



# NEWSLETTER

DECEMBER 1984

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

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TEMPLE TERRACE FL 33617

PRESIDENT: ARNOLD STARK CHAPTER MAIL ADDRESS: P.O. BOX 260363, TAMPA FL 33685  
(Including Renewals)

MEETINGS ARE HELD THE SECOND SUNDAY OF THE MONTH AT 2:00 P.M.

NEXT MEETING. . . . . DECEMBER 9, 1984

MEETING PLACE . . . . . COMMUNITY ROOM UNDER WEST RAMP,  
TAMPA BAY CENTER SHOPPING MALL,  
BUFFALO AND HIMES AVES. NEXT TO  
TAMPA STADIUM. (TAKE DALE MABRY  
TO BUFFALO AVENUE, AT STADIUM.)

PROGRAM . . . . . "LIVING OFF THE LAND", by Marian Van Atta.  
Marian Van Atta is the author of the book-  
let "Living Off The Land", and a monthly  
newsletter of similar format.



LOOK ON PAGE 84-78 FOR IMPORTANT ANNOUNCEMENT.



## New Members

Edward & Charlene Peattie, 10704 Wingate Dr., Tampa FL 33624  
Kirk Stokes, 2108 Morgan St., Tampa FL 33602  
Thomas D. Stelnicki, 5707 Sycamore Dr., New Port Richey FL 33552  
Ysolina Baez, 8431 N. Grady Ave., Tampa FL 33614  
Norman H. Fortson, 9711 Takomah Trail, Tampa FL 33611

## New Address

Celso Gomez-Sanchez, 18301 Tomlinson Dr., Lutz FL 33549

## Address Correction

David Zuessman, 261 Medallion Blvd., Apt. E, Madeira Beach, FL 33708

## FREEZE NOTE

The citrus tree insulators have been shipped. They will be at the next meeting, so if you ordered any, be sure to be at this next meeting. Also, Earl Martin will be bringing apple and pear trees, and blueberry bushes, to the next meeting. If you ordered any, be there!

November 11, 1984 Program: FLORIDA FRUIT

by Tom Economou

Mr. Economou is an amateur botanist in South Florida, a world traveler and collector of fruiting plants. He brought an extensive display from the Fruit & Spice Park in Miami for this meeting.

PUMMELO. The pummelo was brought from the Far East by settlers in America. In bringing it to the New World to Jamaica and similar places, they ate the fruit and dropped the seeds. The fruit that came out of the ground was no longer the pummelo but rather the grapefruit. Pummelos are very desired fruit in the Far East and wherever it is grown. It differs from the grapefruit in that it is primarily an eating fruit rather than a juice fruit.

THE JAK FRUIT: The jak fruit was imported to South America by the king of Brazil who ordered many different fruits from all around the world. In Brazil they have the same quality and variety of jak fruit as in Southeast Asia. The fruit is delicious and they preserve it or either make a drink with it. They take the juice, mix it with sugar and milk, and produce a delicious drink.

THE PASSION FRUIT. The passion fruit is a fruit you would certainly enjoy. There are some 600 varieties of passion fruit, ranging in size from a marble to a football. Displayed at the meeting was the giant granadilla. The juice of this fruit is good but you can also eat the flesh. Also on display was the granadilla edulis, or yellow passion fruit. This is the fruit that produces the famous juice that has now become a commercial product, and is being grown commercially in many places in the Tropics.

CHAYOTE. The chayote is a fruit of the Tropics that is now being grown extensively in Florida. The chayote is a rampant vining plant and is very easy to grow. I am sure many of you are growing it here. In the Tropics it is eaten out of hand, it is boiled and baked as a vegetable, or roasted with sugar or honey. But mainly it is used as a vegetable, like a squash. Simply plant the entire fruit in the ground in the spring and step back.

BLACK SAPOTE. This, I believe, is one of the great fruits of the Tropics. It is a very expensive fruit in the markets of Mexico. The black sapote is a relative of the persimmon and is sometimes called the chocolate or black persimmon, chocolate pudding fruit, or chocolate mousse. In the jungles of Mexico and Central America, it is said that the hunters and the monkeys fight for this fruit because of its delicious taste. But like the persimmon, it has to be eaten when it is dead ripe, so soft you can stick your finger right through it.

