

**FRIENDSHIP FARMS & FARE**  
REPORT & NEWSLETTER  
NOVEMBER 18, 2013 - 7TH CSA REPORT

**REPORT**

**67 degrees at 3:00 AM November 10, 2013**

**68 degrees at 3:30 AM November 17, 2013**

**Historical Average (11/17): 75 HIGH, 58 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 the "Interlude returning next week. Interludes are published on the 2<sup>nd</sup> and 4<sup>th</sup> weeks, and Farm Reports on the 1<sup>st</sup> and 3<sup>rd</sup> weeks.

Next week the Interlude will appear on the site.

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

**Above Average Temperatures Continue**

Last week we again experienced above average temperatures after near-record highs the week before. A little moderation is forecast for this week, with temperatures "cooling off" to about their historical average. It is of note that although have been running much warmer than we should at this time of the year, the temperatures are cooler this month than they were last, when "well above normal" meant temperatures in the 90s. The cool weather crops can withstand upper 80s, but 90s just kill them – literally.

The rain we received this past weekend (11/15-16) was most welcome.

**Garden Overview**

The warm weather has benefited tomatoes, cucumbers, and to some degree the peppers. It has a bit challenging for the broccoli, lettuces, and cauliflower.

**Broccoli Seedlings**

Despite the unseasonable warmth, the temperatures are lower than they were last month, and most of the broccoli seedlings are maturing, and some are doing quite well. We lost only two seedlings since the last report and we have planted many more. We are still getting some predation from woodlice and the invasive "Asian Tramp Snail," *Bradybaena similaris*. Scroll down on this UF Ag. site for a short description of the "Asian Tramp Snail (figures 6 and 7):

[http://entnemdept.ufl.edu/creatures/misc/gastro/terrestrial\\_snails.htm](http://entnemdept.ufl.edu/creatures/misc/gastro/terrestrial_snails.htm)

**Cauliflower**

Our "Early Snowball" cauliflowers seedlings are maturing nicely, even with the unseasonable heat, and most appear quite strong. We installed a small sample planting this week.

**Peppers**

The Carolina Wonders and Charleston Belles seedlings are doing well. Many have been transplanted into large pots. They do well in warm temperatures and this week has been just about right for them.. We have harvested a few and are including them with share requests for peppers.

### **Tomato Seedlings**

The tomatoes continue to flourish. We harvest our first tomato on November 1, and have had several since. If we can keep ahead of the septoria, we should have some for the shares in the near future. All are now budding, and producing fruits. The Eva Purple Ball, Tropic, and Arkansas Traveler seedlings are now young plants, and some are quite large

The John Baers are the champions so far. Several are over 7 feet in height – too high to stake. Most of the others are over 6 feet. The Baers are flowering, and producing fruit, some the size of tennis balls. Our ripe tomatoes are all Baers. It will be wonderful, if we are able to get a good-sized tomato harvest this year. We are using an organic (OMRI certified) fungicide to inhibit the septoria and early blight. The treatment is slowing the spread of these fungi that have been with us for the past two years.

### **Arugula**

The arugula is flourishing, and we have sufficient leaves to harvest for all shares. Our success with arugula and its popularity with shares inspired us to go a little heavier this year. Using last year's saved seeds, we seeded over 100 cells, with close to 100% germination, and have about twenty healthy plants in the garden and planters.

Remember, 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 remaining Straight 8 cucumbers (which did not succumb to the October heat wave) are vining, and producing flowers. The first tiny fruit appeared in early November, shortly after a few bees were observed visiting the flowers. The fruit is very welcome, but the bees are welcomed even more. All Asian Climbing cucumbers planted in early November are thriving.

We did see signs of the notorious Pickle Worm. Affected leaves, vines, and even some fruit were immediately removed.

We have not lost hope, although the pickle worms have not lost interest.

### **Sweet Potatoes**

Sweet potato season is over. Our final tally was 150 pounds. Nearly all were distributed to shares, with a few enjoyed by the Farmer and the Chef. We'll plant more 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.

