



FRIENDSHIP FARMS & FARE

Friendship Farms & Fare affirms and advances agrarian ideals to reestablish a sustainable culture

3F FARM REPORT & NEWSLETTER

JUNE 27, 2016 – 39TH 2015-2016 FARM & CSA REPORT

Friendship Farms & Fare is a division of Ecology Florida, a not-for-profit corporation. Contributions to Friendship Farms & Fare and Ecology Florida are tax deductible.

If you would like to support our work, please consider sharing a donation.

PO Box 596 • New Port Richey, Florida 34656-0596

<http://www.ffffsite.org/>

FARM REPORT

80 degrees at 2:00 AM, June 24, 2016

Historic Norm (for 6/20) 90 HIGH, 76 LOW Weather Underground: <http://www.wunderground.com/>

See the complete weekly weather report later in the Farm Report.

Welcome Summer

"Longest Day of the Year" – June 21, 2016

Heat & Lack of Rain Causing Significant Damage Hard Times For All Plants

We are losing more than the normal number of plants right now. Major losses are eggplants and peppers, which usually do fine for the entire summer. We've lost all tomatoes in our experimental plantings. Our various beans are also stressed. For the past two weeks, even the okra is stressed on a daily basis.

Without the once normal rains of June through August, Florida is a very difficult place to grow – without significant irrigation. In this regard, we have broken all previous irrigation records for June.

Huge Okra Harvests Enjoy Some With This Week's Share

With summer here, it is time to start enjoying our wonderful warm-weather vegetable —okra! It is thriving at both gardens.

We've harvested over 60 pounds so far, and we have plenty for all shares.

We've planted heavily this year (about 250 plants, and counting), and we are enjoying substantial harvests.

CSA may suspend operations for 2016-2017 Garden Year

Although plans are still developing, it is likely that our CSA will suspend operations for the 2016-2017 garden year – October '16 to end of September '17. The curator of the 3F/East Madison Gardens has received a professional appointment that will preclude his supervision of the CSA.

While it is possible that a manager may yet be found for the CSA and the gardens that supply it, at the present time this appears unlikely. We'll keep you posted.

Mangos Maturing

Our mango trees are carrying a fair amount of fruit. The fruit is very heavy and pull down the branches. This is the first season our mango trees have produced fruit, and we are looking forward to sharing them through the CSA – and enjoying some ourselves.

The mangos we harvested for ripening using our ripening technique, all failed.

The fruit rotted before ripening.

No mangos for now. Plenty are still on the trees.

Eggplant Doing Well, Overall Some Failing

We've harvested about 50 eggplant fruit so far, and most of the shrubs have fruit or flowers. This will be our best year for eggplant. Right now, the heaviest producers are the Caspers, which produce a creamy white fruit.

Some plants are failing. We've lost about a third of plantings thus far. The main cause of the mortality appears to be extreme heat, lack of rain, and direct sun. The highest percentage of lost plants is among those receiving the most direct sun. Those in planters that receive direct sun for more than five hours are failing at a high rate. Every planter dries out completely daily. If those getting more than five hours of sun do not receive significant irrigation, the plants fail in a day. Plants in the ground die if they miss two days of irrigation.

Most successful eggplants (largest/strongest) are those in the ground, receiving less than five hours of sunlight. The highest producers are those in the planters, receiving less than five hours of sunlight.

Peanuts In Good Shape

Bucking the trend, our peanuts are in pretty good shape. The most recent plantings (Carwile's Virginia) are being stressed by the heat. We likely planted them too late. Those planted earlier are thriving, despite the oppressive heat.

Besides, Carwile's Virginia, we've planted Schronce's Deep Black and Texas Red and White. All are from Southern Exposure Seed Exchange, a very responsible seed-supplier. Germination has been close to 100%

Our own variety (which we're calling Florida Blond) is doing very well. These are now third generation from an original variety of organic raw peanuts acquired at a local commercial market.

As with sweet potatoes and eggplants, we are going heavier on peanuts this year, than we have in the past – our heaviest planting yet.

Sweet Potatoes Thriving

We have about 650 slips in the ground at both gardens, and by mid- to late-July we should have our first sweet potatoes – early August at the latest. We'll have sweet potato leaves by early June, and then through the rest of summer, until September. Vines and leaves are a wonderful warm-weather leafy green vegetable – one of the few available through the summer in Florida. If you have not tried them, please do this year.

Don't forget, Sweet Potato leaves and vines are a delicious warm weather green. We'll have those listed in the share report very soon.

If anyone would like seeds or seedlings, let us know. We receive a donation for seeds or seedlings. Remember: our seeds are from plants grown here at the gardens, with a genealogy going back four to six years. We save seeds from the strongest, highest yielding plants for use the following year.