CARAMBOLA. Another fruit which is becoming more and more popular and can even be found in the local markets, is the carambola or the star fruit. It is extensively cultivated in Southeast Asia and in South China. Those you find in Central America and South America are very, very tart fruit. They are so sour you might wonder why anybody would buy them, but in South and Central America, fruit are not necessarily eaten out of hand. From the juice, in the case of the carambola, they make a refresco, a refreshing drink. In distinction to South American carambolas, some of the varieties grown in Southeast Asia are very sweet.

CAS, or COSTA RICAN GUAVA. The cas is one of the most popular fruits in Costa Rica but if I told you this and you ate the fruit, you would think I was pulling your leg because the fruit is so sour. However, they make a very delicious drink from it. Just as we like limes but would not eat them out of hand, so with the cas, they make a delicious drink.

ROSELLE. The roselle is Florida's answer to the cranberry. It is a first cousin to the common hibiscus and it is the calyx of the flower which is used to make jelly or an ersatz cranberry sauce. When the calyx is ripe, it is a brilliant red. In November, this time of the year, you simply strip the calyx from the seed pod and use it to make jelly or our Florida cranberry sauce.

TAMARIND. The tamarind is a legume that grows on beautiful trees in Southeast Asia. It is a very slow growing tree but eventually gets extremely large in relatively arid areas where it grows best. On the dry west coast of Mexico, the trees grow exceptionally well. The tamarind fruit is a bean which has a soft edible pulp around the beans in the pod. It has a kind of sweet, sour taste and is used for many things but notably the secret ingredient in Worcestershire sauce. It makes a good chutney and barbecue sauce. However, all over the world in the Tropics it is grown for its most important use, making drinks.

CANISTEL. The canistel is in the same family as the mamey sapote and is also called the egg fruit. It is called egg fruit because it looks like the yolk of a hard boiled egg. The flesh is also crumbly and dry like the yolk of an egg. But the taste is sweet and pleasant and enjoyed by many people. It may also be mixed with milk and a little sugar or honey, or it may be sweet enough to use with only milk to make an excellent drink.

AKEE. Here is a fruit that makes you wonder why anyone would want to eat it. In the unripe condition before the fruit splits open and in the over-ripe condition, the fruit is poisonous and even in its ripe edible condition, only the aril of the fruit is edible; all the rest of the fruit remains poisonous. It is reported that it is the akee which killed Popenoe's wife. Here is one of the most famous horticulturists in the world and his own wife died from eating akee. But despite this minor disagreeable fault of the akee, it remains the favorite fruit of the Jamaicans. They love it. Like the Cubans with their mamey, it's the Jamaicans with their akee.

GARCINIA. The garcinia belongs to one of the most famous fruit families of the Tropics, along with the mangosteen. It grows in Southeast Asia as a native plant. It has a thick purplish skin with a white flesh inside in plugs similar to a tangerine. It is highly esteemed in Southeast Asia where some people consider it the No. 1 fruit in the world.

\* \* \* \* \*

#### POTTING SHED

As mentioned in our newsletter last month, the Club will be buying approximately 75 trees from a wholesale nursery in California. Delivery of the trees is expected the week of January 13, 1985. The trees will be packaged bareroot and will need immediate planting. Trees will be delivered to the home of Bob Heath where potting soil, pots and work tables will be available. At our December and January meetings volunteer signing sheets will be available for those willing to help. Or those who wish to help but do not expect to be at these meetings may call Bob Heath at 876-7422 to list their names and telephone numbers.

\* \* \* \* \*

#### SEFFNER PLANTING WORK DAY

Thursday, December 6, will be a work day at the Agricultural Station in Seffner. Work will begin about 9:00 a.m. and continue until we get tired! We have plenty of mulch for paths and potting soil for planting trees. We have several trees to plant and much work remaining to do on the paths and walks.

We request the presence of those who can work on that day. We are predicting a cool brisk day with a clear sky. See you there!

ACCOLADES

Several workers at our Annual Tree Sale were inadvertently omitted from the list in the previous newsletter. Apologies and thanks go to Benjamin Abrams, Sophie Abrams, Olga Klempler, Carl Fierstein, and Patricia Fierstein. If your name was left off the list, and you worked at the tree sale, please let us know.

