

TBN GARDEN & GROVES AND TARRY LANE KITCHENS

CSA REPORT & NEWSLETTER

APRIL 15, 2013 – 29TH CSA REPORT



For shareholders and authorized guests only.

Report to official shareholders in the TBN Gardens & Groves, CSA. Also sent to select non-shareholders by special request. Do not forward or send out for general distribution – please respect this request .

Notify us of items desired (see list, below), and we will report on availability, and pickup days and times. For the most part, New Port Richey pickups will be weekday evenings and weekends, and Tampa pickups will be weekdays, late mornings and afternoons. Distribution is first-come-first-served (FCFS), until supplies run out, with one week off after each acquisition (or until those who did not order in the previous week have had an opportunity to order). Items requested by more than one shareholder will be divided in equal portions to the extent allowed by stock on hand. Images are referenced in the **fuchsia-colored** text.

72 degrees at 2:30 AM April 13, 2013 (Historical Average: 89 HIGH, 62 LOW)

REPORT

Sweet Potatoes Slips Have Arrived

Our sweet potato slips have arrived. We order from a family-owned business in Martin, Tennessee – George's Plant Farm. They have a wonderful and enriching website, which tells about the history of their farm and their sweet potatoes. See: <http://www.tatorman.com/> We are happy to support the Dellinger family. This year, we will be growing Georgia Jets and Beauregards.

We'll start planting this weekend, and should have the first fruits by late August. In the meantime, we'll have plenty of delicious **sweet potato leaves**, which we encourage all our shares to sample. If you like them, within a month, we should have leaves in abundance.

Fresh Organic Florida Grapefruit for all requesting shares!

We still have organic grapefruit on hand. The fruit comes from an organic grower we are working with.

Blueberry Season Starting

The Blueberry season is beginning in Florida, which means you'll find blueberries from Florida growers and packers at commercial groceries. You'll also find them at fruit stands and local markets. Be attentive, it is also the season for blueberries in Mexico. We do encourage you to acquire the Florida berries, and buy organic if you can.

The grower supplying our end-of-season grapefruit specializes in organic blueberries. Members of the CSA steering committee will be visiting her farm later in the month, and exploring the possibility of acquiring blueberries for G&G/TLK members. See related information in the Commercial Produce News Report, later in the missive.

Loquat Season

We are at the height of the loquat season, and trees around the region are filled with fruit. We have plenty in the G&G Groves. Let us know how many you'd like. We harvest fruit daily from our trees. By next week, we'll be past the loquat peak.

End of Winter Season – Start of Spring

The calendar tells us Spring has begun, and we are farming accordingly. We are harvesting the last of the winter crops, and we've started seeding for the spring and summer. Remember, unlike most other CSAs, TBN G&G CSA operates throughout the year – 12 months, 52 weeks, rain or shine.

Citrus: Old Florida (White) Grapefruit, and some Sour Oranges.

Loquats: Good quantities. As noted previously, as the citrus season passes, the loquat season commences. Remember, these are small fruit with large seeds. Don't save them too long after receiving your share. We pick them when they are ripe and their "shelf life" is rather brief.

Lettuce: Lettuce is winding down. We still have some bib and red-tip, but many heads are starting to bolt. We'll probably have enough for all orders, and we might even have one more harvest after this one. Thanks, by the way, for the very positive reviews of the lettuce. Here's one we liked: "Better than organic lettuce at the grocery."

Arugua is available in good quantities. It will be sharp.

Broccoli is almost finished for the season. It keeps surprising us with new florets and small heads every day. We have enough small heads and florets to fill most orders. It will soon be time to begin collecting the broccoli pods for drying and seed harvesting. Our 2013 Seeds sprouted in first test.

Broccoli leaves are available.

Peppers: Peppers are coming in. If you are on the list, you'll receive you share as they come in. If you are curious were you are on the pepper sequence, just ask and we'll let you know. There might be some in this week's share for those next up on the pepper schedule.

Eggs: If you are in the egg program and desire eggs this week, let us know.

Herbs: Consult the share list for available items.