### **Long Pie Pumpkins from Maine**

#### **via Jim Kovelski of Freedom House Farm (a 3F Friendship Farm)**

Most folks have never even seen Long Pie pumpkins, which almost vanished from American farms in the early 20th century. Back in the day, they were famous, and now they are again. Our friend, Jim Kovelski of Freedom House Farm, brings Long Pies south each Fall, and graciously shares them with Friendship Farms and Fare and our CSA.

Originally these pumpkins came to the USA in the early 19th century, with sailors on whaling ships, who collect seeds from around the world as they hunted down the largest mammals on the planet. Informal research suggests the original Long Pie seeds came from the Azores. A colleague of the Farmer reports that he has seen very similar pumpkins in the Middle East – which would make

sense in terms of the latitude of the Middle East and Azores. In the 20th century they were crowded out of the pumpkin market because they did not look like the standard commercial pumpkins. They are back now, and we are happy to share. Here is a site with additional Long Pie lore: <http://www.diaryofalocavore.com/2011/09/local-food-report-long-pie-pumpkin.html>

We are humbly requesting a contribution of \$5.00 for these very unique pumpkins.

### **Cadle's Cove Farm (a #F Friendship Farm)**

#### **Fufu Persimmons, Astringent Persimmons, Chestnuts, and Cranberries**

Our friendship farm (Cadle's Cove Farm ) is again offering a nice assortment of organic samples: This week, look for fufu persimmons, chestnuts, and new this week, Cranberries and Astringent Persimmons. See informational material (below) on Persimmons.

### **Persimmons**

There are basically two types of persimmons, the astringent and the non-astringent. The skin of the astringent kind should not be eaten because it is quite bitter. There's no reason to resist eating the skin of fuyu persimmons, which are of the non-astringent variety.

The fuyu is commonly eaten with the skin like an apple, but of course you may peel if you prefer.

For those interested in the religious dimension of persimmons, we note that the original Greek name (*Diospyros* ) is loosely translated as "fruit of the gods." With appropriate cautions, we note this etymological sketch from Wikipedia:

"The word *Diospyros* comes from the ancient Greek words "Dios" (δῖός) and "pyros" (πυρός). In context, this means more or less "divine fruit", though its literal meaning is closer to "Wheat of Zeus." It is, however, sufficiently confusing to have given rise to some curious interpretations, such as "God's pear" and "Jove's fire." The Modern Greek name for the fruit is λώτος (lotos) which leads modern Greeks to the assumption that this is the lotos referred to in Homer's *Odyssey*. The word *persimmon* itself is derived from *putchamin*, *pasiminan*, or *pessamin*, from Powhatan, an Algonquian language of the eastern United States, meaning "a dry fruit."

Research also reveals that varieties of persimmon are native to many parts of the world, including China, Mexico, India, the Philippines, and the USA. Some sources claim persimmons originated in China, while others suggest indeterminate origins. A great article by C.H. Briand on the history of persimmons in the "New World" indicates that persimmons were a new fruit to the first Europeans who visited North America: <http://faculty.salisbury.edu/~chbriand/pdfs/huntia05.pdf>

### **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.

### **Okra**

We did our test sprouting of our Summer Okra Seeds, with 100% germination of all our seeds: Silver Queen, Hill Country Red, Star of David, and Red Burgundy. This is our second year of seed testing at 100% germination, and we will have all four of our varieties listed in the next Seed Savers Exchange *Yearbook*. These will be identified as : "3F Gulf Coast," followed by the variety name.

**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.

We have now identified a certified non-GMO (or nearly non-GMO) egg on the commercial market. This would be Nellie's. See <<http://www.nelliesnest.com/>>. They are packed in recycled plastic (from water bottles) that indicate cage free eggs. They have a "Certified Humane" certificate and according to the Non-GMO Project website, they are undergoing the process for GMO-free certification as well. At this point they do not have a USDA Organic seal. This may be in the works, but we have no information.

Also on the market, is the closely related Pete & Gerry's eggs, which do have the USDA Organic seal, read "pesticide free" but are not listed at the Non-GMO Project website. These eggs are also stored in recycled plastic (from water bottles), listed as cage free, and "certified humane." Their website <<http://peteandgerrys.com/>> explains that the eggs come from "our fourth-generation, small farm family in New Hampshire," or from partner farms similar to our own. They also have an heirloom farm. Nellie's site <<http://www.nelliesnest.com/>> links to Pete and Gerry's so they are in some way associated.