A MESSAGE FROM THE PRESIDENT

It was a pleasure to see several new members at our last meeting. With the swelling of our ranks resulting from this year's plant sale, we are bound to see a number of new faces, and become acquainted with new friends over the next several months. Such growth is the life's blood of our organization. I would like to extend to all our new members a hearty welcome, and urge you to become an active participant in our activities. Remember, the more you give to your club, the more you will get out of it. The camaraderie experienced at our plant sale is proof of that!

At this point, I would like to request that our membership cooperate to solve a rather difficult problem. Most of you are aware, I am sure, that the acoustics at our meeting place are, to say the least, not the best. At times, it is very difficult to hear our speaker, or to comprehend what is said due to reverberating echoes. This problem is greatly exacerbated by the frequent tendency of some people to carry on conversations during the speaker's presentation. To our speaker, this must appear as extremely rude. For other members, it makes hearing the speaker that much more difficult, and at times impossible. PLEASE REFRAIN FROM TALKING WHILE THE SPEAKER HAS THE FLOOR! Thank you.

NOTE: By action of the Board at its November '84 meeting, the Tampa Bay Chapter of the Rare Fruit Council International is now one of the official sponsors of Tom Economou's International Botanical Adventures. We adopted this resolution because so many of our members have taken his tours and found them so educational and satisfying. If you are looking for a tropical vacation, and would like to experience the pleasure of finding your favorite fruits in their natural habitats and native markets, contact Tom Economou, Nature Trail, Inc., P.O. Box 450662, Miami, Fla. 33145, Phone 305-285-7173.

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HOSPITALITY TABLE (November meeting):

Christine Prodanas: Oatmeal-currant Cookies; Blueberry Pecan Crumb Cake; Spiced Carrot Jam; Papaya Jam; Black Sapote Whip (made with brown sugar and rum); Toasted Crackers.

Irene Rubenstein: Fresh Non-astringent Persimmons (Fuyu); Persimmon-Pecan-Coconut Spread.

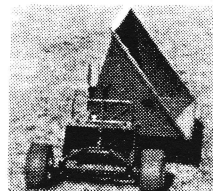
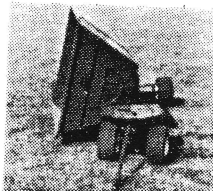
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**SIDE-DUMP TO EITHER SIDE, E-Z EMPTY, SAFE NO-TIP,  
1 PERSON OPERATES.**

Heavy Duty With Fat Tires  
3 Sizes: 1½, 1, & ¾ cu. yd.  
\$1,735 plus freight — 1½  
Now you can contract to  
remove stable manure.

Also small flat bed  
stake wagons.

Write For Brochure.



ODESSA NATURAL ENTERPRISES  
Post Office Box 537  
Dept. 13-1  
Odessa, Florida 33556



CORRECTION: Harry and Carol Snyder, who provided lychees, grumichamas, etc. for our tree sale, and were listed in the last newsletter as non-member suppliers, are, in fact, members of our chapter. Our apologies!

The Snyders have sent us some information which will be of value to all those who purchased any of these trees. All of them are air-layers of fruiting trees, and normally will fruit in about 3 years. The lychee likes a pH between 5.5 and 6.5, and can't tolerate dry conditions, especially when young. He recommends that the young trees be fertilized with about 2 cups of a balanced fertilizer every month during the warmer parts of the year. Mulching is beneficial, and grass should be prohibited from encroaching upon the drip line. Nutritional sprays will help the tree become established faster, but is unnecessary after the initial 18 months. Be sure to protect young trees on freezing nights. Thanks for the information, Harry and Carol.

NOTE: Our 5th Annual Tree Sale featured more than 75 types of plants (excluding different named varieties of the same species), quite a diverse selection. Most were fruit trees, but the limited number of herbs and vegetables also sold very well. You can expect us to offer more of these in the future. Plant suppliers included 16 of our own members, a definite record reflecting heightened interest within our group.