Black Berries Closed For Season Sorry Most Enjoyed By Birds

Our black berry season is over, with most berries enjoyed by our avian neighbors. Three varieties of birds have enjoying the berries: mockingbirds, blue jays, and cardinals.

Local gardeners and a neighbors were able to get a few berries. Delicious! Sorry we did not have enough for the shares.

The plants have reseeded, so we'll have some blackberry shrubs to share with others.

Summer Seedings At Gardens Seeds & Seedlings Available for Your Gardens

For our summer gardens we have planted okra, three types of eggplant, lima beans, snap beans, , and three types peanuts – and of course the sweet potatoes (four varieties). We've planted okra, eggplant, beans, in the East Madison Gardens and at Grand Gardens. Gardeners at Grand Gardens have done well with Suyo cucumbers. East Madison Gardens have lost most of its cucumbers to pickle worms. All other crops are doing well, and we are harvesting okra from both gardens – close to 40 pounds already.

The five okras we are featuring this season are Star of David, Hill Country Red, Silver Queen, our own hybrid Rouge Lance, and Red Burgundy. All are at or close to 100% germination.

These are all warm weather crops, and the unseasonal heat has sped their growth. This is in part due to many of our seeds having come from our garden, and being descendents of locally acclimated plants going back at least five years and in some cases ten.

If you would like seeds or seedlings for okra, please send us a request. See below for more details.

We are harvesting the five okras and eggplants noted above.

Our okra seeds and seedlings are from the 3F gardens and farms. They are acclimated to the Springs Coast Watershed, and the central Gulf Coast, generally.

We have a wide variety of heirloom organic seeds from Seed Savers Exchange. Let us know what you would like and we'll accommodate your interests.

Grand Gardens Promotional T-Shirts Available Order Now

We'll be supporting Grand Gardens with okra seedlings and sweet potato slips. We'll also share eggplant and beans as desired by community growers.

As a fund-raiser and promotional collectable object for Grand Gardens, we are offering a T-Shirt as a premium for contributions to the project. The T-Shirt has the Grand Gardens logo on the front and supporting organizations on the back. We are affirming a minimum donation of \$15 for each shirt, and receptive to greater contributions to support the project – which will allow us to make the shirt available folks who might not otherwise be able to afford the shirt.

Contributions of over \$15 (our cost) will receive formal acknowledgement of contribution for purposes of tax deductions, if requested – with actual value being \$10.

Make checks to Friendship Farms & Fare PO Box 596 • New Port Richey, Florida 34656-0596 or go to the Ecology Florida website <http://www.ecologyflorida.org/> and click on the donate button.

If you want us to mail you a shirt, please give your size, and mailing address and add a little extra contribution for postage.

Folks interested in acquiring a plot at Grand Gardens can contact us through the 3F site. If you would like to participate, contact Travis Morehead, or stop by Grand Gardens on one of the designated work days: <http://eastmadison.org/community-garden-calendar/>

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

Loquat Preserves

We have locally sourced and locally produced loquat preserves. Suggested donation is \$6.00 per jar and 2 for \$10.00.

2016 Organic Seeds Now Available Rose's Bistro in New Port Richey University of South Florida in Tampa

Seeds from Seed Savers Exchange for the 2016 season are now available through Friendship Farms & Fare and our kiosk sites in New Port Richey and the University of South Florida. We are pleased to support the work Seed Savers, which is dedicated to preserving heirloom varieties of fruits and vegetables. Unless we use our own saved seeds or ones from other local gardeners, we use SSE seeds exclusively. Here is a link to Seed Savers Exchange: <http://www.seedsavers.org/>

Here is a links to Rose's Bistro: <https://www.facebook.com/TheMarketOffMain>
And here is one to USF's Botanical Gardens: <http://gardens.usf.edu/>

Fresh Honey Harvest From Daddy's Bees

For those interested in local honey, Robert has just completed a summer harvest, and we have plenty of bottles on hand. 8 oz. bottles for \$7.00 (\$5.50 for shares).

Please do not purchase or use insecticides with neonicotinoids. Here are reliable sources on the neonicotinoids, and the commercial "home and garden" insecticides that contain them.

