

GARDEN & KITCHEN
CSA REPORT & NEWSLETTER
AUGUST 26 – 48TH CSA REPORT

For shareholders and authorized guests only.

FIND FULL CSA INFORMATION AT THE NEW FF&F WEBSITE

< <http://www.ffffsite.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.ffffsite.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

75 degrees at 4:00 AM August 23, 2013

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

6 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, and look forward to finalizing memberships with all who have pledged to renew.

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

Heavy Rains

We received nearly 8 inches of rain since the last report. The sweet potatoes put out many new vines with rich full leaves. Hopefully the spuds in the earth have not gotten too waterlogged. We think not because our beds drain very well.

All the seedlings (except the tomatoes) suffered because of the rain. We lost about half the pepper and broccoli seedlings. It is a little sad to see the little plants perish, but we have plenty of seeds to begin anew.

Transitional Period

We are in the Summer-Fall transition period, and production is a light. Summer favorites are still available, but in smaller quantities. Requests for sweet potatoes are keeping up with harvests.

At this time of year we clear the gardens of the summer crops and prepare the soil for the fall plantings. It is still too hot to plant many of the fall crops, but we'll get some of the tomatoes and peppers into areas that do not get direct sun for extended periods. The broccoli, arugula, and cauliflower will be planted later – most likely early September. We know our broccoli and arugula can take the heat when mature, but it may be asking a bit of young plants to get started with temperatures in the 90s.

Broccoli Seedlings

The rains of the past week have taken a toll on the broccoli seedlings. Still, we have quite a few seedlings ready to go in the garden. We'll plant a few this weekend.

Pepper Seedlings

Rains were harder on the peppers than the broccoli. We have only about a dozen seedlings in good shape. We'll plant them all this weekend.

Tomato Seedlings

Tomatoes continue to impress. These are Southern Tropic Tomatoes – well suited to too much rain and heat. Most of the seedlings are two to three inches high.

Sweet Potatoes

The sweet potato harvest continues. We are harvested 20 lbs. so far, and all have been distributed. **See images of the first fruits.** The white ones are Nancy Halls and the orange are Beauregards and Georgia Jets. We are including fingerlings with all shares, unless requested otherwise.

By the way, the fingerlings are pretty tasty raw – eaten just as you would a raw carrot. Of course, be sure to wash thoroughly, and probably scrub. The little rents and fissures hold grains of sand quite well.

Cadle's Cove Farm: Temporary Recess

Our recess on produce from our friends at Cadle's Cove Farm will continue for another week. Offerings will resume soon.

Sweet Potato Leaves

We have another week or so of SP leaves. The rain has inspired the remaining vines to put out new tendrils and leaves. The volume is declining because of the continuing harvest. We will have enough for all shares this week.

Habanero Peppers

We still have plenty of Habaneros. Share requests have ceased entirely. We are now using as 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 well past peak. The original planting in the Spring is finished, and only a few plants with pods for seed collection remain. The second and third plantings are nearing peak, but several plants remain quite productive. We'll fill all shares in ¼ pound increments.

We are trying a little experiment, planting the seedlings from our germination tests. This is probably too late to plant okra, but we'll see what happens.

We have produced over 30 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 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.

Okra recipes are posted on the site, and we welcome any others that you have. Look for the recipes section at <http://www.fffsite.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 Thursday only 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
August 26, 2013 (48)
(* larger quantity available if desired)

Vegetables

Peppers – Habanero* – very hot
Sweet Potatoes – various sizes and shapes
Sweet Potato Leaves
Okra – ¼ pound (passed peak production)
Peppers – Bell – 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
Basil – Cinnamon (none at present)
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: **Dehydrated Okra & BBQ sauce**

Nature News

Bat update: The colony was largely inactive this past week. They do not like the rain, and it has been storming at just the time they like to start their evening hunts. Once the showers pass, they do come out, but this is long after sunset. They are visible over the garden throughout the night, except when it is raining.

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

Swifts: The swifts remain active. Unlike the bats, they brave the rain, unless there are severe storms.

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.

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

Leopard Frogs: The large female leopard was observed daily in the garden pond. Wherever we see the Leopards, we see no tree frog nymphs.

Red Tailed Hawk: No hawks this week.

Opossum: Opossums not observed.

Southern Toad: No toads this week.

Owl: The owl was not heard this week.

Bees: Again, observed a single honeybee, this one at the New Port Richey Library, joining us for the opening of the New Port Richey Library Seed Exchange and commencement of the city's Community Garden program. *The bee was looking for moisture, and hovered around a box of our famous dehydrated okra, and the friendly humans who welcomed him.*

Good news is that a number of bees were seen in the new south garden. A small section of the gardens is being preserved in a natural state, and the bees were enjoying nourishment from flowering vines. This is the first sighting of bees in months.

