

**FRIENDSHIP FARMS & FARE**  
FARM REPORT & NEWSLETTER  
JULY 7, 2014 - 40TH FARM & CSA REPORT

**REPORT**

**76 degrees at 3:00 AM, July 5, 2014**

**Historical Average (for 7/4): 90 HIGH, 76 LOW–Weather Underground:**

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

The historical average is now 90 degrees (twenty degrees higher than the lowest average high [70]). Our average high will remain at 90 degrees until early September. Our average low is now 76 degrees (twenty-five degrees higher than the lowest average low [51]). The average high and average low will remain the same until early September.

**Note: For the past few years, our summer highs and lows have typically been above historic averages. The higher temperatures stress even hot-weather summer crops. Our development of seed stock from plants grown in these above normal temperatures may result in plants more tolerant of the increasingly harsh climate.**

**Dog Days Arrive**

**July 3, 2014**

The Dog Days of Summer are here. Traditionally, the Dog Days refer to the period of the summer when the hottest temperatures occur in the northern hemisphere – 30 to 40 days, depending on sources. The term has various histories, of which the most common is that these hot days are called Dog Days because of the Dog Star, Sirius, is so close to the sun at this time that it cannot be seen. Sirius is the brightest star in earth's sky, next to the sun, but in the summer it is not visible. It is the featured star in the constellation, Canus Major (the Big Dog). Sirius is located at what would be the big dog's shoulder. The other bright stars in Canus Major are Murzim, Adhard, and Wezen. Canus Major is one of Orion's hunting dogs. The other is Canus Minor (the Little Dog). You'll be able to see Orion, his dogs, and the famous Sirius in the southwest sky this winter and spring. For now, the Big Dog is too close to the sun

**Weekly Weather Report**

Temperatures last week were well above normal, with highs reaching 96 degrees. Record highs were established in the region. We received rain on Thursday and bit on Friday – about half an inch, total. Overnight temperatures were lower on those days (Thursday night into Friday morning and Friday night into Saturday morning).

The coming week is forecast to have temperatures near normal (see above), with rain probabilities from 50% to 80%.

**Garden Overview**

**(additional details and assessment that follows)**

All plants are thriving. Some of our eggplants have played host to Tomato Pinworms (yes, they enjoy eggplant as well as tomatoes!). The pinworms have injured some of the plants. Here is a site on pinworms: [http://entnemdept.ufl.edu/creatures/veg/tomato/tomato\\_pinworm.htm](http://entnemdept.ufl.edu/creatures/veg/tomato/tomato_pinworm.htm)

Seed sorting of winter crops is now completed, and we are now "packing" in storage containers. If anyone would like to assist with the packing, please let us know. We'll give simple "folkways" instructions, and seeds to work with.

We harvested more okra, peppers, eggplant, and (remarkably) cucumbers.

**Spring/Summer Plantings**

Our major summer plantings are complete. We added some mini-beds in various locations, planting okra and eggplant.

### **Hart's Family Hot Sauce Ready for the Willing**

Ray (of Hart's Family Gardens) has brewed this season's first batch of habanero pepper sauce. We sampled it, and found it quite tasty, but HOT. Use in moderation. The sauce is made with various peppers (chiefly habaneros) organic vodka, and apple cider vinegar. That's it! It is all organic, with only local peppers. It may be too hot for some palate. All peppers are from Hart's Family Gardens or Friendship Farms & Fare.

If you would like to try a bottle, just let us know. A donation of \$5.00 will be received for a 5oz. bottle.

### **Habanero Peppers**

This is pepper season here at the gardens, and our Habaneros are again producing at a prodigious pace. We have plenty 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.

We have four habanero shrubs, and have over 100 fruit ready to harvest.

**If anyone has a relationship with a restaurant whose chefs want to use a local organic searing-hot pepper, we'll be happy to supply for a reasonable contribution -- \$1.00 per pepper.**

### **Sweet Bell Peppers**

We harvested more sweet bell peppers; fewer than last week, but still enough for shares. These are the famous Carolina Wonders and Charleston Belles. By commercial standards they are small to medium. This week may be lighter, but we might have enough for some shares.

### **Cucumbers**

Amazingly, we harvested more cucumbers this week. Some had pickle worms, some did not. Their season is past, although there are flowers on many vines, and some juvenile fruit on several vines.

