



NEWSLETTER

JULY 1984

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL, Inc.

EDITOR: RAY THORNDIKE NEWSLETTER MAIL ADDRESS: ARNOLD & LILLIAN STARK
5215 Parade Street
Temple Terrace FL 33617

PRESIDENT: ARNOLD STARK, CHAPTER MAIL ADDRESS: P.O. BOX 260363, TAMPA 33685

MEETINGS ARE HELD AT 2:00 P.M. ON THE SECOND SUNDAY OF THE MONTH. NOTE CHANGE OF DATE THIS MONTH ONLY.

NEXT MEETING. JULY 15, 1984

MEETING PLACE HILLSBOROUGH COUNTY AGRICULTURAL CENTER
5339 STATE ROAD 579, SEFFNER
TAKE EXIT 8 SOUTH OFF I-4.

PROGRAM LAWRENCE WASSER, REGIONAL DIRECTOR OF the Jewish National Fund, who will speak to us about "From Sand to Land: the New Generation of Israeli Agriculture". Mr. Wasser has recently returned from a two week stay in Israel, where he visited new agricultural settlements in the northern and southern sections of a land of extreme topographical, climatological, and ecological diversity. As most of you know, Israel has been in the forefront of many revolutionary agricultural advances, and has developed many new varieties of food crops, including fruit trees (e.g., the Anna Apple and the Atemoya).

NEW MEMBERS:

Walter & Donna Errett
106 5th Street
Bellair Beach FL 33535

Josie R. Gause
411 Davenport Ave. N.E.
St. Petersburg FL 33702

ADDRESS CHANGE:

Erwin & Eugenie Fellows
21 Williams Blvd.
Zephyrhills FL 34249



CORRECTION: In June's newsletter, we stated that Marvin Dees was a new member. In fact, he is an old member with a new address.

A NUMBER OF MEMBERS ARE DELINQUENT IN PAYMENT OF THEIR ANNUAL MEMBERSHIP DUES. PLEASE CHECK THE ADDRESS LABEL ON THIS NEWSLETTER. IF THE LABEL IS CIRCLED IN RED, YOU ARE ONE OF THESE MEMBERS. UNLESS YOUR DUES ARE PAID PRIOR TO THE NEXT PRODUCTION DATE, YOU WILL NOT RECEIVE THE NEXT NEWSLETTER. YOUR NEWSLETTER UTILIZES APPROXIMATELY HALF OF YOUR DUES, AND CANNOT BE PRODUCED WITHOUT YOUR SUPPORT!

NUTS OVER APPLES: A GRAPE IDEA

Arnold Stark, Tom Goldsworthy, and Paul Rubenstein visited member Earl Martin in mid-June at his nursery and farm near Ft. White. Earl has been a steady supplier of plants for our tree sales and the purpose of the trip was twofold; to firm up plans for his contribution to the sale and to obtain some new trees for our monthly plant drawings at regular meetings. It was a fascinating trip and the hospitality was great - we didn't get home 'til past midnight but it was worth it.

We saw our first commercial Florida apple orchard planting, now seven years old, having produced several crops which were marketed quite successfully. Anna and Golden Dorsett trees were the largest we have ever seen, some over 20 feet tall, and we got some good pointers on the care and maintenance, as well as some problems encountered. There was a good crop of fruit on the trees, though not as much as last year, due to the late frosts which destroyed some of the bloom.

An old pecan orchard on the site is over 75 years old, boasts trees well over 60 feet tall, and loaded with green nuts. He also has a commercial vineyard where we saw a number of varieties of grapes which we were able to compare and get good tips on advantages and disadvantages of each.

We brought back several each of the new Israeli apple varieties; Elah, Michal and Schlomit, which we will add to our monthly drawings, as well as some nice pear trees. The new apple varieties bloom in mid-March and should be planted together for pollination. Fruit ripens a little later than the Anna and Dorsett, maturing in mid-June to July. The new apples will also be available at the Tree Sale in October.

Earl invites all members to visit and he will be glad to conduct the tour for you. There are potted trees for sale at special club prices. He is available any day of the week as well as Saturday and Sunday. Ft. White is approximately 150 miles north of Tampa, just off I-75. We will furnish a map and instructions on request. The trip makes a wonderful outing - maybe some of us could form a car pool. Driving time is about three hours without breaking the law and there are lots of good eating places and rest stops along the way, as well as plenty of beautiful scenery.