Cat: Mr. Goldie continues to enjoy the grounds. He stays close to the front of the house day and night. He does not seem interested in killing the native creatures in the garden, but he is not watched carefully.

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 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.

FF&F: A Florida Friendly Farm

The gardens of Friendship Farms & Fare again received certification as a "Florida Friendly" environment – a certification we have held for over a decade. The inspection was on Monday, August 19, and conducted by Jim Moll of the Pasco County Extension Office – an operation affiliated with the University of Florida.

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 made a definite difference. Here is the website for the program:

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

Seed Dealer License

FF&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/>

Irrigation Lines Fully Operational

The City completed its final inspection, and approved the irrigation system.

Water is now readily available to the south garden.

The irrigation system allows 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 now nearing the close of the summer season. Production of the high-summer crops is coming to an end, with only the sweet potatoes (and maybe a little okra) continuing through September.

Fall on the horizon: Preparations for the Fall growing season are underway. We are well along in composting the summer plants (okra and sweet potato vines), and fall crops are being seeded. 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, composting okra, expanding and regenerating beds, seed collecting, and seeding broccoli and perhaps some other fall crops. So far, two members have confirmed participation.

FF&F 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): No seeds planted this week

Planting (Garden Starts): 12 okra seedlings planted in the old south garden

Harvest Notes: Habanero Peppers, assorted okra, sweet potato leaves, assorted herbs, 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

On August 20, New Port Richey celebrated a milestone. Anna Pavord supplies a context for this celebration. In her essay, "Value Added," she writes:

"The point of my garden is to increase the value of my life. My garden locks me into the slow, inevitable rolling out of the seasons, cycles of growth and decay, the lengthening of days and the shortening of shadows – a world that cities make us forget."

New Port Richey has not forgotten these matters. It is a city that has remembered them, and done so in a very pragmatic and disciplined manner.

The spirit of remembering is thus the context of the event of August 20.

On that day, the city and its citizens celebrated the official opening of the New Port Richey Library Seed Exchange and commencement of the City's Community Gardens initiative.

These are new ventures for this community and indeed for the region. There is not another Public Seed Exchange in this part of the state. Would that there were one – would that there were many.

Likewise, there is not another municipality in this bioregion with an urban farm ordinance allowing creation of community gardens. Friendship Farms & Fare joins New Port Richey in the celebration of this historic achievement in sustainability.

Here is a nice story on the event from the *New Port Richey Patch*, which also features a video interview with Annais Scott, New Port Richey's Associate Library Director, and co-manager of Friendship Farms & Fare:

<http://newportrichey.patch.com/groups/around-town/p/library-hopes-to-grow-seed-exchange?ncid=newsltuspatc00000001&evan4=picks-1-post&newsRef=true>

To mark the opening of the NPR Library Seed Exchange, FF&F donated 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 26, 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 (reprint of August 17 report)

*** note increases in okra, peanuts, and onions (signaling end of summer growing season)**

August 17, 2013

Sweet Potatoes - .99 lb. - (no location, probably Georgia or middle south) (est.350 miles/300 air)

Eggplant, OR - none available at location checked

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

Bell Peppers, OR - none available at location checked

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), \$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"

Tomaotes (grape) OR -- \$3.99 ¾ lb. - Delray Beach, FL (Pero) (to Tampa, 220 miles land, 180 air)

- although organic, it is hard to imagine growing tomatoes this far south at this time of the year in a conventional manner - these are probably hydroponics grown in a controlled environment

Broccoli, OR, \$4.99 head - Watsonville, CA (to Tampa: 2850 land, 2352 air)

Blueberries, OR, \$3.99 6oz. - Watsonville, CA (Driscoll) (to Tampa: 2850 land, 2352 air)

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

Cauliflower, OR -- none available at location checked

From July

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

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)

Check out your Garlic

Talk about your food miles: Next time you are in the store shopping for fresh garlic, see if you can find a reference to its nation of origin. Most likely it is coming from the Peoples Republic of China.

"Chinese garlic accounts for about 90 percent of US garlic imports, and it accounts for more than half of the bulbs consumed in the nation, according to Christopher Ranch in Gilroy, California, the largest garlic producer in the US. Last year, China exported 115,385 tons of garlic to the US, an increase of 1.3 percent year-on-year." (http://www.chinadaily.com.cn/business/2012-04/14/content_15049145.htm)

In a recent interview with a local fresh food market manager, we were told that all of her garlic comes from China, and Chinese garlic is the only type found at local wholesale markets – "it has been that way for years," she reported.

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 26, 2013
48th Report

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