

HAPPY INDEPENDENCE DAY Y'ALL!

LOCAL PRODUCE FINDS AT BAILEYS IN JULY

July is "high" season at Baileys. Here are a few highlights of what you will find:

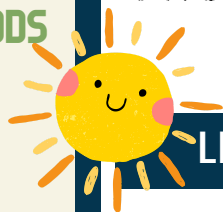
- We often have **yellow, bi-color and white corn**. We've heard lively exchanges in the market about which color of corn is sweeter. We are all fans of white corn but you may be interested to learn that sweetness is more about the "type" of sweet corn than the color! Whatever your preference, we will have them all!
- **Every type of watermelon**: Seeded, Seeded, Sugar Babies, Yellow Meat, Heirloom
- **Freestone Peaches and peach baskets**. As peaches become more plentiful, we will begin to sell more peach baskets.
- **Okra** is a warm-weather crop, so it is best around this time of year, when deliveries come almost every day!
- Tomatoes are one of the most popular topics of conversation at Baileys. **Tennessee Mountain Tomatoes** arrive early July, with Slocumb Tomatoes and Georgia Tomatoes also available!
- Field peas of all kinds vary from day to day. **Pink eyed peas, Butterbeans, Speckled butterbeans, Crowders, and Zippers** can be found in July. We shell our peas right at Baileys in old shellers. We bag and freeze peas daily.



**LATEST ARRIVALS POSTED DAILY ON
FACEBOOK AND INSTAGRAM!!**

TOP HYDRATING FOODS

CUCUMBERS
TOMATOES
CANTALOUPE,
HONEYDEW
WATERMELON
CELERY,
PEACHES,
ZUCCHINI,
RADISHES AND
ASPARAGUS.



LEAN INTO THAT HEAT: STAY HYDRATED

Florida heat is not something to take lightly because it also comes with serious humidity. Recent research indicates that heat and humidity not only impacts us physically but also psychologically. According to a June 4th report from the American Psychological Association heat can have psychological consequences ranging from irritability to impulsivity to trouble concentrating. Take care of your physical AND mental health by staying hydrated in warmer months. Know the foods that keep you hydrated and don't forget your water bottle!

ZERO ALCOHOL OPTIONS: THIS ISN'T YOUR MOM'S GINGER ALE. PREPARE TO BE IMPRESSED AND LET YOUR MOOD DRIVE CHOICE



If you are taking a break from alcohol and want to make smart choices around the growing mocktail selections, you may need a little help figuring out where to start. Don't worry, we can help with this! We do a lot of research (and a lot of sipping) so you can take home something that tastes amazing AND won't derail your commitments to a healthier you.

Prepare for amazing taste! The products on our shelves are made by companies that are digging in to deliver amazing plant-based flavors that are complex and sophisticated. This requires research which can translate into prices comparable to alcoholic products. You shouldn't assume that non-alcoholic means cheaper.

So how to you make a good choice? Bon Appetit Magazine suggests you start with your mood..



Do you want to feel ENERGIZED? These botanicals give you a burst of energy; You'll likely want to drink them at the beginning of your night out. Spirits like Bon Buzz's Bittersweet Citron, or Three Spirit's Livener, are tasty over ice with soda, and flavored complexly enough to taste close to a real cocktail. They contain active ingredients like caffeine, maca, and guarana in amounts that are generally equal to about a cup of coffee.



Do you want to feel more SOCIABLE? These beverages are meant to make you feel more connected to those around you. They feature ingredients like Lion's Mane, an adaptogenic mushroom, and 5-HTP, an amino acid our bodies use to make serotonin, both of which purportedly lift your mood and encourage connection.



Do you want to DE-STRESS? At the end of the night (or at the end of the workday), a crisp drink can be the best way to de-stress. Zero-proof drinks that calm you down are full of ingredients that may lower stress levels, and even help you fall asleep. These aren't the punchy, burn-forward spirits you want on a night out; rather, they're the cozy, mellow sips you want to take before drifting off to dreamland.



Whether it's wine, cocktails, or nonalcoholic spirits, there are some stellar options available for those that love the flavor, but are not interested in actual alcohol consumption.

St. Agrestis has been winning the ready-to-drink nonalcoholic cocktail game. The Phony Negroni continues to delight, but its mezcal-ed up sister tastes even better. A lightly sweet Campari flavor meets an intoxicating smoky note—St. Agrestis uses many of the same botanicals in mezcal, but extracts flavor without adding alcohol. The contrasts between bitter, sweet, and smoke take Agrestis's single-serving bottles to new heights.



**DON'T FORGET THE
 HuMDinger SALE!!**

POLLINATOR OPTIONS THAT THRIVE IN THE HUMID HEAT!

Some like it hot. While many flowers shrink from the Deep South's summertime heat and humidity, there are options for your pollinator garden that will thrive. Here are a few:



Giant Milkweed! Currently, we have Tropical and Native Milkweed which requires full sun, well drained soil and consistent watering schedule. Maintain by applying a balanced fertilizer in the summer. If the caterpillars munch the plant down to a nub, leave it be and let it regrow. Propagation can be done by locating a branching point, applying a root hormone and sticking into the soil.

