

**FRIENDSHIP FARMS & FARE**  
FARM REPORT & NEWSLETTER  
DECEMBER 16, 2013 - 11TH FARM & CSA REPORT

**REPORT**

**64 degrees at 2:50 AM, December 8, 2013**

**73 degrees at 1:30 AM, December 15, 2013 (ahead of a cool front)**

Historical Average (12/8): 74 HIGH, 56 LOW – Weather Underground-

Historical Average (12/15): 72 HIGH, 54 LOW – Weather Underground-

<http://www.wunderground.com/>

The historical average is dropping each week, and will continue to until January. In late January it will begin to rise again. The lowest average high is 70 degrees, throughout most of January. The lowest average low is 51 degrees, occurring for about a week in early January.

**Report, Missive, and Share List for 2013-2014**

This week the website features our bi-monthly Farm Report, with updates on what we're planting and harvesting and on the progress of crops. Also included are seasonal images, our popular wildlife segment, notes on climate and weather, reflections on urban farming, and our seasonal market reports.

Next week will be our "Interludes" Feature.

Available share items will continue to be posted each week in the usual location on the site.

**Warm Weather continues**

For the past two weeks (12/2-12/8 and 12/9-15) we have had very high temperatures, and the first week of December saw the highest temperatures ever recorded for certain dates at several locations in the area. High temperature records were set in Tampa and Lakeland for December 6th – 84 degrees. It is likely that we broke records in West Pasco, but confirming reports were not available. We've been in the low to mid-80s for most the past two weeks.

Although the warm temperatures are welcome by most humans and domestic animals it creates challenges for plants and wild animals. More about this will be shared in future Farm Reports. Here at the farm, the heat has been beneficial to the tomatoes but hard on the winter vegetables. Insects, worms, and snails have been enjoying the warm weather and feasting on winter vegetables to which they are seldom exposed.

A cool front is forecast to pass through today and tomorrow (12/15-16) with the estimated temperature range a below the historical average.

**Garden Overview**

The heat has stressed all the winter vegetables but resulted in no lasting damage. As has been the case through most of the fall, the excessive heat has caused several of the crops to slow their growth and development. We lost several of young, newly planted broccoli plants, not directly due to the heat but to worm and snail predation, which has intensified as a consequence of the heat.

**Citrus Starting to Roll**

Be sure to order your citrus this week, and in the weeks ahead. The harvest is beginning to come in. This is a bit early for citrus, and we've not had much cool weather to bring out the sweetness we all expect with Florida citrus.

Three farms in the 3F family are sharing citrus harvests. Cadle's Cove Farms has mandarin oranges, First Farm has Old Florida (White) Grapefruit and kumquats, and Seeds of Love Organic Farm has a wide array of citrus, including Persian Limes and Honey Bell Oranges.

### **Kumquats**

First of the season Kumquats went out last week and few are still available for this week. These are the first harvest from our New South Farm. Meiwas are the sweeter variety, with a taste running from rather to sweet to slightly tart. Nagamis are the tart variety. Nagamis will range in flavor from tart to sour – depending on individual palates and tastes. We'll still have a few of both.

For the adventurous, we also have some Old Florida Kumquats. These are essentially sour, but they are pretty tasty with a little organic (non-GMO) sugar or appropriate sweetener.

These are the first harvests from the kumquat trees we acquired last year from Floyd's nursery in Dade City.

### **Seeds of Love Organic Farm First Citrus**

Our Friendship Farm in Lithia (Seeds of Love Organic Farm) has shared the first fruits of this year's citrus harvest. Available this week will be Tangelos, Honey Bell Oranges, Myer Lemons, Persian Limes, and a moderately large quantity of SoL's famous Old Florida (white) Grapefruit.

Most of the fruit still has some hints of green and looks like it might benefit from a little more ripening, but we've sampled all varieties (except for the Persian Limes) and give a "thumbs up" on taste. It is possible that SoL's groves may be experiencing some of the much-publicized citrus greening. It is also possible that this is just an early harvest and the skins of the fruit have not manifested their mature hues.

### **Old South Grove Harvest**

First Farm's Old South Grove is also now producing grapefruit. These are our famous Old Florida (White) Grapefruit, and we will include some of our harvest along with SoL's grapefruit for those requesting.

