

GARDEN & KITCHEN
CSA REPORT & NEWSLETTER
AUGUST 5 – 45TH CSA REPORT

For shareholders and authorized guests only.

FIND FULL CSA INFORMATION AT THE NEW G&G WEBSITE

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

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.

You will find your weekly newsletters, share details, and community growing information at the website – see < <http://www.fffsite.org> >

Current shares will continue to receive the email newsletter and share report for the rest of the season. Next year (starting October 7th), we will transition to the website as the primary source for information and reports on shares.

Current shareholders may request a free Share app for smart phone or ipad. The app will allow you to review the weekly share and place your share request.

REPORT

79 degrees at 3:00 AM August 3, 2013

**Historical Average: 90 HIGH, 76 LOW – Weather Underground- <http://www.wunderground.com/>
(the historical average will remain the same well into August)**

9 Weeks Until New Garden Year

The 2012-2013 Garden Year closes on September 30. The new Garden Year begins on October 7 and extends through September 29, 2014.

We appreciate those who have renewed early, and look forward to finalizing memberships with all who have pledged to renew.

See information later in this document for new and renewing shares.

Welcome Sweet Potatoes

The sweet potato harvest has begun. **See images of the first fruits.** We did the first sample digging in the Old South West garden, and harvested 4.5 pounds from about 20 square feet. If this yield is representative, we will have more 200 pounds this year. Of course, there is no telling how the other beds will do. The white ones are Nancy Halls and the orange are Beauregards. We should be able to fill all shares. Please let us know if fingerlings are desired (or even acceptable).

Cherry Tomatoes (Jasper)

We expect to have Cherry Tomatoes from Cadle's Cove Organic Farm. This variety (Jasper) is much smaller than the black cherry tomatoes of last week, and very sweet. Cadle's Cove is an organic farm, and we have been sampling their produce regularly for several months. It is fairly unusual to have organic tomatoes from Florida at this time of the year. We are delighted to have Cadle's Cove Farm in our circle of friends.

Eggplant Special

We should again have eggplant for shares this week. Deliveries will be Wednesday or later for the eggplant. These are also from Cadle's Cover Farm.

Eggplant is among the few high yielding Florida summer vegetables, and it is nearing or just past peak. Shares who have not received eggplant yet will be first on the list this week. After that, it will be first come first serve.

Sweet Potato Leaves

We have a couple more weeks of SP leaves. The volume of high quality leaves is declining due to maturation of the vines and the harvest of these southern delights. We will have enough for all shares this week.

Habanero Peppers

We still have plenty of Habaneros. We are now beginning to use them a deterrent to snails on the Bell Peppers. We place the over ripe Habaneros near the base of the Bells and the snails keep their distance. Smart snails. Samples are available. Be advised, **these peppers are very very hot.** They are so hot, that handling them after slicing can burn your fingers – as some of us have learned.

Okra

Okra is now slowing. Most of the original crop, planted in the Spring, is well past maturity. The second and third plantings are doing quite well, but there are fewer plants than in the first planting. We'll fill all shares in ¼ pound increments.

Last year, we produced a little less than 15 pounds for the season, and we had so few takers that we shared a fair amount with a local organic farm collective. This year, we have produced nearly 25 pounds, and distributed every single pod. We are delighted with the increased popularity, which we attribute to the recipes posted on the site.

Okra will be around for through most of August, but quantities will be lighter. Thus far we've been able to meet all shares with at least a ¼ pound each week. In the event we cannot offer everyone at least a ¼ pound, we'll use the FCFS method, and put those skipped one week first on the list for the following week.