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

http://www.xerces.org/wp-content/uploads/2012/03/NeonicsSummary_XercesSociety.pdf

http://www.xerces.org/wp-content/uploads/2012/03/Are-Neonicotinoids-Killing-Bees_Xerces-Society1.pdf

<http://www.ecologyflorida.org/2013/12/feature-make-meadows-not-lawns-for-honey-bee-colony-health/>

WEATHER

Weather Report Suspended Until Further Notice

For reports and forecasts, we suggest Weather Underground

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

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The Share

June 27, 2016 (39)

*** larger quantity available if desired**

Vegetables

Eggplant

Okra

Peppers – Sweet Bell (possible)

Peppers – Habanero (burning hot)*

Peppers – Scotch Bonnet (burning hot)*

Sweet Potato Leaves (try a sample)*

Fruit -

Herbs (* larger quantity available if desired)

Basil – Italian (in recess)

Basil – globe (in recess)

Chives

Cranberry Hibiscus

Cilantro – closed (heat)

Culantro – light

Mint

Oregano

Parsley

Rosemary*

Sage

Tarragon

Medicinal

Aloe*

Other items and Samples

Loquat Preserves: Made from local cottage industry producers. All organic materials, local source loquats.
Suggested donation: \$6, two for \$10

Red Panax Ginseng (liquid, tonic) 3.5 oz bottles (10 bottle box) \$6.50 (\$5.00, shares)

COMPANION FAUNA
Fauna Report Suspended Until Further Notice

Planting & Harvest Notes

Seedings: none

Garden Starts: none

Harvest Notes: peppers, eggplant, okra, beans

Vermipost:

3F Stories, Events, and Policy Updates

Programs and Plans

We often receive questions about the Friendship Farms & Fare project. We are happy to send an information brochure with details on our mission and our various programs. Here is a brief sketch of our programs:

We offer heirloom organic **seeds**, including seeds from plants acclimated to local climate and soils. We have a good stock of several types of okra (including the much desired Red Burgundy), robust arugula, and our famous Calabrese Broccoli. Friendship Farms & Fare is a licensed seed dealer in the State of Florida, and a member of Seed Savers Exchange (with several listings in the SSE Yearbook).

Seed Kiosk Friendship Farms & Fare also sponsors a sales kiosk featuring organic seeds from Seed Savers Exchange at the Market Off Main, in New Port Richey. We never offer seeds from for-profit commercial seed sellers, and we discourage others from doing so as well. Acquiring your seeds from local seed dealers supports local ecologies and economies, and will usually result in stronger, healthier plants – and seeds for next season!

Organic **seedlings** are available throughout each growing season. We use our own seeds from previous years whenever possible, and otherwise, we use only organic seeds and heirloom varieties when available. We never use seeds from for-profit seed sellers, and we do not offer seedlings grown from such seeds. Friendship Farms & Fare is a licensed nursery in the State of Florida.

A developing area of our mission is our **fruit tree project**. At present, we offer loquat and avocado trees, with a few native flowering shrubs. We are a state-registered nursery, and among a small number of nurseries in the region offering loquat trees. We also are pleased to host (along with Ecology Florida) the **Florida Loquat Festival**, held each spring in New Port Richey.

Our original project, and still our central focus is a **Community Supported Agriculture** program. This is a small (“boutique”) CSA, featuring organic produce from our gardens and local cottage industry foods. We are 100% organic and have a no-kill policy. Our program is recommended for single persons, couples, or (at most) three-person families.

When quantities are sufficient, we offer produce to the general public through **local markets**, such as Tasty Tuesdays and Market Off Main in New Port Richey. Folks can also make requests through our website. Non-members can request any and all items on the share list for \$20.

Our newest project is a **community garden**, dedicating a portion of the 3F farm for use by others in the community. The community garden is located in New Port Richey, and operates through the City's urban agriculture ordinance. The 3F community garden follows the standard policies of Friendship Farms & Fare. We are 100% organic, non-GMO, and have a no-kill policy. With the exception of the predatory Marine Toad, no animals are harmed on our farm. We follow permaculture principles, and working with and within our natural systems.

If you would like to know more about any of these programs or would like to volunteer to share in our mission, just let us know. Folks interested in the Friendship Farms & Fare project can contact us through our website. <http://www.fff-site.org/> See the "Let's Talk" section for an email connection.

Contributions to Friendship Farms & Fare are now tax-deductable. If you would like to offer financial support, your contributions will be a wonderful enhancement to our project – and they will be tax deductible.

Summer 2016 Seeds Have Arrived 3F, Ecology Florida, Rose's Bistro, and USF Offer Seed Savers Exchange Seeds

Through a cooperative arrangement with Friendship Farms & Fare and Ecology Florida, Rose's Bistro, in New Port Richey, and the Botanical Gardens of at the University of South Florida offer a wide range of organic, heirloom, non-GMO seeds exclusively from Seed Savers Exchange.

Summer seeds are in at both locations.

This is a trend-setting achievement for the Bistro and the Botanical Gardens, and another verification of Friendship Farms & Fare and Ecology Florida's leadership in ecological stewardship, sustainability, and resiliency. These two locations are the only location on the West Coast of Florida offering these high quality packaged seeds.