### **Broccoli**

The broccoli is doing very well. Growth and development of all the plants has slowed considerably. A few plants have heads, but many fewer than usual for this time of the season.

We now have over 100 plants in the ground, and we are aiming for 200. We had hoped for the first heads before Christmas, but this is appearing less likely by the day. The key will be getting cooler weather, and this appears unlikely for at least another full week.

We will harvest our first head today or tomorrow (12/15 or 16).

### **Cauliflower**

We are growing Early Snowball cauliflower this year, with about 30 plants in a five sample patches. It is maturing more slowly than the broccoli, but all plants are quite strong. Cauliflower prefers even cooler temperatures than broccoli.

### **Peppers**

The Carolina Wonders and Charleston Belles are doing well. Some have been damaged by predation, and others have been lost. The larger plants are producing flowers and we have observed a number of small fruit. Peppers are running behind previous seasons.

## Tomatoes

We continue to keep ahead of the septoria, and we are harvesting a few tomatoes each week. We are including these with shares on a rotating basis – up to about 20 so far. Look for them as surprises in your share deliveries.

If you do not want tomatoes, please let us know. We may have enough for several shares this week.

So far, only the John Baers are producing ripe fruit, but the others have plenty of flowers and small fruits. Among all the crops, the tomatoes benefit the most from the abnormal heat. Our only concern here is a freeze – which is always a possibility.

## Arugula

So far this season, arugula is our best crop. We have plenty of leaves to harvest for all shares. If you have not tried arugula, we are recommending it. Ask for a sample if you'd like to try it. Like other organic produce, our arugula will have a little more zip than commercial varieties – even the commercial organics. Just be prepared for a spicier taste than what you might be used to.

## Cucumbers

The first bed of cucumbers is now officially lost. Pickle worms, again! The two other plantings do not appear to have been infested. They are maturing slowly. If we lose them, however, we will forego cucumbers next year.

## Sweet Potato Leaves

We should have SP leaves until the first freeze. These are second-growth leaves from taters missed in the harvest, and residual roots. These are small, but very tasty. If you like SP leaves, these are recommended. The leaves were undamaged by the cold weather. It will take a freeze to damage these hardy plants.

## Cadle's Cove Farm (a 3F Friendship Farm) Oranges (Satsuma, Mandarin) and Ginger Root

We just received news that this week (12/16) Cadle's Cove Farm will have Satsuma (Mandarin) oranges and ginger root..

## Habanero Peppers

The Habaneros are still producing. They are now small shrubs. Most are being used for insect and snail control, but they are certainly available for shares. 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.

**Eggs:** We have increased the cost of the eggs to \$5.00 (\$4.00 per share). Our supplier has now gone to a certified non-GMO scratch for his chickens, which is significantly more expensive than the uncertified scratch. As you know, we work with a humane farmer, practicing compassionate farming methods. Even better, now the eggs will be free of GMOs – at least we can affirm they are being produced by chickens that are consuming non-GMO scratch.

**Herbs:** Consult the share list for available items. Most are available in Note, a new herb this week.

**Honey:** Sorry to say, we have no honey. Hopefully our friend the beekeeper will have more soon. The loss of half his hives was a serious set back for him and for us – and most of all the bees, whose loss we grieve.

**Tampa deliveries will be Tuesday only this week.** West Pasco deliveries will be determined on the basis of share request and distance, but no later than Wednesday.

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**  
**December 16, 2013 (11)**  
**(\* larger quantity available if desired)**  
**Tampa Transmissions on Tuesday or Thursday this week**

**Vegetables**

Arugula\*

Peppers – Habanero\* – very hot

Sweet Potato Leaves\* – second growth vines (young, tender, succulent)

**Fruit – Citrus Season 1<sup>st</sup> Fruits (limited numbers of all) FCFS**

Kumquats – Meiwa (sweet to tart) Nagami (tart to sour), Old Fla. (sour)

Tangelos – 1<sup>st</sup> fruits

Oranges (Honey Bell) - 1<sup>st</sup> fruits

Lemons (Meyers) - 1<sup>st</sup> fruits

Oranges (Satsuma)

Grapefruit\* (Old Florida, White) - 1<sup>st</sup> fruits

**Fungus (Mushrooms)**

Shiitake Mushrooms – (small quantities, FCFS)

**Nuts**

**Roots**

Ginger

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

Chives –

Cilantro –

Mint – Citrus (Orange) Mint (small quantities)