Various okra recipes are posted on the site, and we welcome any others that you have. Look for the recipes section at <http://www.ffffsite.org>

Eggs: The hens at our supplier's farm have slowed down a bit with the heat. We will work to fill all requests. 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 Monday or Wednesday this week – Wednesday for the eggplant and tomatoes. 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

August 5, 2013 (45)

(* larger quantity available if desired)

Vegetables

Eggplant (Cadle's Cove) – FCFS (first call for those who have not yet received)

Tomatoes (Cadle's Cove) – Japer Sweet Cherries

Peppers – Habanero* – very hot

Sweet Potatoes – "first fruits" – FCFS (we should be able to fill all shares, notify if fingerlings are acceptable)

Sweet Potato Leaves (using new packing system)

Okra – ¼ pound – ½ pound upon request

Peppers – none at present

Fruit

No fruit

Herbs (* large quantity available if desired)

Basil -- Traditional Basil

Basil -- Mrs. Burns' Lemon Basil (small quantities)

Basil – Globe (Greek) Basil (this wilts and browns up quickly at this time of year)
Basil – Cinnamon (small quantities)
Chives*
Cilantro (none at present)
Culantro – (none at present)
Mint -- Citrus (Orange) Mint*
Oregano (medium quantity)
Parsley (none at present)
Purslane (medium quantities)
Rosemary*
Smilax (Cat Briar) (small quantity)
Tarragon
Thyme

Seasonings

Bay Leaves – fresh leaves

Medicinal

Aloe*

Complementary Sample(s) from Farm & Fare

- AUGUST Sample: Something special is on its way – most likely a special okra treat

Nature News

Bat update: The colony remained very active this past week. They are leaving for their hunt earlier every day. On Tuesday (7/30) they left at 8:31, and on Thursday (8/1), they left at 8:25. The Thursday flight was spectacular, with the entire colony taking wing in about two minutes -- an inverted volcano of bats. Usually they take at least five minutes to leave, sometimes longer. The Thursday departure was the earliest since May. Like all the other creatures in our garden, the bats are measures of the seasons and the passing of years.

Big Brown Bat: Our visitor was not seen this week.

Swifts: The swifts have been even more active than recently. As has been the case lately, the bats and swifts have shared the evening skies with entire population of both colonies (bird and bat) in the sky at the same time on Tuesday and Thursday evening – continuing celebration of life, diversity, and predation. The mosquitoes do not have a chance, being a favorite of bats and swifts. Each swift consumes on average 1000 mosquitoes a day.

Like bats, swifts are in decline worldwide, and chemical control of mosquitoes is on the rise. We strongly advocate the construction of loges for both species – bat houses and swift chimneys. Here is a great site on this topic from the *Dallas News*. The letter-writer advocates building "swift chimneys," an image of such a lodge is included.

<http://letterstotheeditorblog.dallasnews.com/2013/07/in-our-quest-to-control-west-nile-carrying-mosquitoes-lets-try-chimney-swifts-as-an-alternative-to-chemical-spraying.html/>

Here is a report from Bat Conservation International on the role of bats in the reduction of mosquitoes: <http://batcon.org/index.php/media-and-info/bats-archives.html?task=viewArticle&magArticleID=1048>

Lubbers: No lubbers observed.

Tree Frogs: There were three new egg clusters, and quite a lot of nighttime activity. They are now in all parts of the garden at night. All cisterns and nursery ponds are crowded with tadpoles, and numerous young frogs are appearing daily – so long as the Leopard frogs are not present.

Cicada: No cicada this week. There will probably no more until next year.

Leopard Frogs: Leopards were observed in the garden pond and the south side tadpole nursery. Both are females. No signs of the males this week. Wherever we see the Leopards, we see no tree frog nymphs.

Red Tailed Hawk: No sign of the hawk this week.

Opossum: Opossums not observed.

Southern Toad: No toads this week. Then again, there was no habitat destruction.

Owl: The owl was not heard this week.

Bees: For two days in a row, a bumblebee was observed enjoying nectar from the flowing native plants on the south side of the property. Also, a single honeybee was observed at cilantro flowers in the seeding nursery. We have many blooming plants on the grounds, and usually a profusion of bees.

For a possible explanation of this sudden decline, see: <http://www.xerces.org/neonicotinoids-and-bees/>

G&G Stories and Events

Notice for 2013-2014 Shares

Our CSA garden year begins in October, and covers the entire year. We are in the renewal period now, and most shares have affirmed a desire to renew.