Ecology Florida advances the harmonious integration of healthy natural, cultural, and economic ecologies to regenerate a sustainable world
<http://www.ecologyflorida.org/>

Seed Savers Exchange is a non-profit organization dedicated to saving and sharing heirloom seeds. Since 1975, our members have been passing on our garden heritage by collecting and distributing thousands of samples of rare garden seeds to other gardeners.
<http://www.seedsavers.org/>

USF Botanical Gardens
<http://gardens.usf.edu/>

Rose's Bistro
<https://www.facebook.com/TheMarketOffMain>

**Next Workday
TBA**

**2016-2017 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. We just received confirmation of our renewal for 2016-2017.

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

Friendship Farms & Fare
Florida Licensed Seed Dealer
So09451

We are also a licensed Florida Seed Dealer for 2015-2016.

3F is a licensed Seed Dealer, through the Florida Department of Agriculture and Consumer Services, which issues these licenses that are required to sell seeds to the public.

We renew in July every year. Through our friendship with Ecology Florida, we apply 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/>

Grand Gardens Project

The Grand Gardens' project is proceeding very nicely. If you would like a Grand Gardens' T-Shirt, send us a donation (\$15, suggested), your shirt size, and mailing address.

If you would like to participate, contact Travis Morehead, or stop by Grand Gardens on one of the designated work days: <http://eastmadison.org/community-garden-calendar/>

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

See earlier part of the letter for full report and opportunity to order shirts.

Folks interested in acquiring a plot can contact us through the 3F site.

Farm Tours (Local Urban Gardens)

If you would like to schedule a tour of local urban gardens in New Port Richey, 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 will spend an hour or so in two or more gardens, learn about organic farming in an urban environment using permaculture philosophies and practices, observe and learn about urban wildlife and helpful plants, and enjoy samples of live produce. Tours are structured on the basis of participants' interests and background.

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, Permaculture and Soil development
- * Urban wildlife and helpful plants
- * Seasonal produce, from seed to harvest
- * 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 – typically, \$100.

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:

Other News and Reports

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OTHER PRODUCTS FOR THE CSA FAMILY

3F Produce for non-shareholders: Non-Members may order items for \$10.00 each, shares for \$20 per week, or \$50 per month. For this amount, contributors may request any and all 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.

As always, non-CSA Members may request single items from the share list for \$10 per item. A full share for one week (any/all items) is \$20, and \$50 for one month. Annual shares are recommended, at \$300 per year. Five-month shares are \$200.

Just reply using the website contact link if you desire anything on the list. We suggest non-shareholders start an account to cover costs of items.

EGGS Eggs are suspended.

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. Just tell us what you'd like. Be sure to send your mailing address. No charge for shipping.

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 \$2.00 per plant (\$1, for shares), \$3.00 for 2, \$5.00 (\$4) for four, \$8.00 (\$6.00) 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 for spring and summer.

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 pots. Larger trees in five-gallon pots are \$50 to \$70, 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 samples of seeds from our seed bank – three types of okra, arugula, 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 (\$3.00) 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 \$4.00 each (\$3.00 for shares). You may order Seed Savers seeds from us. Find the seeds you desire on line, and let us know, and we'll order them for you. <http://www.seedsavers.org/onlinestore/> Florida Central West Coast acclimated Broccoli seeds are offered by 3F: \$3.00 for 30.

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

Rose's Bistro Off Main: We encourage folks to patronize Rose's Bistro in New Port Richey, and other local produce markets. The Bistro often has organic okra and may have other local produce. The Bistro is also a distributor of Seed Savers Exchange Heirloom Organic Seeds. Here is the Facebook page: <https://www.facebook.com/TheMarketOffMain>

Tasty Tuesdays: Visit the New Port Richey Library Tuesday (10:00 AM – 12:00 noon) for a good selection of locally grown organic vegetables. [New Port Richey Public Library, 5939 Main St, New Port Richey, FL](#)

Freedom House Farms: Open to visitors on Saturday afternoons. Featuring freshly harvested produce available for purchase. 5642 Virginia Ave., New Port Richey

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

Friendship Farms & Fare

An Urban Farm Community, CSA, Seed Saver, Community Garden, and purveyor of seeds, seedlings, fruit trees, and organic cottage-industry foods.

Friendship Farms & Fare Community

Cadle's Cove Farm

Black Cat Growers

Freedom House Farm

Friendship Farms & Fare: First Farm

Good Chance Farm

Hart's Family Farm

Seeds of Love Organic Farm

Tarry Lane Tasting Station

June 27, 2016–39th report for the 2015-2016 Garden Year

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www.EcologyFlorida.org

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