



## FRIENDSHIP FARMS & FARE

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

**3F FARM REPORT & NEWSLETTER**

MARCH 28, 2016 – 26<sup>TH</sup> 2015-2016 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

**63 degrees at 2:30 AM, March 25, 2016**

Historic Norm (for 3/28) 78 HIGH, 60 LOW Weather Underground: <http://www.wunderground.com/>

See the complete weekly weather report later in the Farm Report.



**Florida Loquat Festival  
Saturday  
March 26 9:00 – 2:00  
Frances Avenue Park  
New Port Richey**

By the time most receive this week's newsletter, the Loquat Festival will be over.

The image above features volunteers with the program from the event, and box of about 20 pounds of fresh-harvest loquats.

We'll give a report on the event next week.

In the meantime, feel free to order loquats this week. We also have loquat preserves (suggested donation, \$6.00 for a jar, or two for \$10.00).

Event T-shirts are available for a suggested donation of \$15.00, or two for \$25.00.

If you would like a tree, our nursery has trees from one to 6 feet.

Click here for the March edition of the *Florida Loquat News*, and a map to the site:

<http://www.ecologyflorida.org/2016/03/florida-loquat-news-16-march/>

## **Spring Seedings At Gardens Seeds & Seedlings Available for Your Gardens**

We are starting more seeds every week.

So far, we have okra, eggplant, lima beans, and Japanese Climbing cucumbers sprouted and ready for planting.

We've planted okra in the Illinois Ave Garden and at Grand Gardens.

The five okras we are featuring this season are Star of David, Hill Country Red, Silver Queen, our own hybrid Rouge Lance, and Red Burgundy. All are at or close to 100% germination.

These are all warm weather crops, and the unseasonal heat has sped their growth. This is in part due to many of our seeds having come from our garden, and being descendants of locally acclimated plants going back at least five years and in some cases ten.

If you would like seeds or seedlings for okra, please send us a request.

We'd be delighted to receive a contribution of \$3 for a seed pack or \$5 for 5 seedlings in cells.

We have the five okras noted above as well eggplant. Soon we'll have eggplant. These are all seeds and seedlings from the 3F gardens and farms, some for over the course of 10 seasons/generations. They are acclimated to the Springs Coast Watershed, and the central Gulf Coast, generally.

We also have a wide variety of heirloom organic seeds from Seed Savers Exchange. Let us know what you would like and we'll accommodate your interests.

## **Winter Garden Nearing Close**

Our winter garden has surpassed all previous records, but it is now nearing its close.

Broccoli is almost done, swiss chard is on its way out, and much of the kale is scorched. Only the hardy, handsome collards are still going strong.

We should have spotty winter harvests through April, and Collards until early June.

Shareholders are invited to come by the gardens for extra large shares of collards – just call in advance so we can be sure someone is at the farm.

Shares with the delivery amenity can request an "all collards" share, which will be double the usual share. – just call in advance so we can be sure someone is at the farm.

## **Broccoli Nears Close**

This has been our best broccoli season in years. We are over 200 heads harvested, so far, and we may have another 10 or so heads before the season ends.

We are nearing the close of the season. Much of the broccoli crop is now flowering. Like other plants, broccoli flowers when the plant is mature, and ours is no exception. Remember, the flowers add a touch of sweetness to the distinctive broccoli taste.

See later report on Fauna for story about honey bees at the broccoli flowers.

## **Grand Gardens Taking Off Promotional T-Shirts Available Order Now**

We'll be supporting Grand Gardens with okra seedlings and sweet potato slips. We'll also share eggplant and beans as desired by community growers.

As a fund-raiser and promotional collectable object for Grand Gardens, we are offering a T-Shirt as a premium for contributions to the project. The T-Shirt has the Grand Gardens logo on the front and supporting organizations on the back. We are affirming a minimum donation of \$15 for each shirt, and receptive to greater contributions to support the project – which will allow us to make the shirt available folks who might not otherwise be able to afford the shirt.

Contributions of over \$15 (our cost) will receive formal acknowledgement of contribution for purposes of tax deductions, if requested – with actual value being \$10.

Make checks to Friendship Farms & Fare PO Box 596 • New Port Richey, Florida 34656-0596 or go to the Ecology Florida website <http://www.ecologyflorida.org/> and click on the donate button.

If you want us to mail you a shirt, please give your size, and mailing address and add a little extra contribution for postage.

