

TBN Garden & Groves and Tarry Lane

CSA Report & Newsletter

July 15, 2013 - 42nd CSA Report



For shareholders and authorized guests only.

FIND FULL CSA INFORMATION AT THE NEW G&G WEBSITE

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

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.

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

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Current shares will continue to receive the email newsletter and share report for the rest of the season. Over time, 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

75 degrees at 4:15 AM July 13, 2013

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

10 Weeks Until New Garden Year

The 2012-2013 Garden Year is drawing to a close. Coming up will be the grand finale of the Garden Year: The Sweet Potato harvest. Last year we topped 100 pounds, and if all goes well, we should have that much or more this year. We'll do our first sample digging in a week or so.

Please let us know if you plan to renew or apply for a new share for the coming year (October 2013 through end of September 2014). See information later in this document for new and renewing shares.

Dog Days

We are well into the Dog Days of summer – from mid-July to mid-August, the hottest days of the year. The range of production in the garden is narrow, although what is being produced is abundant. Bell peppers are not producing right now. There are a few young fruit on several plants, but the heat, rain, and overcast is slowing maturation. Even without the rain and above average temperatures, bell peppers are light during the Dog Days. The same is true of many herbs.

On the other hand, the okra plants continue to be prolific. We are over 25 pounds, and counting. Sweet potato leaves are abundant, and the main garden is a verdant sea of bright green leaves. The habanero peppers are so plentiful the branches of the little plants droop from their weight. Marigolds are also thriving. Among the herbs, tarragon, chives, purslane, and citrus mint are prolific.

Habanero Peppers

The volume of production for this extra hot pepper exceeds any we have previously seen. We've had few takers, and there are plenty for all who want to try.

Okra

Okra continues to exceed expectations. We harvested four pounds again in the past week. Many plants in the first planting have passed maturity and have been composted. We are letting the last pods of the strongest plants reach full size and we will collect their seeds for next year's crop. One pod reached 12 inches, and many are close to 10 inches. [See images](#). We'll fill all shares in ¼ and ½ pound increments. Responses indicate that Silver Queen and Red Burgundy are the preferred varieties.

We have discovered that the Silver Queen and Red Burgundy (both slender, spear-like varieties) generally remain tender even when very long – up to 5 inches, especially when fresh.

We are posting okra recipes on the site, and welcome any others that you have. In the garden kitchen we made a quick dish using thin sliced okra and peach tomatoes from the garden, and some organic grape tomatoes from a local market – with little olive oil, salt and pepper. I couple of minutes on medium heat in a skillet. This would also work in a microwave for those who use that method.

See other recipes at the website recipe section: <http://tinyurl.com/tbngg/>.

Habanero Hot Sauce

Production has begun again at the Hart Kitchen, and Hart's Habanero Hot Sauce may soon be available.

Sweet Potato Leaves

Sweet potatoes are thriving now, and we have enough leaves to fill all shares. Many folks find these leaves to be quite delicious. For others, it is an acquired taste. They are excellent in salads, added to stir-fry dishes, mixed with other vegetables in omelets, and added to soups and stews.

This is a wonderful Florida "summer green," rich in vitamins and minerals, and available in abundance. Not only are these leaves exceptionally nutritious, they are locally produced, and reduce your food miles considerably, especially when compared with lettuces.

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. 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

July 15 , 2013 (42)

(* larger quantity available if desired)

Vegetables

Peppers – Bell – none at present

Peppers – Habanero* – very hot

Sweet Potato Leaves*

Okra – 1/4 pound – 1/2 pound upon request

Fruit

No fruit

Herbs (* large quantity available if desired)

Basil -- Traditional Basil (none at present)

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

Basil – Globe (Greek) Basil (wilts and browns up quickly at this time of year)

Basil – Cinnamon (none at present)

Chives*

Cilantro (none at present)

Culantro – (none at present)

Mint -- Citrus (Orange) Mint*

Oregano (small 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

- JULY Sample: Something special is on its way
<<http://tinyurl.com/tltastings>>

Nature News

Bat update: Storms again keep the bats in their lodge several days this week. They are leaving a little earlier now that we have passed the solstice and the days are getting shorter.

Big Brown Bat: Our visitor came by once at the usual time – a few minutes before the colony took to the air.

Swifts: The swifts remain busy. They are undeterred by the rain, unless there are strong winds. They are particularly busy throughout the night in their lodge – chirping, cheeping, cooing, and fluttering about.

Lubbers mating: On July 12 we observed the first mating pair. For some reason there are many fewer this year, and we happy that at least this pair found each other. [See image.](#)

Tree Frogs: The tree frog colony continues to expand. With all the rain, there were eight new egg clusters. They are now in all parts of the garden at night. Nearly all cisterns are crowded with tadpoles, and numerous young frogs are appearing daily.

There is a considerable number on the estate, and they are likely attracting others from the surrounding area. Their songs affirm this is both a safe place, and place to find a mate. They are very good at finding mates, and busy in this pursuit all night long.