Tampa deliveries will be Tuesday and Thursday this week. West Pasco deliveries will be determined on the basis of share request and distance.

Anyone in the New Port Richey area can stop by on Sunday between 2:00 and 3:00 PM. Please call before coming by – 849-1626.

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

THE SHARE

April 15 , 2013 (29)

(* larger quantity available if desired)

Vegetables

Broccoli – small heads and florets

Broccoli leaves

Lettuce: Arugula*

Lettuce: Tom Thumb (Bib) and Red Tip (leaf)

Peppers (small and medium, included following pepper schedule)

Fruit

Old Florida (White) Grapefruit -
Sour Oranges – small quantities (for cooking and mixed drinks)
Loquats* – abundant quantities (weekly harvest divided evenly between all requesting shares)

Herbs (* large quantity available if desired)

Basil -- Traditional Basil
Basil -- Mrs. Burns' Lemon Basil (small quantities)
Basil – Cinamon (small quantities)
Chives*
Cilantro – (very small quantity)
Culantro – (none at present)
Mint -- Citrus (Orange) Mint*
Oregano (small quantity)
Parsley *
Purslane (small quantities -- just coming in)
Rosemary*
Smilax (Cat Briar) (small quantity)
Tarragon
Thyme

Seasonings

Bay Leaves – fresh leaves

Medicinal

Aloe*

Tarry Lane Sample(s)

- Our April sample from Tarry Lane will feature a seasonal fruit – Loquats. Stay tuned for details. This week's shares will have samples with details to follow. Whatever it is, we know it will be tasty, healthy, and creative! - To review all the fine products from Tarry Lane Kitchens products, go to: <<http://tinyurl.com/tltastings> <<http://tinyurl.com/tltastings>>>

TARRY LANE KITCHENS

Cooperative Agreement With Tarry Lane Kitchens: TBN Gardens and Groves enjoys partnership with Tarry Lane Kitchens, a local vegan kitchen specializing in sustainable food products, and focusing on fresh, local, organic ingredients.

For complete details on Tarry Lane products, programs, and recipes see their website :

<<http://tinyurl.com/tltastings> <<http://tinyurl.com/tltastings>>>

The site has ordering information for any of the outstanding Larry Lane vegan-organic products.

Nature News

Bat update: The entire colony takes wing daily, at dusk, with fifty to sixty of the flying mammals weaving and swooping through the crepuscular skies. They are very active now, and in perpetual conversation throughout the overnight hours, making small peeping sounds, like young birds. Most likely courting and mating activity is occurring.

Tree Frogs: Recent evenings and late nights have featured the first songs of the great Tree Frog Chorus. Nighttime at the gardens and groves is an exciting time for our amphibious friends. Like the bats, the frogs are very enthusiastic right now, busy communicating and getting to know each

other, learning about life, and vigorously exploring the now warming world. It is the grand and festive time. We will likely find the first egg clutches soon.

G&G Stories and Events

G&G/TLK at New Port Richey Earth Day – April 20 10:00 to 2:00

TBN Gardens & Groves and Tarry Lane Kitchens will be at the New Port Richey Earth Day Festival. The event will be the New Port Richey Library. There will be other organic gardeners in attendance, and most likely regional legend, Jim Kovaleski. Sustainable-living products, purveyors, and personalities will also be present.

G&G Files for Community Garden Designation

TBN G&G filed paper work to have our new south garden designated as a community garden. We'll keep you posted on progress. Once approved, this will be the first community garden in New Port Richey. Shareholders are entitled to a plot in the garden as part of their CSA membership. Please let us know if you would like a plot.

Loquat Festival Next Year: The G&G/TLK community and volunteers have begun initial planning for the area's first Loquat Festival. If you'd like to be part of the planning team, please let us know. The tentative date for the festival is March 29, 2014. It is time (and well past time) that this hearty, healthy, delicious, and **abundant** fruit receive full recognition for the contribution it can make to the diet of Floridians – especially urbanites. As far as we can tell there are no Loquat Festivals. With your help, G&G will launch the first one – March 29, 2014. In meantime, add loquats to your CSA Share request.