#### NOVEMBER PLANT RAFFLE

Plant	Donor	Winner
Guatemalan Red Papaya	A. Mendez	Ivan Leo
Celeste Fig	A. Mendez	Tom Goldsworthy
Lemon Grass	A. Mendez	Jud Newcombe
Cattleya Pink Guava	A. Mendez	F. Galatocky
Naranjilla	RFCI	John Victor
Round Papaya	Stark	Abe Azar
Cariflora Papaya	Stark	Bobbie Puls
Guava	RFCI	Steve Roberts
Pitomba	RFCI	Al Roberts
Coconut Palm	RFCI	Bill Ryland
Spanish Red Pineapple	RFCI	Doris Lee
Ornamental Banana	RFCI	Harry Klaus
Loquat	RFCI	F. Galatocky
Ornamental Banana	RFCI	Ivan Cheatham
Chaya Spinach	Bob Heath	John Bell
Yellow Guava	Bob Heath	H. Seekins
Pomegranate	Will Unruh	Kirk Stokes
Whit Sapote & Papaya	Ray Thorndike	Ivan Cheatham
Native Persimmon	Ray Thorndike	Anita Unruh
Native Persimmon	Ray Thorndike	Kirk Stokes
Abaca Pineapple	Ray Thorndike	Stark
Pineapple	?	A. Unruh

In order to continue the successful monthly plant raffle, more members must start to contribute plants. If you look back over the lists in the past newsletters you will see that only a few generous members have repeatedly brought plants each month. Please join in actively supporting this club function.

The Museum of Science and Industry at the University of South Florida is planning a planting of native Florida plants. They have a small area appropriated for this purpose. The plants they intend to use are not necessarily fruiting plants but some are desired particularly if they are also attractive or flower well.

The Museum also intends to arrange for a series of monthly exhibits in their greenhouse. The exhibits will include live plants, posters, models, paintings and pictures, dried and mounted specimens and similar material for education of the public.

Below is a proposed list of exhibits by month:

- January - Inserts and diseases of Native Plants.
- February - Landscaping to Conserve Energy (Physical and Electrically).
- March - Forestry Exhibit - The Pine Tree and all its Wonderful Products.
- April - Aquatic and Bog Natives.
- May - Edible Native Plants and Medicinal.
- June - Wildflowers and other Blooming Florida Plants.
- July - Ferns, Orchids and Bromeliads of Florida.
- August - Poisonous Plants.
- September - Deciduous Plants of Florida.
- October - Deciduous Grass of Florida.
- November - Evergreen Trees and Plants of Florida.
- December - Decorating of Florida Native.

They need our help for the May exhibit. Members who may be especially interested in the cultivation of native fruiting plants or who would be interested in helping with their May project for the greenhouse may contact Bob Heath @ 876-7422.

#### MEMBERSHIP INFORMATION SHEET:

Each individual member is requested to fill out one of the enclosed sheets. Response is voluntary. You may omit any section you choose. The purposes for this form are:

1. To help us prepare a newer, more useful membership directory;
2. To help the directors identify members with particular skills or trades which are needed by the club;
3. To help members identify other members with similar horticultural interests, so that we can increase information and plant exchanges;
4. To help members recognize the occupations of other members, in order to promote business between members who desire it;
5. To help us prepare our membership list for computerization.

Where there are joint memberships, a separate sheet from each person is requested. Please bring the filled out sheets to the next meeting or mail them to the Newsletter Committee.

MEMBERSHIP INFORMATION SHEET

LEAVE THESE SPACES BLANK FOR OFFICE USE:

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DIRECTORY: PART A

1. Your name:
2. Do you have a ( ) single or a ( ) joint membership?
3. If joint, what is your spouse's name?
4. Your street address:
5. City: State: Zip Code:
6. If you live in a development complex or a sub-division, give its name here to help identify your location:
7. Mailing address (if different from street address):
8. City: State: Zip Code:
9. Home Telephone: Area Code Tel. No.
10. Business Phone: Area Code Tel. No.
- 11.
- 12.
- 13.

.....