We will hold off composing the last vines until it is certain that they are no longer producing.

This is the latest we have had cucumbers.

### **Tomatoes**

We harvested a few tomatoes this week, but the fruit is not maturing like it would in the fall and spring. We are trying a few Jaune Flamme and Tropics in planters as experiments. Seedlings for both of these varieties are very strong, so we'll see how they do in the planters.

### **Watermelon**

Our experiment with watermelon continues to be positive. We enjoyed a tiny Petite Yellow this week.

We have three varieties planted in three distinct locations – New South Garden (in the grove), Old North Garden (east side strip), and on the west side of Hart's Family Garden. We are growing: Stone Mountain, Blacktail Mountain, and Petite Yellow. All are heirlooms. We've not had success with watermelons when we tried them previously, but we are expecting success this year.

Our experiment with another heirloom (Mountain Sweet Yellow) was successful, with 100% germination.

### **Eggplant**

We harvested a few small eggplant this week – Purple Nuggets and Listada de Gandia. It is unlikely that we will have any for shares this week, but feel free to make a request. For those that asked, Listada de Gandia reaches a length of 8 inches.

Tomato pinworms have been found (and removed) from several of the plants. For information on pinworms, see this University of Florida site:

[http://entnemdept.ufl.edu/creatures/veg/tomato/tomato\\_pinworm.htm](http://entnemdept.ufl.edu/creatures/veg/tomato/tomato_pinworm.htm)

See archives for April 7, for detailed account of eggplant varieties and cultures of origin.

[http://media.wix.com/ugd/643592\\_6fd736191eff46a8bf7c91e04bd5c78f.pdf](http://media.wix.com/ugd/643592_6fd736191eff46a8bf7c91e04bd5c78f.pdf)

### **Pecan Tree**

We are monitoring the development of our pecans. So far, there has been no predation, but the nuts are getting larger by the day, and soon enough they will attract interest.

The tree produces nuts each year, but other residents of the community consume the nuts before we can harvest them. Most likely, squirrels are enjoying the nuts, although this is not a certainty. Even if we could get to the nuts before others consumed them, we would have difficulty harvesting them because of the height of the tree – over 40 feet tall.

There are large pecan groves in Florida's Big Bend and further north into the middle south. The groves are harvested using a machine that shakes the tree when the nuts are mature, dislodging the nuts from the branches.

### **Purslane**

Purslane continues to thrive, although its Spring peak has passed, and the plants have copious quantities of seeds. The seeds are very tiny, and certainly edible, but some may find the seeds undesirable. Purslane has the greatest concentration of omega oils of any land-based food. Only a few fish have a higher concentration of omega oils than this cheerful little plant. There is enough thriving throughout the gardens to supply all shares making requests.

### **Viticulture (Grape News)**

The vines are flourishing, and ready for the trellises. Ray has nearly finished restructuring the trellises.

### **Okra**

The okra is producing nicely now. We are nearing the highest production period, but peak production is still at least a week away. We harvested almost 3 pounds this week, many too large for shares. The only challenge we have is harvesting the pods before they get too large. It seems like they grow an inch or more overnight.

As noted last week, we experimented with large (long) Red Burgundy and found that it remained tender up to 7 inches. Silver Queen pods also remained tender at a length of about 6 inches. If you'd like to try these longer pods, let us know. It is certain the Hill Country Red and Star of David gets woody and fibrous when more than 3-4 inches. We'll keep those pods in that range for shares.

Also, as a reminder, all of our plants are grown using seeds from the 3F seed bank, saved from previous years. So, these are closed loop, sustainable seeds and plants. If you'd like seeds or seedlings, let us know.

## Citrus

Kumquat budding is nearly complete, and small fruit have appeared. Kumquats are the smallest trees in our citrus family, and they are the last to bud and fruit.

## Sweet Potatoes

SP leaves are available in quantity, and will be for the rest of the summer. The leaves taste like dark leafy vegetables (spinach, kale, collards), but with a slight sweetness. They have a multitude of uses: fresh (in salads or as a side), in soups, sautéed or microwaved, and as an exciting addition to pasta sauce.

We have 300 slips in our two gardens. Two beds are devoted exclusively to regenerated vines and our own slips. We'll compare these with the slips we acquired from George's Plant Farm in Martin, Tennessee. George's is a family farm, with a wonderful story. To learn about the Dellinger Family and their farm, here is a link to their website: <http://www.tatorman.com/>

We will check the early beds for mature potatoes in the coming week. If they have matured early or on time, we may have sweet potatoes in next week. As a rule, our sweet potatoes mature about two weeks later than estimated in growing guides.