Half-Year Shares Now Available: We have a few half-year shares available. The half-year share covers spring and summer (April 1 through September 2). If you are interested, please contact us, and we'll supply full information. We'll extend half-year shares through the end of September – right up to the start of the next Garden Year in October.

Advance notice for 2013-2014 Shares: Our CSA garden year begins in October, and covers the entire year. Although the renewal period will not begin for several months, a number of folks have asked about shares for next year. Here is what will be happening:

New shares for 2013-2014 are offered for \$250 – about \$5.00 per week. Current shares may renew at the same amount as last year, although additional contributions will be gratefully received. Auxiliary costs will likely increase as well, especially on eggs and honey.

Please do notify us of your plans for the next garden year as soon as possible. We are affirming all current shareholders will renew, but we understand that some may not. The sooner we know your intention (either way) the easier it will be for us to develop our plans.

G&G is beginning Spring and Summer planting. We have begun spring and summer plantings, with okra and peanuts leading the way. We installed additional okra starts last week. For Spring, we'll go with tomatoes, cucumbers, and peppers. With these spring crops, it is a race against time (and the summer heat). We have had good outcomes with peppers throughout the summer.

G&G Okra: This season, we are be planting seeds saved from last year's varieties: Hill Country Red, King David, and Silver Queen. We'll also try a new variety, Red Burgundy.

We plan to go relatively heavy with okra, and we are very interested in knowing from our shareholders how many will be requesting okra in their weekly share.

Carolina and Charleston Bells (Bell Peppers) that made it through the freezes are beginning to produce.

Broccoli producing exceptionally large seed pods. We have more than fifty broccoli "shrubs" with large quantities of large seed pods. We'll harvest for the first pods for drying in the next week or so, and plan to harvest all seeds by mid-May.. We did the first test planting of our 2013 seeds, and all sprouted. In fact, the samples seem strongly committed to growing into mature plants right now (long past broccoli season).

NEXT G&G Workday – May 11 (12:00 to 5:00) If you would like to assist with planting, garden and grove preparation, and seeding, please contact us. Several shareholders have volunteered already. The workday will be May 11th. Please send a message if you are interested, and let us know about what time we should look for you. Plans at present, include planting first Spring seedlings, seed starting, expanding the lateral bed in the New South Garden, removing underbrush around trees in the New South Grove. Wear work clothes, boots or shoes with good support, a hat or cap, and dark glasses. Sunscreen is advisable.

G&G Produce available for non-shareholders (if available): As always, non-CSA Members may request produce from the share list for \$5 per item. If requested items remain after shares have been distributed, they may be acquired by non-members. Just reply to this email if you desire anything on the list. We suggest non-shareholders start an account to cover costs of items.

Web site in development: Later in the Spring, your Gardens & Groves (in cooperation with Tarry Lane Kitchens) will expand our information and education project. The plan is to open the newsletter to new readers, and develop a website. Current shareholders will have access to the website. A nominal subscription fee will be charged for non-shareholders. Tarry Lane and G&G may also invite another local organic grower to share high-quality produce with us.

G&G Tours (Local Urban Gardens and Organic Kitchen): If you would like to schedule a tour local urban gardens in New Port Richey and/or Tarry Lane Kitchens, please let us know, and we can make arrangements. Tours are experiential, informational, educational, and fun. Typically, participants visit several urban farms, learn about and organic farming in an urban environment using permaculture philosophies and practices, 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. We can also arrange focused learning sessions at the Gardens and/or the Kitchens. Please note that an appropriate contribution for the tours and learning sessions will be suggested.

Planting (Seeds): Okra (Silver Queen 47, King David 21), Globe/Greek Basil (48), Cilantro (54), Bell Pepper (Chocolate) 66,

Planting (Garden Starts): Okra.

Harvest Notes: Broccoli, lettuces, loquats, and various herbs (esp. citrus mint, and tarragon)

Vermipost: No harvest this week

G&G in the News: Nothing to report.