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 we 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. If you plan to renew, we can hold your share until the last week of September, but renewal before then will be helpful. The sooner you renew the easier it will be for us to finalize our plans. At present, we have a waiting list for new shares, so if you are not going to renew, letting us know soon will be helpful – especially for those who desire to join.

Seed Dealer License

We are pleased to announce our licensing as Seed Dealer. The Florida Department of Agriculture and Consumer Services issues these licenses, which are required for anyone to sell seeds to the public. Through our friendship with Ecology Florida, we applied for the license as a subsidiary of Ecology Florida – a federally sanctioned Not For Profit organization. Want to buy some seeds? To explore the Ecology Florida project, see: <http://www.ecologyflorida.org/>

Irrigation Lines Installed August 1, 2013

On Thursday (8/1), our good friends at Woody Tucker Plumbing and Air Conditioning installed the irrigation lines for the New South Garden. Attached are images of the installation project.

The irrigation lines allow us to prepare the site for use as a community garden. We received designation of the South Garden as a Community Garden on June 12 – see story in the archives. If you would like a plot in the community garden, just let us know. As a shareholder, the fee for your plot will be covered.

Next Chapter in the our Growing Project

The steering committee of the gardens and kitchens have been making plans to improve and enrich the joint project, including the CSA. We will soon have a new identity, most likely sometime in September. Watch the website for news of all the improvements, and our new identity. Of course, there will be no changes in the fine produce and prepared foods you have been enjoying for the past few years, only a better operation, expanded opportunities for participation, and a more meaningful contribution to healthy living and a sustainable culture. In all likelihood we will have greater diversity in our product offerings.

Loquat Festival Next Year: Our CSA 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.

Summer cycle closing: We are nearing the end of the summer growing season, and certainly past peak. Production of the high-summer crops will continue through mid-August, but volume is beginning to slow. The end of the summer season is marked by the sweet potato harvest, which has begun.

Fall on the horizon: Preparations for the Fall growing season are beginning. We've started composting some of the summer plants (okra and sweet potato vines). Fall crops will be seeded in the next couple of weeks, and beds will be regenerated. The growing seasons have changed due to climate change, so our major plantings will begin in late August and extend through the end September.

NEXT G&G Workday August 24 – Please let us know if you would like to join us for a workday on August 24. We'll be harvesting sweet potatoes, composing okra, expanding and regenerating beds, seed collecting, and seeding broccoli and perhaps some other fall crops.

G&G Produce 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.

Website Link: Please visit our website < <http://www.fffsite.org> > for weekly newsletters, share details, and community growing information.

Farm and Fare 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): Seed testing of 2012-2013 seeds: Okra, broccoli, habanero peppers, poblano peppers, cubanelle peppers, cilantro, arugula. The broccoli seeds from 2011 and 2013 are nearly 100% germination. Orka is 100%. Habaneros have nearly 100% germination, and poblanos about 75% -- so far. The arugula is also at close to 100% germination. Broccoli seeds from 2010 and (strangely) 2012 have less than 10% germination. The very low germination rate for 2012 is quite surprising, especially since the 2011 seeds germinated at close to 100%.

Planting (Garden Starts): Last of the okra seedlings.

Harvest Notes: Habanero Peppers, Bell Peppers, assorted okra, sweet potato leaves, assorted herbs, and first sweet potatoes.

Vermipost: No harvest this week

Other News and Reports

New Port Richey Library Seed Exchange and Community Garden Program - August 20, 11 AM

If you are in the New Port Richey area on August 20, stop by the Public Library at 11:00 for the official opening of the New Port Richey Library Seed Exchange and a presentation on the city's Community Garden Program. Members of your CSA Family have been active supporters of both programs, and our urban farm has been designated as a Community Garden.

Watch this part of the site for further information on the program, and mark your calendars for this special event.