Cicada: **A small cicada** was observed in the garden (on an okra stem). This was reported a major cycle for cicadas in the northeast. The same species extends into the south, although their population here is smaller.

Gulf Fritillary Butterfly : Although the bees have all but disappeared from the garden, we have had wide variety of butterflies enjoying nectar from our native plants. Among our visitors was a Gulf Fritillary. You'll find an image of this excellent pollinator, laying eggs in a muck patch. After laying its eggs, the butterfly perishes.

Leopard Frog: Leopard frogs remain in garden nursery pond, on edge of fishpond, and in the south nursery pond. They are most likely preying on the tree frog nymphs, whose numbers are considerably lower than previous years.

http://www.wec.ufl.edu/extension/wildlife_info/frogstoads/rana_utricularia.php

Soft Shell Turtle: Yesterday, our good neighbor found a juvenile **Florida Soft Shell Turtle** (see image) in the road after a heavy rain. The garden is in what was once a riverine habit, so finding this young turtle is not surprising. We created a little nursery pond for him, and will release him in a protected area shortly. A couple of years ago, these long-time Florida residents were a target of hunters, who harvested them in large quantities and shipped them to China.

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

Opossum: Opossums not observed.

Southern Toad: None observed

Owl: No owl – call or sight.

Bees: No bees sighted again. In addition to our bee husband's loss of 10 colonies, and their disappearance from our gardens (reported earlier), we have received new reports of the absence of bees from others in our community.

Here is a reprint of earlier comments on the disappearance of the bees:

The disappearance of our bees was likely caused by neonicotinoids, which are now being marketed (chiefly by Bayer) as home and garden insecticides. The “neoniks” seem to be major culprits in CCD, and the EU has banned them. Not so here. The daunting challenge is the commodification of this type of poison and its serious penetration of the home poison market due to Bayer's aggressive marketing.

Where once bees actually were doing better in urban environments, away from the big AG operations and their addiction to poisons and chemical-based food production, now even these sanctuaries are being contaminated by this virulent poison — a neurotoxin. The Bayer poisons are packaged in bright blue bottles, and you will find them in major home improvement chain stores, and most smaller stores as well. Where is Rachel Carson?

Here are two good sites related to neonicotinoids:

<http://www.telegraph.co.uk/gardening/10119237/Neonicotinoids-harm-birds-and-soil.html>

<http://www.xerces.org/neonicotinoids-and-bees/>

G&G Stories and Events

Water Connection

July 12, 2013

The New South Garden is now connected to the city water system. We will install irrigation lines in the next week or so. We will extend a line back to the old south grove, and have two or three bibs, to expand gardening operations on the mini-farm. This is a nice complement to receiving 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 share holder, the fee for your plot will be covered.

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. About half the current shareholders have committed to renewing. We are affirming all current shareholders will do so, but we understand some may not. The sooner we know your intention (either way) the easier it will be for us to develop 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.

Next Chapter in the our Gardens & Groves and Tarry Lane Kitchens

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. We are certainly past peak. Production of the high-summer crops will continue through mid-August, but it will soon begin to slow. We'll continue to plant some okra because it has quick maturity cycle, but many composted plants will be replaced with marigolds for soil enrichment.

Fall on the horizon: Preparations for the Fall growing season will begin in August. Starting in the first full week of August, summer plants will be composted, fall crops will be seeded, 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 13 – Please let us know if you would like to join us for a workday on August 13. 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://tinyurl.com/tbngg>> 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): no new seeds planted (rain)

Planting (Garden Starts): orka, marigolds, and bell peppers

Harvest Notes: Habanero Peppers, Bell Peppers, assorted okra, sweet potato leaves, assorted herbs, tomatoes, onions.

Vermipost: No harvest this week

Other News

Commercial Produce News Report

No Report this week. June 27 repeated here:

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. Items in red are available through the CSA or other local growers.**

Market Report

Major Market

June 27, 2013

Blackberries, 12 oz (4.99) – Guatemala (Pure Fresh) (est. to Tampa: 2602 land, 1057 air)

Blackberries, 1 lb.(6.99) – no location given

Strawberries, 16 oz. (2/\$5.00) – Watsonville, CA (Driscoll's) (to Tampa: 2850 land, 2352 air)

Strawberries, Organic (OR) 16 oz. (\$3.49) – Watsonville, CA (Wellpic) (to Tampa: 2850 land, 2352 air)

Bell Peppers, OR, \$3.49 each – Sarasota (Global Organics) (to Tampa, 61 miles land, 42 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)

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)

Navel Oranges, 1.69 lb. – California (Sun Pacific) (est. to Tampa: 2850 land, 2352 air)

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

Blueberries, \$2.99 pint – Fairfax, SC (to Tampa: 394 land, 354 air)

Okra, \$3.99 lb, USA (no location given, probably Florida) (est. 150 miles)

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

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)

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

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

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://tinyurl.com/tbnngg>>

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