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WE ARE INSTITUTING A NEW FEATURE OF OUR NEWSLETTER.....PAID ADVERTISING! SINCE OUR CIRCULATION IS EXTREMELY LIMITED, PRICES WILL BE VERY REASONABLE. AN EIGHTH PAGE OR SMALLER AD WILL COST \$2.50; A QUARTER PAGE - \$5.00; A HALF PAGE - \$7.50. SINCE OUR NEWSLETTER MUST REMAIN LIMITED IN SIZE, THE NUMBERS OF ADS PER ISSUE WILL BE SMALL. ALSO, WE HAVE NO TYPESETTING OR GRAPHICS CAPABILITIES (this should change when we become computerized), SO ALL ADS MUST BE SUBMITTED IN CAMERA-READY CONDITION (SIZE CHANGES ARE ACCEPTABLE). THIS SHOULD PERMIT US TO PATRONIZE EACH OTHER, AS WELL AS PROVIDE THE CLUB WITH A SMALL ADDITIONAL SOURCE OF INCOME. PLEASE SUBMIT ALL ADS WITH PAYMENTS TO TOM GOLDSWORTHY, TREASURER.

* * * * *

How many of you would be willing to provide the Club with some biographical data, in particular, occupation and other hobbies, or areas of expertise? In this way, when a need arises, we would all know whom to turn to for assistance or advice. Also, since many of us are in some sort of business, we would be able to patronize each other, thus keeping business "in the family"! Your feedback, either positive or negative, to any of the Board members, would be greatly appreciated. If the response is positive, there will be a questionnaire in a forthcoming newsletter.

June 10, 1984 Program: COMPANION PLANTING

by Mike Murphy of Thonotosassa

In the state of Florida, we are fighting twice as many insects as in the rest of the country and we're working with very poor soil, very deficient in organic matter. On my 55 acre farm, I am employing companion planting, using herbs to repel insects and disease. I use no other method of control besides companion planting. To give a few examples, if you walk out into the woods, you'll find quite a few plants that are not damaged by insects, and here's my favorite, pig weed. You'll notice that the insects have not touched this plant, although they have eaten everything else in the area that is young and tender. If you can make your plant smell like this plant, then you can expect to repel insects also. You may use what I call "herbal tea". My method of making an herbal tea is simply to fill a black oil drum 1/3 full of the prospective herb and the remainder of the drum with water. This is set in the sun for about 3 days, after which time the liquid may be used just like you would use any other insecticide to spray the plants you wish to protect. Of course, you may make smaller quantities by using smaller containers, but the container should be painted black.

One of these plants is tansy. Tansy grows like mint and is a rampant grower. It may be used medicinally to rid your pets of internal parasites. You may also make a tea from tansy and spray it on your plants to kill most insects with chewing mouth parts, such as army worms and tomato worms. But in four or five hours, the plant will be perfectly safe for us to eat.

Another herb is called lemon basil. Members of the basil family are very good at repelling insects and preventing disease. They are great companions for tomatoes and any kohl crop, such as cabbage, brussels sprouts, cauliflower, etc. They provide some protection against mole crickets and nematodes. Lemon basil and peppermint planted around the doorway where some leaves will be crushed underfoot at times as you walk in and out, will prevent mosquitoes and flies from entering the house. Members of the mint family are also good at repelling rodents. At an experimental plot several years ago, I found that cat nip planted as a hedge around the garden plot was a better barrier than a chain link fence for protection against rabbits, because small rabbits can go through the openings in a fence, whereas they refuse to cross a cat nip hedge. There are at least 2800 different varieties of mint. These include herbs such as rosemary, sages, thyme, and basil. There are many varieties of sages other than those you buy in the supermarket. Some have variegated leaves, white and yellow, green and red. There are many varieties of mint which will grow in Florida. One thing they all have in common is square stems. Lemon basil may also be used as an insect repellent similar to 6-12 to apply to your body to repel mosquitoes. It may also be used for its medicinal effects on scratches and abrasions, similar to aloe vera. It also can be used as a very stimulating tea, a good substitute for coffee. And if you want to get the effect of four or five cups of coffee in one cup, try cat nip tea. The very fragrant cat nip tea has the same effect on humans as it has on cats.

Another member of the tansy family is yarrow, which grows along the road side. It is a very good addition to salad and adds a distinctive flavor. I also use society garlic and borage. Borage is a very good companion plant and it tastes somewhat like cucumbers in a salad. Salad burnet also adds a cucumber flavor to salads. In the garden it repels chewing insects such as grasshoppers.