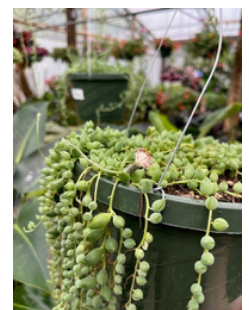
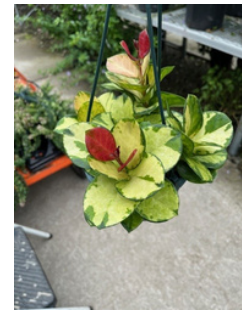


Buddleia: Size? Shape? Almost Any! Coming in a variety of blues, pinks, purples, and white, their blooms are sought out by our pollen loving insects far and wide. The blooms are here for the summer, but they stay well into the autumnal season with the appropriate watering routine and fertilization. Deadheading these plants will allow for the best results.



Passionflower (Passiflora incarnata): Set it and forget it! With a STUNNING purple flower covering the vines, this one brings in some interesting and fun little friends! This very low-maintenance beauty can be planted in a little compost and will flourish!

Your Indoor Garden



Keep in mind:

Your indoor lovelies will need more water in the summer months to grow and thrive! Soil is more prone to evaporation during these warmer seasons. You can check the soil by sticking your index finger approximately two inches into the soil. If it's dry, it's time to water!

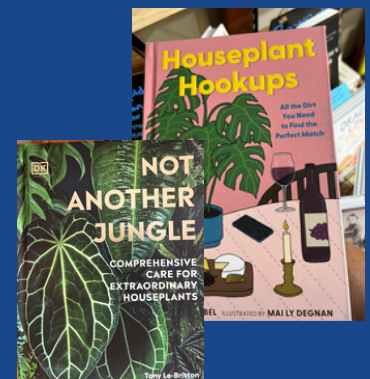
Be Cautious: Overwatering will cause the soil to clog up and prevent oxygen from reaching the root system.

Watch for stress:

Signs of stress include wilted or falling leaves, pale leaves, and sunburned leaves that turn yellow or brown.

Be sure to increase the humidity levels in your home! Summer heat can lower humidity levels, which is important for most houseplants. You can try placing your plants on a tray of pebbles filled with water or misting them regularly.

Consistency is key when it comes to temperature. Try to keep your home at a steady temperature between 65–75°F year-round. This will help prevent the plants from going into shock.



Check out our book nook for tips and tricks on these indoor friends!

IF YOU CAN'T BE THERE, SEND A FRUIT BASKET

Life happens. Kids get sick, airlines cancel flights, your car breaks down. If it happens to you but you want to follow up with a heart-felt gift, let us help. Baileys is known for its traditional fruit basket in half-peck, peck, half-bushel and bushel sizes, filled bottom to top with fresh fruit. We now deliver within the city limits so don't hesitate to give us a call and we will get the basket brigade on it. (850) 332.5959.

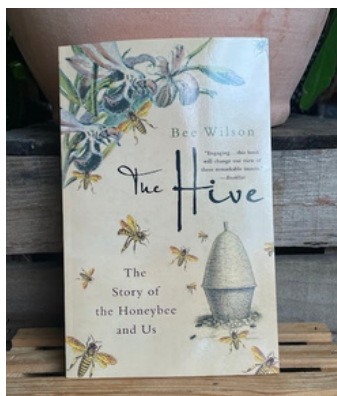
1/2 peck = 7 lbs of fresh fruit
\$23.99

1 peck = 14 lbs of fresh fruit
\$34.99

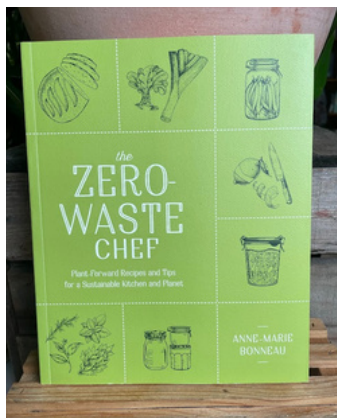
1/2 bushel = 30 lbs of fresh fruit
\$59.99

1 bushel = 60 lbs of fresh fruit
\$89.99

NEW in the BOOK NOOK...



At Baileys we love to give you beautiful books that not only teach you something new but tell you a good story. The Hive by Bee Wilson is just such a book. It is beautifully illustrated but also lays out why we view the honeybee as one of the wonders of nature: social, industrious, beautiful, terrifying. No other creature has inspired in humans an identification so passionate, persistent, or fantastical. The Hive recounts the astonishing tale of all the weird and wonderful things that humans believed about bees and their "society" over the ages. It ranges from the honey delta of ancient Egypt to the Tupelo forests of modern Florida, taking in a cast of characters including Alexander the Great and Napoleon, Sherlock Holmes and Muhammed Ali. The history of humans and honeybees is also a history of ideas, taking us through the evolution of science, religion, and politics, and a social history that explores the bee's impact on food and human ritual.



In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20 percent better it will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to begin to create your own change at home, especially in the kitchen.

Crystal's Watermelon Basil Refresher!

WE DIDN'T FORGET THE RECIPE

Ingredients

1 Watermelon

5-6 Fresh Basil Leaves

3-4 Fresh Mint Leaves

Juice of half a lime

Instructions

Chop the watermelon and remove any seeds. Chop and place into a blender with the basil and mint leaves.

Taste and add more herbs if you'd like to.

Serve cold over ice. Store in an airtight glass container in the fridge for 1-2 days. Best consumed immediately.