## Cat Briar (Smilax)

Smilax is still producing. If anyone is interested in this wild, native-Florida specialty, now is the time to let us know.

See earlier Farm Report for an extended narrative about Smilax.

**Honey:** Local honey is again available. Our bee husbander, Robert, has just brought in an ample honey harvest. 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.

**Eggs:** We have increased the cost of the eggs to \$5.00 (\$4.00 per share).

Note: We may be discontinuing egg transmissions at the start of the next garden year (October). The distribution system we have used is not functional at present. We are looking for another organic, humane supplier. In the meantime we'll meet requests using organic eggs from Wright's Whole Foods, in New Port Richey.

**Herbs:** Oregano is thriving, along with tarragon, and rosemary. Consult the share list for available items.

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

Shareholders can call your farmer directly. If you are not a shareholder, and would like to schedule a visit to the gardens or to acquire seeds, seedlings, plants, or produce, please use the address on the website to contact us. <http://www.fffsite.org/#!contact/cl4l>

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

## THE SHARE

**July 7, 2014 (40)**

**\* larger quantity available if desired**

**FCFS = limited supplies, early submissions given preference**

**Tampa Transmissions TBA**

**Vegetables**

**Arugula (small quantities)**

**Bell Peppers, small (possible) (FCFS)**

**Eggplant (possible) (FCFS)**

**Okra**

**Peppers – Habanero\* – very hot**

**Smilax (Cat Briar) (small quantity)**

**Sweet Potato Leaves**

**Fruit - none this week**

**Fungus/Mushrooms – none this week**

**Nuts – none this week**

**Roots – none this week**

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

**Basil – Lemon**

**Chives**

**Cilantro**

**Marjoram**

**Mint – Citrus**

**Oregano**

**Parsley**

**Purslane**

**Rosemary\***

**Tarragon\***

**Thyme**

**Seasonings**

**Bay Leaves – fresh leaves**

**Medicinal**

**Aloe\***

**Cottage Foods & Samples**

**Hart's Habanero Hot Sauce, 5oz. bottle (suggested donation \$5.00)**

**- Very Hot**

## COMPANION FAUNA

**Bat update:** The bats are still absent. We miss our flying friends, and watch for their return every evening.

The bats continue to be active in the night sky above the garden, they are just not using the lodge.

**Leopard Frogs:** Male Leopard observed. There might be two males. One was observed in the north pond before dawn on Friday, and one was observed in the south pond on Friday afternoon. This may be the same frog, but there could be two. The female was not seen.

**Southern Toad:** No southern toad.

**Lubbers:** No lubbers this week.

**Swifts:** Swifts continue to be active in the late-day skies, and very busy in their lodge. Their distinctive chittering and the *wooshing* sound of their winged activity in the lodge has been a nightly experience.

**Tree Frogs:** Three additional broods this week, after the rain. The frogs are busy with songs and nocturnal adventures, including a fair amount of mating.

**Greenhouse Frog:** None observed.

**Marine Toad (aka: Brazilian Cane Toad, *Rhinella marina*, Giant Toad):** Marine Toad not seen this week.

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:  
[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)

**Florida Black Snake:** Not observed.

**Woodlouse** – Several in various locations.

**Nocturnal Garden Spider** – Many in both gardens.

**Honey Bees:** No honey bees observed this week

**Sweet bees:** None.

**Raccoon:** No raccoon activity this week.

**"Asian Tramp Snail."** The snails are abundant now, but not as numerous as earlier in the summer. They are now interested in the bell pepper seedlings, but they will eat anything – including our garden identification tags.

**Tomato Pinworm:** Quite a few Tomato Pinworms were discovered on eggplants. None on the tomatoes! The worms are removed from the leaves and released in other locations, far from host plants. Some perish during the transmission; others likely become food for toads, anoles, geckos, and frogs. Some may find their way back to their plants of interest and desire. For information on pinworms, see this University of Florida site:

[http://entnemdept.ufl.edu/creatures/veg/tomato/tomato\\_pinworm.htm](http://entnemdept.ufl.edu/creatures/veg/tomato/tomato_pinworm.htm)

**Cats:** Neighborhood cat, Frankie, visits the gardens regularly. She has a kind disposition and has lived in the neighborhood for nearly a decade.