What about fleas in your carpet and in your garden or fleas on the dog? For this, I suggest penny royal. Penny royal grows wild in most of North America, but the English variety is much more toxic in its action. Make a flea powder for your dog using dried penny royal. However, I would recommend testing a spot on the dog or

cat first to determine what their reaction is, and at half strength, because some animals, particularly cats, may have an allergic reaction to penny royal.

Hyssop is another herb which may be companion planted with kohlrabi crops to repel the cabbage butterfly. Rosemary may be grown in Florida for culinary uses. The plant looks like a miniature pine tree.

There are several good books on herbs and companion planting available today. One that's available from your County Extension Service free is "Native Species of Plants for the Landscape". Where possible, it is obviously better to use local plants which are acclimated to conditions in Florida, rather than trying to use plants that are not adjusted to these conditions. It makes things a lot easier cooperating with plants that are already there. I'll leave, between the rows in my garden, plants such as stinging nettles, pig weed, and camphor weed, all of which will help repel insects. The standard book for any aspiring herbalist is the "Rodale Herb Book", 653 pages on growing, cooking, landscaping and medicinal properties of herbs. Another excellent book is "How to Grow Fruits & Nuts by the Organic Method". It has a section on fruits and nuts, rare fruits, herbs and vegetables. Another good book is "A Field Guide to Edible Wild Plants". Also "Wild Plants for Survival in South Florida". If I were going to recommend one book for someone who wanted to raise herbs, the publication by Ortho Books, called "The World of Herbs and Spices", is the one. It's very exhaustive and is about as close in a small publication that I know of that is good for the beginner who wants to order herbs and start an herb garden.

In the reproduction of herbs, it is always better if you can get a cutting or a growing plant. Many herb seeds are almost microscopic and are very difficult to get germination and growth. In addition to this, many of the seeds are going to produce plants that do not come true to their parents. In the long run, it is better to order a plant through the mail, better to spend \$3.00 on a growing plant than sixty cents on a thousand seeds from which you may get no plants. When you receive your plant in the mail, place it in a pot and put it in a greenhouse or in very diffused sunlight or full shade for two weeks. After two weeks, give the plant a very weak solution of fish emulsion and bone meal, and allow it to remain for an additional week in partial shade. Note that plants which are listed in catalogs up north as able to take full sun will do better in Florida in partial shade. I get a good many of my herbs from Nichols Garden Nursery, 1190 North Pacific Hwy., Albany, Oregon 97321. They specialize in herbs and rare seeds and vegetable seeds. Plants are shipped in the spring and in the fall after September 10. Here in Florida, fall shipping is better because the plant has had all summer in Oregon to adjust to full sun. In drying the herbs for medicinal purposes or culinary, it is important not to dry herbs in the full sun. Hang them upside down in a dark dry closet. Hanging upside down allows oils which are in the stem to migrate into the leaves. Herbs may also be dried in a brown paper bag, again hanging upside down.

From companion planting, you may accrue other benefits than just the repelling of insects. In planting tomatoes and mints in close association, there is a certain exchange through the roots of the flavor of mints into the tomatoes so that the tomato has a slight mint flavor.

Now what about nematodes? At present, we have no companion planting of herbs that will protect plants against nematodes. If you have nematodes in your soil, you can treat the soil ahead of time with Vapam for a temporary control of the nematodes. Nematode resistant varieties of many vegetables, such as tomatoes, are available. This does not provide a total protection against nematodes, but simply a resistance to them. In addition to using nematode resistant vegetables, a deep mulch around the plants is also helpful. Or the vegetables may be grown in pots filled with a sterile nematode free soil. At the County Extension Service, there is a pamphlet available called "Vegetable Gardening in Florida - A Vegetable Gardener's Guide". It lists all the vegetables that may be grown in Florida, but most important, it lists varieties that are most resistant to insects, nematodes and diseases.

FROM THE LIBRARY: Herbs, what a dandy edible to plant beneath our fruit trees. For all you herb enthusiasts, the library now has two new books on herbs. Herbs, How to Select, Grow and Enjoy by Norma Jean Lathrop, and The World of Herbs and Spices by James K. McNair, which was mentioned by the speaker. Both of these books were chosen for their many color photographs to aid identification as well as their information on cultivation and uses in cooking and crafts.

The books and assorted materials are now in the process of having pockets and book cards pasted in them. Also a card catalog with title, author and subject cards, is being typed to help in locating information.