Oregano – (small quantity)

Parsley – (medium quantities)

Purslane – (medium quantities)

Rosemary\* –

Smilax (Cat Briar) (none at present)

Tarragon\* –

Thyme – (small quantity)

**Seasonings**

Bay Leaves – fresh leaves

**Medicinal**

Aloe\*

## Complementary Sample(s)

DECEMBER TREAT: **Raw Vegan Ginger Snaps** made with local organic pecans and ginger acquired with the help of Cadle's Cove Organic Farm. Tarry Lane pairs these ingredients with organic medjool dates, almonds and spices for a raw vegan treat that is healthy too.

## COMPANION FAUNA

**Bat update:** The lodge is as full as it has ever been. The colony stayed in the lodge for two days during the last cold spell, and we thought it might have left for warmer regions. Not so. For the past two days, large numbers have filled the evening skies. They love the heat.

The earliest egress yet occurred on Friday December 6, at 5:48.

Our companion bats are a family called Brazilian (or Mexican) Free Tail. They are migratory over most of their range, although many of in the 3F colony spend the winter with us. The largest colony in world lives in Bracken Cave, near San Antonio, Texas. An estimated 10 million bats reside in the cave during the summer. Texas gets colder than Florida in the winter, so the entire Bracken Cave population migrates in November.

By comparison, at peak, 200 bats live in the lodge in our garden. We are current close to peak numbers.

Here is a site on the Bracken Cave bats:

[http://www.batcon.org/index.php/get-involved/visit-a-bat-location/bracken-bat-cave/subcategory.html?layout=subcategory&utm\\_campaign=bracken&utm\\_source=external&utm\\_medium=redirect](http://www.batcon.org/index.php/get-involved/visit-a-bat-location/bracken-bat-cave/subcategory.html?layout=subcategory&utm_campaign=bracken&utm_source=external&utm_medium=redirect)

**Great Horned Owl:** Heard distinctive call on Sunday morning (12/8) at 2:15 AM.

**Opossum:** A large opossum has been visiting the gardens lately. We first observed the visitor on December 12. A nocturnal being, the opossum is the only North American marsupial. There is only subspecies on the entire continent, the Virginia Opossum, whose primary habitat is east of the Mississippi. In contrast, there are over sixty types of opossum in South America.

Opossums thrive in Florida, and we usually have several with us through the cooler months. In the spring, we usually see pups in and around the garden. The pups are very cute.

**Big Brown Bat:** The brown bat was not seen this week.

**Swifts:** No swifts observed. No sounds in the swift lodge. They have likely left us for the season.

**Tree Frogs:** One female tree frog observed in a cistern.

**Leopard Frogs:** No activity. The Leopards are presumed to be in hibernation.

**Greenhouse Frogs:** The greenhouse frogs remain very active in the nursery area. We also found a rather large one in the worm lodge.

These small frogs live in protected spaces – like greenhouses. The main colony lives in our seeding nursery, but they are appearing in the loquat nursery, the potting soil mixing tub, and even in the garden. The greenhouse frog is the only North American frog to lay eggs on land. They are abundant now and will be with us through the spring.

Unlike the tree frogs and the leopard frogs, greenhouse frogs can tolerate cooler temperatures. They feast on woodlice and other small creatures. Unfortunately, they do not consume adult Asian Tramp Snails, which are often larger than they.

**Southern Toad:** No toads.

**Woodlouse** – Abundant again.

Nocturnal Garden Spider – Numerous and busy.

**Bees:** On December 6<sup>th</sup>, European "honey" bees were observed in significant numbers at blooms on the farm's Loquat trees. This is the largest number of honey bees observed in many months. None were observed the following day

**Sweet bees:** A few sweet bees have been regular visitors to the Loquat blooms

**"Asian Tramp Snail"** Abundant. See earlier missives on this busy snail with a voracious appetite. None have been seen since the cold front passed.

**Cat:** Mr. Goldie continues to enjoy the grounds. He occasionally has encounters with the King of the Cats in this part of the world, Sweet Tommy. Sweet Tommy is the larger brother and litter-mate of the late, Tiny Tommy. Tiny Tommy was beloved by the Farmer, and some of you may recall the report of his passing last year.