Folks interested in acquiring a plot at Grand Gardens can contact us through the 3F site. If you would like to participate, contact Travis Morehead, or stop by Grand Gardens on one of the designated work days: <http://eastmadison.org/community-garden-calendar/>

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

## **Arugula Thriving**

Arugula is another big winner. It continues to produce abundantly. The plants are thriving. All are healthy and strong. Shares can request extra quantities if desired. This arugula is from our own seeds, saved for three generations.

## **Collard Greens Abundant**

Collards are continuing to produce beyond all previous records. We can easily fill 2-gallon bags for all shares – and more if you want to come by the gardens. For folks who get deliveries, we can do a "collards only" bag for you. This would amount to two 2-gallon bags, totaling several pounds. There would not be much room for anything else, but you'd have a lot of collard greens.

You may not know it, but collard greens are a wonderful source of vitamins and minerals, and according to George Mateljan, collards are among the world's healthiest foods. Here is a detailed account of the benefits of collards, including data on nutrients and minerals: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=138>

**Collards, Nutritional Note (compared with Kale)** One cup of chopped collards supplies 27% of daily calcium, 300% of the vitamin A, almost 60% of the C, and 21% of the fiber. By comparison, kale (often called a super food), comes in with 9% of the calcium, over 300% of vitamin A, 90% of the C, and 10% of the daily fiber. So, collards stack up pretty well against one our trendiest foods.

## Kale Nearing Close

Kale is nearing the end of its cycle. There is enough for all shares and should be enough for weeks to come – but production is slowing and leaves are being scorched.

### 2016 Organic Seeds Now Available Rose's Bistro in New Port Richey University of South Florida in Tampa

Seeds from Seed Savers Exchange for the 2016 season are now available through Friendship Farms & Fare and our kiosk sites in New Port Richey and the University of South Florida. We are pleased to support the work Seed Savers, which is dedicated to preserving heirloom varieties of fruits and vegetables. Unless we use our own saved seeds or ones from other local gardeners, we use SSE seeds exclusively. Here is a link to Seed Savers Exchange: <http://www.seedsavers.org/>

Here is a links to Rose's Bistro: <https://www.facebook.com/TheMarketOffMain>  
And here is one to USF's Botanical Gardens: <http://gardens.usf.edu/>

### 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).

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/NeonicsSummary_XercesSociety.pdf)  
[http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees\\_Xerces-Society1.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/>

## WEATHER More Heat On Its Way

January and February shatter heat records – both were the hottest on record. Read more:  
<http://www.cnn.com/2016/03/17/weather/february-warmest-ever-month/index.html>

According to NASA and NOAA, 2015 was the hottest year in recorded history – replacing 2014 as the hottest year on record (since records have been kept, 1880). Read more:

[http://www.nytimes.com/2016/01/21/science/earth/2015-hottest-year-global-warming.html? \\_r=0](http://www.nytimes.com/2016/01/21/science/earth/2015-hottest-year-global-warming.html?_r=0)

## 63 degrees at 2:30 AM, March 25, 2016

Historic Norm (for 3/28) 78 HIGH, 60 LOW Weather Underground: <http://www.wunderground.com/>

See the complete weekly weather report later in the Farm Report.

Average temperatures are increasing and will continue to until early June, when they reach 90, and stay there until early September. Historically, the average high temperature is now 78 degrees, eight degrees higher than our lowest average high of the year [70], and twelve degrees lower than our highest average [90]. Our average low is now 60 degrees, sixteen degrees lower than our highest average low of the year (76), and nine degrees higher than our lowest average low [51].

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 (3/18-3/24):** We had a nice break in the unseasonable heat last week, with a few days of below normal temperatures. Overall, three days were below normal.

**This Week (3/25-3/31):** The heat is back on again this week. Highs will be in the 80s everyday, with normal highs being upper 70s. Lows will be well above normal – 10 to 12 degrees above normal on some days.

## Garden Overview

As suggested in earlier sections of the report, we've started the spring and summer planting, and winter harvests continue to be very good -- the best in many years.

Crops are beginning to struggle; some are beginning to seed and others to perish. The excessive heat and arid conditions are contributing to accelerated deaths.

We harvested more winter vegetables last week, sharing with neighbors and shareholders.

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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**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.