To mark the opening of the NPR Library Seed Exchange, we donating a collection of our high-yield heirloom vegetable seeds. We fully support and celebrate the good work of the New Port Richey Library and the City's Environmental Committee in initiating this outstanding project. Here is what we are sharing with the exchange:

Silver Queen Okra 100+ seeds
Hill Country Red Okra 100+ seeds
Star of David Okra 100+ seeds
FF&F Gulf Coast Calabrese Broccoli 200+ seeds

Commercial Produce News Report August 1, 2013:

This column reports on seasonal Florida produce and other popular produce items as they appear at local corporate grocery stores. The report includes the source of the produce, the cost, and estimated food miles. Readers will note the seasonal Florida produce is available from local growers (including our CSA), 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, and we find it in stores, we'll

include it on this list. We'll also include seasonal crops not being grown at our farm. **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. Items in red are available through the CSA or other local growers.**
OR = organic.

Market Report

Major Market

July 25, 2013

Eggplant, \$1.99 lb – Thomasville, GA (est. to Tampa: 271 land, 219 air)

Blackberries, 12 oz, \$4.99 – Mexico, Michoacan (est. to Tampa: 2,009 land, 1,347 air)

Okra, \$3.49 lb, USA (no location given, probably Florida) (est. 150 miles)

Peanuts (green), \$2.99 lb, USA (no location given, probably Florida) (est. 150 miles)

Bell Peppers, OR, \$3.19 each – Sarasota (Global Organics) (to Tampa, 61 miles land, 42 air)

Dill, Thyme, Basil, 1oz (\$1.99) – Miami (Rock Garden South)(to Tampa, 280 miles land, 203 air)

Mint, Oregano, Tarragon, 1oz (\$1.99) – Miami (Rock Garden South)(to Tampa, 280 miles land, 203 air)

Onions (Vidalia), \$3.99/3lbs – Reidsville, GA (Shuman Produce) (to Tampa, 324 miles land, 286 air)

Onions (Vidalia), \$3.99/3lbs – Lyons, GA (Herndon Family Farms) (to Tampa, 337 miles land, 293 air)

- note: onions are being harvested in Florida, but they are not "Vidalias"

Broccoli, OR, \$3.99 head -- Salinas CA (Salinas to Tampa: 2826 land, 2352 air)

Cauliflower, OR, \$4.99 head – San Juan Bautista (to Tampa, 2,840 miles land, 2,348 air)

From July

Mangos, 10/\$10 – Mexico (Coast Tropical) (est to Tampa: 1,435 land, 1,112 air)

Blueberries, OR, \$2.99 ½ pint – Hammonton, NJ, Little Buck Organics (to Tampa: 1,065 land, 919 air)

- some Florida growers are still producing blueberries but not in commercial quantities

Strawberries, 16 oz., \$3.99 – Watsonville, CA (Surfside) (to Tampa: 2850 land, 2352 air)

Oranges, Valencia, OR, 4 lbs. \$4.99. – Rainbow, CA (Rainbow Valley) (to Tampa: 2,486 land, 2,088 air)

Peaches, \$2.99 lb – California (est. to Tampa: 2850 land, 2352 air)

Nectarines, \$2.99 lb – California (est. to Tampa: 2850 land, 2352 air)

Ruby Red Grapefruit, \$5.00/5lbs – Sherman Oaks, CA (Sunkist) (to Tampa: 2540 land, 2164 air)

OTHER PRODUCTS FOR THE CSA FAMILY

Non-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.

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 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).

Let us know, if you want to acquire seeds or starts. We have okra, peanut, and marigold 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 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 seeds from our seed bank – three types of okra 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 (\$3.20) a packet (of 30).

We also now have local-sourced, Gulf-coast acclimated Okra Seeds – Silver Queen, Star of David, Hill Country Red.

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 – 1:00 PM) for a good selection of locally grown organic vegetables. [New Port Richey Public Library, 5939 Main St, New Port Richey, FL](#)

Suncoast Co-Op Market: On Saturday mornings, visit the Suncoast Co-Op locally-grown organic produce. See the Market in New Port Richey at the West Pasco Habitat for Humanity: Saturdays Noon- 2pm 4131 Madison Street New Port Richey, FL 34652.

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

TBN G&G CSA
August 5, 2013
45th Report

###