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

### **Planting & Harvest Notes**

**Seeds:** Baquieu lettuce (a bib "butter head" type), and Ozark Pink Tomato

**Garden Starts:** tomatoes, broccoli, arugula, cauliflower, Tom Thumb lettuce, Winter Density Lettuce

**Harvest Notes:** sweet potato leaves, assorted herbs, arugula, tomatoes

**Vermipost:** no harvest

### **Friendship Farms and Fare Pursues Non-GMO and USDA Organic Certification**

As noted in our first report of the Garden Year (10/7) Friendship Farms and Fare has established a policy opposing the use of GMOs in food. Acting on our policy, we are exploring Non-GMO certification for our First Farm in New Port Richey, and possibly Tarry Lane Kitchens. We have the application in hand, and will be submitting it in the near future. Of course, we have never used GMO seeds or products containing GMOs, so you can rest assured that even without the certification, everything we share is free of GMOs.

We have also taken the initial steps to secure USDA Organic certification. The cost for USDA assessment (with no guarantee of approval) will be between \$950 and \$1300 depending on how much of the 3F project we desire to have assessed. As with our non-GMO commitment, we are fully committed to organic farming.

### **First Farm to Initiate Community Garden Project at New South Garden**

Plans are now being developed for a community garden at First Farm's New South Garden. Several ideas and designs are under consideration, and we anticipate being able to introduce the project early next year. In conjunction with an address at California State University, Fullerton, your 3F Farmer enjoyed a tour the university's arboretum and community gardens. Their operation is

quite impressive, and their designs may serve as a good model for our community garden project. An image of a typical CSUF plot is included with this week's report.

If you are interested in acquiring a plot in the 3F community garden, please let us know. Fees and support expectation are yet to be determined, but all 3F shares will have the opportunity to participate for reduced rates.

We have installed sample community garden beds. Each is 12 x 8, 96 sq feet. We'll include images of the sample beds in a future report.

### **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 the 3F Kitchen (Tarry Lane Tasting Station), 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 visit several urban farms, learn about organic farming in an urban environment using permaculture philosophies and practices, observe and learn about urban wildlife and helpful plants, 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 when tours are scheduled.

There are four categories of tours:

- \* Urban Farming, Gardening and Soil development
- \* Urban wildlife and helpful plants (note if you desire a bat observation, which requires special scheduling)
- \* Vegan, Organic food preparation
- \* 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.

### **Next Workday – January (if interest warrants)**

We are planning a workday in January. If you'd like to do a little work in the First Farm gardens, send us a message, and your best Saturday in January. If we get any takers, we will be expanding the west bed in the new south farm, clearing brush and preparing beds in the old grove, and doing some fall and winter planting.

### **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.

### **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:

<http://fyn.ifas.ufl.edu/homeowners/recognitions.htm>

**Seed Dealer License**  
**Ecology Florida/Friendship Farms & Fare**  
**So09451**

3 F is now a licensed Seed Dealer. The Florida Department of Agriculture and Consumer Services issues these licenses, which are required 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/>

**3F 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.ffffsite.org> > for weekly newsletters, share details, recipes, educational texts and videos, special 3F Films, and community growing information. You will also have access to the new agrarian literary journal, *Bloom*.

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## Other News and Reports

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**COMMERICAL PRODUCE REPORT DELAYED ONE WEEK**  
**NEXT COMMERICAL PRODUCE REPORT DECEMBER 9 FARM REPORT**

## Commercial Produce News Report December 2 , 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 that although 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.**

**\* = available through your CSA this season**

### Market Report - Major Market

#### New Listings DECEMBER 1, 2013

Broccoli still coming in from California (organic and industrial varieties)

\*Arugula, OR, \$3.99, 5 oz. – NA, NA, USA (presuming CA) (Salinas to Tampa: 2826 land, 2352 air)

\*Bell Peppers, OR, 2.99 each – Pero, Delray Beach, FL (est. to Tampa: 222 land, 179 air)

Bell Peppers, Mini-Bells, OR, \$3.99, 8 oz.- Pero, Delray Beach, FL (est. to Tampa: 222 land, 179 air)

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

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

\*Tomatoes, Grape OR, \$4.99 lb. – Santa Sweets, Plant City, FL (considered Local)

\*Tomatoes, OR, \$4.99 lb. – Alderman Farms, Boyton Beach, FL (est. to Tampa: 216 land, 175 air)