## The Share

March 28, 2016 (26)

\* larger quantity available if desired

**Vegetables**

**Arugula\***

Broccoli (very light, unlikely)

**Collards\*****Kale**

Lettuce – in recess

**Peppers – Sweet Bell (possible)****Peppers – Habanero (burning hot) (possible)****Peppers – Scotch Bonnet (burning hot) (possible)**

Spinach – Okinawa (not a true spinach) – in recess

Sweet Potato Leaves – in recess (cold)

**Swiss Chard - light****Fruit -****Loquats**

<<http://www.ecologyflorida.org/2016/03/florida-loquat-news-16-march/>>

**Herbs (\* larger quantity available if desired)**

Basil – Italian (in recess)

Basil – globe (in recess)

Basil – Red Basil (in recess)

Chives (in recess)

**Cranberry Hibiscus \*****Cilantro****Culantro (tastes like a strong cilantro) – light****Mint****Oregano****Parsley \*****Rosemary\*****Tarragon****Medicinal****Aloe****Other items and Samples**

**Eggs:** In extended recess. When we again have a reliable local, organic producer, we will add eggs back to the list.

**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.

**Loquat Preserves:** Made from local cottage industry producers. All organic materials, local source loquats.  
Suggested donation: \$6, two for \$10

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

**COMPANION FAUNA****Winter Report**

Animal companions are fewer and less active

**Honey Bees:** Prolific, at flowering broccoli.

We are again featuring the honey bees, which are one of the harbingers of spring for us. They love the nectar of the broccoli flowers – seemingly above all other flowers. We have a lot of flowering broccoli now, and we always let quite a bit flower and then produce seedpods. Once the lovely little flowers appear, the bees are not far behind. Most years, they appear in abundance. We are delighted to see them this year in numbers we have not seen in quite some time.

*"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/NeonicsSummary_XercesSociety.pdf)

[http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees\\_Xerces-Society1.pdf](http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees_Xerces-Society1.pdf)

**Leopard Frogs:** The deep strong song of the leopard heard earlier this morning (3/25).

Here is good site for information on Leopard Frogs

[http://www.wec.ufl.edu/extension/wildlife\\_info/frogstoads/rana\\_utricularia.php](http://www.wec.ufl.edu/extension/wildlife_info/frogstoads/rana_utricularia.php)

**Swifts:** No swifts.

**Tree Frogs:** A few observed in cisterns.

**Bald Eagle:** None this week

**Raccoon:** None this week

**Opossum:** None this week.

**Citrus Rat (also called Roof Rat):** Several in laurel oak in natural habitat near street.

Here is the IFAS report on these rats ("the worst rodent pest in the state of Florida and most abundant"):

<http://edis.ifas.ufl.edu/pdffiles/uw/uw12000.pdf>

**Florida Ringneck Snake:** None at 3F Farm.

**Florida Green Grasshopper:** None

**Mediterranean Gecko:** Small (hatchling) on west wall of dwelling.

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

**Owl:** No owls or calls this week.

**Greenhouse Frog:** None this week. 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=1WIYEmuUhKI>

[http://www.allaboutbirds.org/guide/Eastern\\_Bluebird/id](http://www.allaboutbirds.org/guide/Eastern_Bluebird/id)

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

**Southern Toad:** None this week.

**Sweet bees:** None this week

**Pileated Woodpecker:** One at Grand Gardens – a stunning site.

Here is a good site for the Pileated :

[http://www.audubon.org/field-guide/bird/pileated\\_woodpecker?gclid=CjoKEQiA4OqnBRDAjqaazvPjqABEiQANq28oLTaqkUEg7khhlQxXQSzXno1KGGEkjUYhQernafj8aAnMP8P8HAQ](http://www.audubon.org/field-guide/bird/pileated_woodpecker?gclid=CjoKEQiA4OqnBRDAjqaazvPjqABEiQANq28oLTaqkUEg7khhlQxXQSzXno1KGGEkjUYhQernafj8aAnMP8P8HAQ)

And here is a video:

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

**Florida Black Snake:** None

**Bumble Bees:** several at Barbados Cherry Tree.

**Hawk:** Several in the area.

**Earth Worms:** One in Grand Gardens.

**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"** – Very numerous – like stars in the ground. More in the south garden than in the north.

**"Asian Tramp Snail."** None this week.

**Woodlouse** – A few in the south garden. Usually not seen at this time of year, the warm weather has brought the little louses back to life.

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

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](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](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 not seen much, likely back with her primary caregiver.