Kay Netscher, Librarian

JUNE PLANT RAFFLE:

Plant	Donor	Winner
Fwang Tung Carambola	RFCI	Walter Vines
Celeste Fig	Armando Mendez	Harry Klaus
Surinam Cherry	Christine Prodanas	Mary Victor
Fla. Etrog (Citron)	A & L Stark	Glen Myrie
Corrizo	Jim Calhoun	Bob Heath
Anise Tree	Jim Calhoun	B. Ryland
Roselle	Bob Heath	Janet Conard
Roselle	Bob Heath	A & L Stark
Blackberry Jam Fruit	A & L Stark	Keith Norton
Corrizo	Jim Calhoun	Janet Conard

RECIPE OF THE MONTH (Will those of you who are kind enough to bring in goodies for the Hospitality Table share your recipes for them with the Club? We will try to print them as space permits.):

Apricot Squares

2 cups flour	1 beaten egg
1 cup sugar	1 Tbs water
1 tsp baking powder	1 can Solo Apricot pastry filling
½ tsp salt	1 cup flour
2/3 cup shortening	½ cup brown sugar
3/4 cup rolled oats	1/3 cup butter

Stir together first four ingredients. Cut in shortening until mixture resembles coarse meal. Add oats. Mix in egg and water. Pat into bottom of a greased pan (15 x 9). Spread apricot filling over dough (jam or other type of pastry filling may be used.) (Optional: sprinkle with coarsely chopped nuts.) Mix flour and brown sugar. (Add a dash of cinnamon.) Cut in butter (or margarine). Sprinkle crumbs over filling. Bake at 350° for 30 minutes or until done.



A MESSAGE FROM THE PRESIDENT

I find that I am continually impressed with the warmth, generosity and enthusiasm of the RFCI members. I also have gained immeasurable and invaluable knowledge from our speakers, newsletters and experienced members. I hope that all of you feel similarly about your RFCI membership.

There are, however, several problems which exist in our organization, ones which are typical of many organizations. The first is the occurrence of "burnout" among previously energetic and enthusiastic hard-working members. The second is apathy of the general membership with respect to important club activities. This leaves a small number of intensely active members who try to accomplish everything and to tie all the strings together. It is these very members who subsequently become "burnout" victims. Obviously, a solution to the second problem would help alleviate the first. While I do not profess to have a surefire solution to these problems, I do know that YOU CAN HELP SOLVE THEM! There are at least three areas in which your participation is essential:

1) The Annual Plant Sale - This project requires a HUGE amount of work. The detailed planning of the sale is already in progress. We need help with publicity, plant procurement, props, and general organization. We will also need help the weekend of the sale, and, of course, on the day of the sale (Sunday, October 14), including loading and unloading, sorting, floor organization, traffic control, customer service, sales and cleanup. Last year, many members joined forces and helped make the sale a success, but many members DID NOTHING! On the other hand, all members benefited from reduced prices. Those who worked benefited more. **EVERY MEMBER SHOULD PARTICIPATE IN THE SALE** in some manner! Some members seem to feel the sale should be eliminated. I would like to point out that this sale is our major community-oriented activity. It provides the public with plants often unavailable locally, and with a wealth of information for the asking; it is our major public relations method, attracting new members; and participation in it is a great deal of fun! It also provides some of our members a market for selling some excess plants. (We will need many smaller plants this year, in the \$1.00 to \$5.00 range.) Obviously, without this annual major fund raising event, we could not enjoy the style to which we have become accustomed.

2) The Monthly Plant Drawing - Many of our members have benefited from this activity, acquiring plants for relatively small investments. Many others have acquired various and numerous seeds from the Club. It is amazing to me how few members provide the Club with any return for this benefit! Every month, the same members are relied upon to bring plants for the drawing. The Club, itself, has also provided plants. Eventually, however, we run short of material. Last month's drawing was pitiful, with respect to the number of plants! Again, **YOU CAN HELP!** Grow some plants specifically for the drawing! When you get seeds at a meeting, plan on bringing half the plants you get back to the Club (for the drawing or the annual plant sale)!

3) The Monthly Refreshment Table - Here again is something from which every member benefits, and relatively few participate. **EVERY MEMBER SHOULD PLAN ON PROVIDING A REFRESHMENT AT LEAST TWICE A YEAR!** See Christine Prodanas about scheduling, at the next meeting.