Cucumbers, OR, \$3.99 each - Pero, Delray Beach, FL (est. to Tampa: 222 land, 179 air)

Persimmons, 2 for \$3.00 – Brandt Farms, Reedley, CA (est. to Tampa 2,727 land, 2,229 air)

\*Mandarin Oranges, \$4.99, 5 lb. – Halos Cooperative , (presuming CA) (Salinas to Tampa: 2826 land, 2352 air)

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

\*Cauliflower, OR, \$4.59 head–Foxy, Salinas, CA (Salinas to Tampa: 2826 land, 2352 air)

\*Aloe Leaves, \$2.49 each – (no location, probably Florida) (est. 150 miles)

Mixed Lettuces, OR , \$4.99 10oz – Organic Girl, Salinas,CA (Salinas to Tampa: 2826 land, 2352 air)

Oranges, Hamlin, \$3.99, 4 lb. – NA, NA, Winter Garden, FL (to Tampa: 83 land, 58 air)

**Cranberries**, OR, \$2.99, 8oz. Naturipe Farms, NA, Canada (est. Toronto to Tampa: 1,335 land, 1,099 air)

#### From last month's report

Tangerines, \$3.99, 3 lbs. – NA, NA, Florida, possibly Winter Garden (est. to Tampa 83 land, 58 air)

Navel Oranges, \$3.99 lb. – NA, NA, California (using Reedley, CA: est. to Tampa 2,727 land, 2,229 air)

Sweet Potatoes, .99 lb. – (no location, probably FL or deep south) (est.350 miles/300 air)

Eggplant, OR – \$3.99 each, Pero, Delray Beach, FL (est. to Tampa: 222 land, 179 air)

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

Onions (Vidalia), \$4.99/3lbs – Reidsville, GA (Shuman Produce) (to Tampa, 324 miles land, 286 air)

Onions (Vidalia), \$4.99/3lbs – Lyons, GA (Herndon Family Farms) (to Tampa, 337 miles land, 293 air)

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

Figs, \$5.99 lb. – Madera, CA (Western Fresh) (Madera to Tampa: 2763 land, 2265 air)  
Strawberries, OR, \$5.99 ½ lb - Watsonville ,CA (Driscoll) (Watsonville to Tampa: 2850 land, 2358 air)  
Blueberries, \$4.99, 12 oz. – Washington state (Driscoll) (Seattle to Tampa: 3093 land, 2528 air)

**Total Food-miles for a "corporate" meal featuring a salad of peppers, arugula, onions, and tomatoes; steamed broccoli sweet potato soup; with persimmons and Mandarin oranges for dessert = about 10,225 miles by 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 \$5.00 a dozen (\$4.00 for shares), and \$3.00 a half-dozen (\$2.50 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.

**Eggs** are from humanely treated chickens, and fed non-GMO feed.

**Honey:** Honey is in hiatus for now.

**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 \$1.50 per plant (\$1, for shares), \$5.00 (\$4) for four, \$8.00 (\$7.00) for nine. When available, small plants are \$3.00 (\$2.40) each, and medium plants are \$5.00 (\$4).

**Let us know if you want to acquire seeds or starts.**

**We have tomatoes, cucumbers, peppers, and some lettuces.**

**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, often damaging or destroying the bogs and their 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 cannot guarantee germination, but in our tests germination rates are close to 100%.

Florida Central West Coast acclimated Okra Seeds offered by 3F are: Silver Queen, Star of David, Red Burgundy, and Hill Country Red.

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

**Market Off Main:** We encourage members of the TBN G&G CSA to patronize the Market Off Main in New Port Richey, and other local produce markets. They often have organics, usually have local produce, are locally owned, and are now a distributor of Cow Pots. Here is their website: <http://www.marketoffmain.com/>

**Tasty Tuesdays:** Visit the New Port Richey Library Tuesday (10:00 AM – 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.

**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 Sunday 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.ffffsite.org> >

**Friendship Farms & Fare  
An Urban Farm Community, CSA, and Organic Wholefoods Kitchen  
December 9, 2013 – 10th report for the 2013-2014 Garden Year**

## **Friendship Farms & Fare Community**

**Cadle's Cove Farm**

**Freedom House Farm**

**Friendship Farms & Fare: First Farm**

**Seeds of Love Organic Farm**

**Tarry Lane Tasting Station**

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