## **Planting & Harvest Notes** **Winter Seeding and Garden Starts Continue**

**Seedings:** none

**Garden Starts:** 20 okra – south gardens

**Harvest Notes:** broccoli, collards, kale, swiss chard, lettuce, tomatoes, bell peppers, habanero and scotch bonnet peppers, all herbs that were mature

**Vermipost:**

## **3F Stories, Events, and Policy Updates**

### **Programs and Plans**

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

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

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

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

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

Our original project, and still our central focus is a **Community Supported Agriculture** program. This is a small (“boutique”) CSA, featuring organic produce from our gardens and local cottage industry foods. We are 100% organic and have a no-kill policy. Our program is recommended for single persons, couples, or (at most) three-person families.

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

Our newest project is a **community garden**, dedicating a portion of the 3F farm for use by others in the community. The community garden is located in New Port Richey, and operates through the

City's urban agriculture ordinance. The 3F community garden follows the standard policies of Friendship Farms & Fare. We are 100% organic, non-GMO, and have a no-kill policy. With the exception of the predatory Marine Toad, no animals are harmed on our farm. We follow permaculture principles, and working with and within our natural systems.

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

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

### **2016 Seeds Have Arrived**

#### **3F, Ecology Florida, Rose's Bistro, and USF Offer Seed Savers Exchange Seeds**

Through a cooperative arrangement with Friendship Farms & Fare and Ecology Florida, Rose's Bistro, in New Port Richey, and the Botanical Gardens of at the University of South Florida offer a wide range of organic, heirloom, non-GMO seeds exclusively from Seed Savers Exchange.

This is a trend-setting achievement for the Bistro and the Botanical Gardens, and another verification of Friendship Farms & Fare and Ecology Florida's leadership in ecological stewardship, sustainability, and resiliency. These two locations are the only location on the West Coast of Florida offering these high quality packaged seeds.

**Ecology Florida advances the harmonious integration of healthy natural, cultural, and economic ecologies to regenerate a sustainable world**  
<http://www.ecologyflorida.org/>

**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/>

**USF Botanical Gardens**

<http://gardens.usf.edu/>

**Rose's Bistro**

<https://www.facebook.com/TheMarketOffMain>

### **Next Workday**

**TBA**

We will be constructing a new bed in the South Garden this winter. We are looking to do this on a Saturday in March, and no later than April 2. Let us know if you can join us.

### **2016-2017 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. We just received confirmation of our renewal for 2016-2017.

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

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

**2015-2016 Renewal**  
**Seed Dealer License & Registration**  
**Friendship Farms & Fare**  
**So09451**

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

3F 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/>

### **Grand Gardens Project**

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. If you would like to participate, contact Travis Morehead, or stop by Grand Gardens on one of the designated work days: <http://eastmadison.org/community-garden-calendar/>

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

See earlier part of the letter for full report and opportunity to order shirts.

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

### **Farm Tours (Local Urban Gardens)**

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

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

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

There are four categories of tours:

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

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

### **3F: A Florida Friendly Farm**

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

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

Attention is given to features such as water-retention, native and drought tolerant plants, diversity in plant species, responsible irrigation systems, and amenities for native pollinators. Positive practices include minimal use of fertilizers (with organic preferred) and little or no use of poisons, groundcovers rather than turf, composting, and rainwater collection systems.

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

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

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### **Other News and Reports**

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### **COMMERCIAL 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 \$10.00 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 \$10 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** Eggs are in recess for the time being.

**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 (\$6.00) for nine. When available, small plants are \$3.00 (\$2.40) each, and medium plants are \$5.00 (\$4).

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

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

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

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

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

Heirloom, organic seeds from Seed Savers Exchange are \$4.00 each (\$3.00 for shares). You may order Seed Savers seeds from us. Find the seeds you desire on line, and let us know, and we'll

order them for you. <http://www.seedsavers.org/onlinestore/> Florida Central West Coast acclimated Broccoli seeds are offered by 3F: \$3.00 for 30.

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

**Rose's Bistro Off Main:** We encourage folks to patronize Rose's Bistro in New Port Richey, and other local produce markets. The Bistro often has organics, usually has local produce, is locally owned, and is a distributor of Seed Savers Exchange Heirloom Organic Seeds . Here is the facebook page: <https://www.facebook.com/TheMarketOffMain>

**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**

### **March 28, 2016–26th report for the 2015-2016 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  
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