Nellie's and Pete & Gerry's are available at Sweetbay. We have not seen them at other commercial outlets. Please accept our encouragement to acquire your eggs from these two responsible producers. The only downsides we see are the foodmiles, and the plastic packaging. We do commend the use of recycled plastic, but prefer renewable organic packaging over plastic of any kind.

For our part, we will continue to acquire eggs from our local chicken farmer to support local agriculture, ecologies, and economies. Also there is a considerable saving of food miles. Our source packs in cardboard containers. Although our eggs do not have certification, we trust our farmer's affirmation that he is using non-GMO scratch. In cycles when our farmer is not able supply us, we will acquire Nellie's or Pete & Gerry's for CSA shares with egg accounts.

**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 Tuesday.

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**

**November 18, 2013 (7)**

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

**Tampa Transmissions on Tuesday & Thursday this week**

## **Vegetables**

Arugula –

Pumpkins – Long Pie (from Maine, via our friend, Jim of Freedom House Farm). We are requesting a donation of \$5.00 for these rare gourmet cooking pies.

Peppers – Habanero\* – very hot

Peppers – Bell – NONE THIS WEEK

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

## **Fruit**

Cranberries – (from Cadle's Cove Farm)

Oranges – NONE THIS WEEK

\* Note: Mandarins are coming in at corporate grocers now – they are not organic and grown in Chile. That's about 4,500 food miles

Persimmons – astringent variety

Persimmons – Fuyu variety (limited supply)

Skins can be eaten. Our fuyu's are non-astringent, and typically eaten with skins, like an apple

- See narrative in the Farm Report section

## **Fungus (Mushrooms)**

Shiitake Mushrooms – NONE THIS WEEK

## **Nuts**

Chestnuts – (limited supply)

## **Roots**

Ginger – NONE THIS WEEK

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

Basil – Italian Basil

Basil – Mrs. Burns' Lemon Basil

Basil – Globe (Greek) Basil (small quantities)

Basil – Cinnamon (small quantities)

Chives –

Cilantro (none at present)

Culantro – (none at present)

Mint – Citrus (Orange) Mint

Oregano –

Parsley – (small quantities)

Purslane –

Rosemary\* –

Smilax (Cat Briar) (none at present)

Tarragon\* –

Thyme –

Turmeric – NONE THIS WEEK

## **Seasonings**

Bay Leaves – fresh leaves

## **Medicinal**

Aloe\*

## Complementary Sample(s)

AUTUMN TREAT: Sliced, dehydrated persimmons using the seasonal local produce supplied by Cadle's Cove Farm

## COMPANION FAUNA

**Bat update:** The bats emerge earlier each week. They are now leaving regularly before 6:00 (Standard Time). Yesterday (11/16) a larger than usual group began their egress at 6:54 – earliest time yet this season.

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.

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)

**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:** Several tree frogs observed, including three females huddled together in a cistern.

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

**Greenhouse Frogs:** The greenhouse frogs are very active in the nursery area. These small frogs live in protected spaces – like greenhouses. Our colony lives in our seeding nursery. 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** – Again quite numerous.

**Nocturnal Garden Spider** – Numerous and busy.

**Bees:** Several bees were observed at the flowering herbs and cucumbers this week.

**Sweet bees:** We observed many = sweet bees at the flowering herbs and cucumbers this week, and even more at the Lemonade stand at EcoFest (11/9).

**"Asian Tramp Snail"** *Bradybaena similaris*. We noted this invasive visitor in the broccoli section above. We are including an image of the creature in the image section this week. Here is an excerpt from the UF site, cited in the broccoli section:

"Although it likely originated in eastern Asia, *Bradybaena similaris* has now spread throughout the tropics and subtropics around the world. In the USA, it was first identified in New Orleans in 1939, but now is found in the Gulf Coast states from Florida to Texas, as well as in Puerto Rico and Hawaii. It is troublesome mostly in southern Florida as far north as Tampa, but because potted plants are regularly moved northward it can appear almost anywhere."