Other News

Commercial Produce News Report

This new column in the G&G News will report on seasonal Florida produce as it appears at local corporate grocery stores. The report includes the source of the produce, the cost, and estimated food miles. Readers will note that although the produce is seasonal Florida produce, the actual fruits and vegetables are often being shipped great distances to reach the corporate grocery stores in our area. If we are growing the vegetables at G&G, and we find it in stores, we'll include it on this list. We'll also include seasonal crops not being grown at G&G. Please send us reports on any seasonal items you find at markets where you shop, and include the source and cost. We'll research the food miles.

Market Report

Major Market

April 11, 2013

Blueberries, \$3.99, 6oz. – Sunnyridge Farm, Winterhaven (about 80 miles to NPR, 52 miles to Tampa)

Blueberries, \$3.99, 6oz. – Clear Springs, Bartow (about 75 miles to NPR, 40 miles to Tampa)

Florida Citrus Season is winding down. There is still some available. Buy Florida Citrus if you don't get your citrus from us. Don't forget, we have fresh Florida Grapefruit ready for all shares this week.

Florida's winter vegetable season is winding down, but the spring season is picking up. Look for Florida-grown fresh vegetables when grocery shopping. Buy local when you can; and local-organic when you can find it. Watch for tomatoes, cucumbers, and broccoli.

OTHER PRODUCTS FOR THE CSA FAMILY

Non-CSA Members may order items on the list for \$5 per item. Items remaining after shares have been distributed, may be acquired by non-members for \$5.00 per item.

Diatomaceous Earth: We now have access to a diatomaceous earth, a real “up-and-comer” in the organic farming community. It is also getting good press in healthy living communities -- even among many “foodies.” If you know about this mineral, and would like to acquire it from your CSA, just let us know. Here are a few websites with relevant information:

<<http://diatomaceousearth.net/> <<http://diatomaceousearth.net/>> >
<<http://www.earthworkshealth.com/How-Diatomaceous-Earth-Works.php>>
<<http://www.earthworkshealth.com/How-Diatomaceous-Earth-Works.php>> >
<<http://eap.mcgill.ca/publications/eap4.htm> <<http://eap.mcgill.ca/publications/eap4.htm>> >

EGGS. Prices are \$4.50 a dozen (\$3.60 for shares), and \$2.50 a half-dozen (\$2.00 for shares). These prices are competitive with prices for organic eggs at commercial grocers. 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.

Honey: \$6 (\$5 for shares).

Seeds: If you would like organic vegetable seeds for your Spring garden, we will order them for you. Seed packs are \$4.00 each, 2 for \$7.00, and 5 for \$14.00.

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 cow pot cells are \$1.00 per plant, \$5.00 (\$4) for a six pack, \$9.00 (\$7.00) for two six packs. When available, small plants are \$3.00 (\$2.40) each, and medium plants are \$5.00 (\$4).

We can recommend "best bets" for Spring and Summer plantings of tomatoes, cucumbers, peppers, and lettuces. For summer planting, we will have three types of okra: King David, Hill Country Red, and Silver Queen. Let us know, if you want to acquire seeds or starts.

Cow Pots: Twelve packs of "cow pots" starter cells now available -- \$5.00 (\$4). These organic cells are made from cured and compressed cow manure and supply young plants with a natural fertilizer. In our tests, we found the cow pots superior to other "natural" cells on the market in promoting root growth and plant development. They are also a sustainable product (so long as we have cows), as opposed to the other "natural" cells that typically are made from peat, which is mined in bogs and wetland ecosystems in the north, usually destroying the bogs and ecosystems in the process. We are also supplying cow pots in retail display boxes to local retailers.

Trees: Young Loquat trees are available in small (half-gallon) and medium (gallon) pots - \$5.00 (\$4.00 for shareholders). \$10.00 (\$8.00) for two-gallon pots.

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.

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/>

Seeds: Shareholders are entitled to our famous Calabrese broccoli seeds from the G&G seed bank. See seeds are listed with Seed Savers Exchange. Let us know if you are interested. Additional packages of seeds for \$4.00 (\$3.20) a packet (of 30).

**TBN G&G CSA
April 15, 2013
29th Report**



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