane is still in recess. 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.

The Grand Gardens
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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 still no cilantro. We have good quantities of basil, tarragon, and oregano. Consult the share list for other herbs, and other available items.

September 21, 2015 (51)
*** larger quantity available if desired**
FCFS = limited supplies, early submissions given preference
Tampa Transmissions TBA

Vegetables
Arugula –small shares/quart bags
Eggplant - limited (one or two, at best)
Lettuce – Romaine (possible)
Okra – limited (production is dropping off)
Peppers – Habanero (burning hot)
Spinach – Okinawa (not a true spinach) – small quantities
Spinach – Red Malabar (not a true spinach) – small quantities
http://www.bbg.org/gardening/article/red-stemmed_malabar_spinach
Sweet Potatoes –plenty
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 -

Nuts
Small sample shares of peanut

Herbs (* larger quantity available if desired)
Basil – in recess
Italian
Red Basil
Basil – globe (possible)
Chives (small quantity)
Cranberry Hibiscus *

Cilantro (in recess)
Culantro (tastes like a strong cilantro)
Oregano
Parsley-
Peppermint
Purslane
Rosemary*
Smilax (in recess)
Tarragon
Thyme

Medicinal
Aloe

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. Lodge is damaged.

Swifts: No swifts.

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

Raccoon: No raccoons.

Opossum: No opossums

Florida Ringneck Snake: None

Florida Green Grasshopper: None.

Mediterranean Gecko: Small gecko on west wall of dwelling.
http://myfwc.com/wildlifehabitats/nonnatives/reptiles/mediterranean-gecko/

Owl: No owls or calls this week.

Greenhouse Frog: Numerous Greenhouse frogs in planting area. Many egg clusters discovered and carefully moved to safe locations. The greenhouse frog is the only North American frog that lays its eggs on land.

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. Very few toads this year. They are missed.

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=Cj0KEQiA4OqnBRDAj9aazvPji9ABEiQANq28oLTa9kUEg7khhIiQxXQSzXno1KGGEkjlUYhQcrnafj8aAnMP8P8HAQ

And here is a video:
https://www.youtube.com/watch?v=SpYsdZ8gUU8&index=3&list=PLFMP2eIAO8oQFZ3IyCJhIKXCi914uI8uu

Florida Black Snake: None

Honey Bees: One observed in natural sector of south garden.

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: None this week.

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

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

Cats: Neighborhood cat, Frankie, appears regularly. 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 form 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 deductable.

Planting & Harvest Notes
Winter Seeding and Garden Starts Underway

Seedings: Kale (Lacinato , 42)

Garden Starts: None

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

Vermipost: 5 lbs.

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 deductable.

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 and other organic agriculture organizations we are developing a new community garden plot on Grand Blvd. in New Port Richey.

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

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, Permiculture 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 a 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 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 Broccoli seeds are offered by 3F: $3.00 for 30.

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.fffsite.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

September 21, 2015 – 51st report for the 2014-2015 Garden Year

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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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