Other areas in which your RFCI Chapter needs your participation include the Newsletter (articles, artwork, recipes, assistance with production), programming, plant propagation, workshops, computerization, library services, and various committees. **PLEASE VOLUNTEER TODAY!!!**

Call Tom Goldsworthy, Bob Heath, or Arnold Stark.

Arnold L. Stark, President

TREASURY NOTES... by Tom Goldsworthy (continued from last issue)

4. The IFAS Blueberry short course held on May 10, 1984, had a short talk outlining the long term effects of drip irrigation on Blueberry plants. Many water wells bring too much lime to the root zones, raising the pH to a level where iron intake is inhibited.
5. There will be an IFAS Bunch Grape Field Day at Leesburg, on Tuesday, July 10, from 9:00 A.M. to noon.
6. The 7th annual Viticulture Symposium will be sponsored by Florida A&M University in Tallahassee on Friday, July 13. The Florida Grape Growers Association will hold activities in conjunction with this annual event, on Thursday and Saturday, July 12 and 14.
7. There will be an IFAS Muscadine Grape Field Day at Leesburg on Thursday, August 16, at the Agricultural Research Center.

Call your county Extension Agricultural Horticulturist for more details. Any club members who are interested in CAR POOLING to some of these events may call Tom Goldsworthy.

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* admission without regard to race, color, creed, or national origin

A suggestion has been made that we have RFCI T-shirts made, for members to wear at the next tree sale, as well as for personal use and family members. At the annual tree sale, T-shirts would identify members, so customers would know to whom they could turn for assistance. The shirts would cost less than \$5.00 apiece (except for XXL - about \$2.00 more). Since a minimum order would be required, we would like some feedback from you as to participation in this project. Please fill out the statement below, and turn it in at the next meeting.

☐ I would be interested in purchasing _____ T-shirts (indicate #).

☐ I am NOT interested in purchasing ANY T-shirts.

Signature

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HOSPITALITY TABLE

Christine Prodanas: Kiwi Banana Tart; Peach
Coconut Squares; Sweet Pickled Watermelon
Rind.

Bea Seekins: Pineapple Coffee Cake with Cream
Cheese Icing.

Lillian & Arnold Stark: Apricot Squares.

Janet Conard: Pumpkin Bread.

Al Roberts: 3 Gals. Papaya Juice.

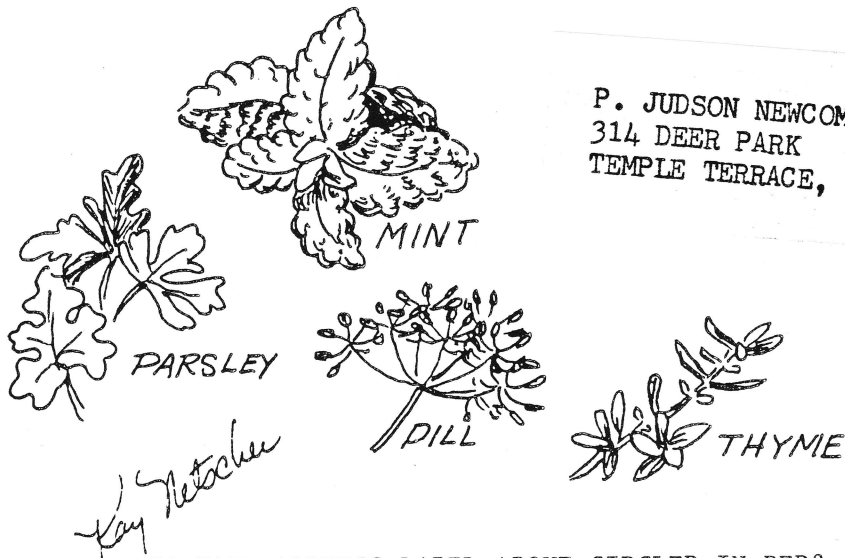
Al Hendry: Elderberry Tarts.

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REMINDER: JULY meeting will be held in
Seffner on the third (3rd) Sunday.
July 15, 1984.

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Tampa Bay Chapter Newsletter
Rare Fruit Council International, Inc.
P O Box 260363
Tampa, Florida 33685



P. JUDSON NEWCOMBE
314 DEER PARK
TEMPLE TERRACE, FL 33617

IS YOUR ADDRESS LABEL ABOVE CIRCLED IN RED? IF IT IS, YOUR DUES ARE LATE, AND SHOULD BE PAID IMMEDIATELY (\$13.00) TO MAINTAIN YOUR MEMBERSHIP!