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

### **Planting & Harvest Notes**

**Seedings:** 36 Listada de Gandia Eggplant

**Garden Starts:** Eggplant, orka, beans

**Harvest Notes:** assorted herbs, smilax, cucumbers, okra, eggplant, bell peppers, sweet potato leaves

**Vermipost:** no harvest

**Bat Guano:** no harvest (no bats)

### **Donation to New Port Richey Seed Library**

Friendship Farms & Fare is supportive of our local library's innovative seed library. This week we donated over one hundred seeds of our newly cultivated arugula variety -- 3F Gulf Coast Arugula.

### **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.

In accord with state regulations, our nursery was inspected in April. Mr. Daniel Merced from the Florida Department of Agriculture, Bureau of Plant & Apiary Inspection conducted the review.

Mr. Merced gave the nursery a very positive evaluation, and recommended the 3F Nursery for certification and registration. We have now received the official documentation. While with us, Mr. Merced also inspected our groves, and offered extremely helpful insights into citrus growing, and the conditions of our trees. Interestingly, Merced discovered Asian Citrus Psyllids on every citrus tree in our grove – that's the transporter of Citrus Greening. More interesting, perhaps, he detected no Greening in any of the young trees planted in the New South Grove in January, 2013. Your Farmer (now technically and officially a "Nurseryman") learned a great deal about identifying specific challenges citrus trees may face and treatments for these challenges.

Our successful pursuit of certification and registration is another step in the development of the Friendship Farms and Fare sustainable urban agriculture project. As most of you know, we are already 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.

### **Seed Dealer License & Registration Friendship Farms & Fare S009451**

3 F is 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

### **The Florida Loquat Festival: Celebrating Florida's Urban Fruit April 5, 2014 – 11:00 – 2:00 Market Off Main, New Port Richey**

<http://www.ecologyflorida.org/2014/03/florida-loquat-festival-celebrating-floridas-urban-fruit/>  
<http://tbo.com/Local/CommunityNews/festival-to-promote-little-known-loquat-tree-20140319/>

The first annual Florida Loquat Festival was a great success. Hundreds attended the festival. Fruit, trees, and preserves were sold or shared for donations. The educational program was well received. Folks are already looking forward to next year's festival.

### **Soil Test Results**

Results of our annual soil test have been received from the Institute of Food and Agricultural Sciences at the University of Florida. The test measures for phosphorus, potassium, magnesium, and calcium, and includes recommendations for additions of soil amenities to improve crop yield. Amenities are lime, nitrogen, phosphorus, potassium, and magnesium. Soils from the Old North and New South gardens all registered high in phosphorus, potassium, magnesium, and calcium. This is typical for First Farm gardens. No additional amenities were recommended (except for a little nitrogen in the south garden).

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

As a matter of policy, Friendship Farms and Fare opposes the use of GMOs in food. 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's Community Garden Project at New South Garden**

We are ready to receive applications for our community garden project. Folks interested in acquiring a plot can contact us through the 3F site.

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

We have installed sample community garden beds. Each is (108 sq feet) 12 x 9 or 18 x 6.

### **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: TBA**

If you would like to join us in the early summer, send your best Saturday(s) in August.

### **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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### COMMERICAL 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

**Non-Members may order shares for \$10 per week.** For this nominal amount, contributors may request any 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.

**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.

Note: The egg distribution system we have used is not functional at present, and we may have found a new organic, humane supplier. We are exploring a relationship with this supplier. In the meantime we'll meet requests using organic eggs from Wright's Whole Foods, in New Port Richey. **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.

**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 \$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 watermelon starts.**

**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 and larger pots. Larger trees in five-gallon pots are \$30 to \$50, 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 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%.

Heirloom, organic seeds from Seed Savers Exchange are \$4.50 each (\$3.50 for shares).

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](#)

**West Pasco Urban Market:** Saturdays.

**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**

**Friendship Farms & Fare Community**

**Cadle's Cove Farm**

**Freedom House Farm**

**Friendship Farms & Fare: First Farm**

**Hart's Family Farm**

**Seeds of Love Organic Farm**

**Tarry Lane Tasting Station**

**July 7, 2014 – 40th report for the 2013-2014 Garden Year**

**###**