([http://entnemdept.ufl.edu/creatures/misc/gastro/terrestrial\\_snails.htm](http://entnemdept.ufl.edu/creatures/misc/gastro/terrestrial_snails.htm))

We can now note, that due to climate change, the Tramp Snail's range has now extended 35 miles north of Tampa, to New Port Richey, and most likely much further north.

**Cat:** Mr. Goldie continues to enjoy the grounds. Our indoor cats have had their annual physicals, so Mr. Goldie is next up on our vet's schedule. He won't be the same guy when he returns – but we'll all better for it.

## 3F Stories, Events, and Policy Updates

### Planting & Harvest Notes

**Seeds:** broccoli, lettuces.

**Garden Starts:** tomatoes, broccoli, cucumbers, arugula, cauliflower

**Harvest Notes:** sweet potato leaves, assorted herbs, two bell peppers, arugula, four tomatoes

**Vermipost:** no harvest

### Pasco EcoFest and EcoMart November 9, 2013

Friendship Farms and Fare enjoyed participating in the EcoFest EcoMart at Sims Park in New Port Richey. We made many new friends, distributed large quantities of literature, more than 50 "No-GMO" pins, and many broccoli and cauliflower seedlings. The Chef and the Farmer were both present, sharing information and helpful tips with many in the large crowd. The Chef received raves for a delicious Persimmon beverage, offered to all who visited the 3F educational table.

### 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.



## Farm and Fare Tours (Local Urban Gardens and Organic Kitchen)

Our most recent tour was on November 16<sup>th</sup> when we hosted students from the University of South Florida who are members of the outstanding student organization, Food Activists Revolutionizing Meals (FARM) at USF.

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

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.

## FF&F: 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 S009451**

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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### **Commercial Produce News Report NOVEMBER 1, 2013**

This column reports on seasonal Florida produce and other popular produce items as they appear at local corporate grocery stores. The report includes the source of the produce, the cost, and estimated food miles. Readers will note 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**

## **Market Report - Major Market**

### **New Listings NOVEMBER 1, 2013**

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

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

\*Arugula, OR, \$2.99, 5 oz. – VegPro, Sherrington, QC, Canada (est. to Tampa: 1,463 land, 1,288 air)

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

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

Tomatoes, OR, \$5.99 lb. – NA, NA, Canada (est. Toronto to Tampa: 1,335 land, 1,099 air)

Broccoli, OR, \$5.99 head–Earthbound Farms, San Juan Bautista, CA (est. to Tampa 2,835 land, 2,346 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)

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)

\*Mandarin Oranges, \$6.99, 3 lb. – NA, NA, Chile (Valparaiso to Tampa: 4,629 miles air only)

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)

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

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

### **From last month's report**

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 desert = 12,356 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.

Here are two of the better sites on the challenges posed by peat harvesting:

[http://puvallup.wsu.edu/~linda%20chalker-scott/Horticultural%20Myths\\_files/Myths/Horticultural%20%20peat.pdf](http://puvallup.wsu.edu/~linda%20chalker-scott/Horticultural%20Myths_files/Myths/Horticultural%20%20peat.pdf)

[http://puvallup.wsu.edu/~linda%20chalker-scott/Horticultural%20Myths\\_files/Myths/Horticultural%20%20peat.pdf](http://puvallup.wsu.edu/~linda%20chalker-scott/Horticultural%20Myths_files/Myths/Horticultural%20%20peat.pdf)

Here is a good site from the Canadian Sphagnum Peat Moss Association, rebutting the challenges:

<http://www.gpnmag.com/qa-canadian-sphagnum-peat-moss-association-o>

All things considered, it appears more responsible to avoid peat moss if possible

**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 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. Freshly harvested produce available for purchase. 5642 Virginia Ave., New Port Richey

**First Farm:** Receptive to visitors on Sunday afternoons -- New Port Richey. Call for appointment: (727) 849-1626.

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

**Friendship Farms & Fare  
An Urban Farm Community, CSA, and Organic Wholefoods Kitchen  
November 18, 2013**

## **7th 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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