OCCUPATION: PART B

14. Do you want your occupation(s) published in our next directory? ( )Yes ( )No

Check how you would classify your occupation(s), using this key in the Class Code column:

- |                 |                   |                   |                     |
|-----------------|-------------------|-------------------|---------------------|
| A. Agricultural | B. Business/Sales | C. Trades/Service | D. Religious        |
| E. Education    | F. Medical/Legal  | G. Government     | H. Other - specify. |

- | Occupation                              | Job Title | Class Code |
|---|-----------|------------|
| 15. Primary Occupation:                 |           |            |
| 16. Second Occupation:                  |           |            |
| 17. Other Occupation:                   |           |            |
| 18. Are you self-employed? ( )Yes ( )No |           |            |
| 19. Business name:                      |           |            |
| 20. Business address:                   |           |            |

## MEMBERSHIP INFORMATION SHEET (continued)

21. Are you employed by others? ( )Yes ( )No

22. Name of your employer's business:

23. Business address:

24. Are you involved in Horticultural ( ), Nursery ( ), or Agricultural ( ) activities?

25.

26.

27.

HORTICULTURAL INTERESTS: PART C Do you want this information in the directory? ( ) Yes  
( ) No

Please list here up to 12 plant areas that you are interested in (such as apples, grapes, citrus, blueberries, peaches, tropicals, herbs, etc.)

28. 32. 36.

29. 33. 37.

30. 34. 38.

31. 35. 39.

RESOURCES AND/OR SKILLS USEFUL TO OUR COUNCIL: PART D Do you want this information in the directory? ( )Yes ( )No

What can you do that you would share with your organization? What skills, knowledge, or equipment do you have which you would share with us for a project? (Such as: typing, computer programming, sign making, baking, construction, tractor, etc.) Please list here:

40.

41.

42.

43.

44.

45.

46.

47.

CLUB INTERESTS: PART E

Below are a few areas of our club activities. Check those areas where you would be interested or willing to serve.

48. ( ) Monthly plant exchange. 54. ( ) Board of Directors.

49. ( ) Tissue culture committee. 55. ( ) Book sales project.

50. ( ) Hospitality & tasting table. 56. ( ) Plant & tree sales.

51. ( ) Computerization of records. 57. ( ) Membership committee.

52. ( ) Newsletter production. 58. ( ) Demonstration plantings.

53. ( ) Library.

TAKING CARE OF FREEZE-DAMAGED CITRUS TREES

(From the Florida Citrus Mutual, Jan. 1984)

(The following excerpts are taken from a University of Florida Extension Service paper on treatment for citrus trees affected by a freeze. The original paper was prepared by the late Fred F. Lawrence, an authority on citrus.)

Symptoms of Cold Injury

During periods of low temperatures, the leaves of citrus trees commonly assume a drooping or wilted appearance but remain firm and brittle if frozen. As they thaw, the leaves first become slightly flabby. If the injury is not too severe, they gradually retain normal turgidity and recover. Seriously frozen leaves, however, gradually collapse and dry out; this is accelerated by warm sunny days immediately following a freeze. If the twigs are seriously frozen, the leaves dry out and remain attached until they rot and fall off. However, if the twigs and larger wood are not seriously injured, an abscission layer is formed at the base of the petiole and the injured leaves are shed rather promptly.

On trunks and larger branches cold damage may appear as splitting or loosening of the bark. Certain areas, especially those at or near crotches, are particularly sensitive. Localized damage to patches of bark on the trunk and larger limbs (cold cankers) are often mistaken for gummosis, since these may exude gum at a later date.

Irrigation

If freeze damage occurs early in the winter and soil moisture is reasonably adequate, it will be well to delay irrigation in hopes of delaying tree growth until the danger of additional freezes has passed. If, on the other hand, trees do put forth growth, it should not be allowed to wilt for the lack of water.

Remember that irrigation during warm periods in the winter following cold injury is hazardous and should be avoided if at all possible.

Pruning

Cutting of dead wood from bearing trees which have suffered heavy damage should not be done until late spring or summer following the injury.

\* \* \* \* \*

TREASURY NOTES....by Tom Goldsworthy (continued)

34. Wine Makers. We have a friend who accumulates 1 gallon glass jugs from Ocean Spray Cranapple Juice at the rate of 1 or 2 per week. She would save them and give them away if some member could use them. (Perhaps for wine making.) If interested, call me soon at 920-6147 or 847-6031 for details, so she will know whether to save them or not.

\* \* \* \* \*

RECIPE OF THE MONTH - Florida Cranberry Sauce with Roselles

1 cup roselle calyx (liquid removed)  
1/2 cup sugar  
1 teaspoon lemon juice

Strip roselle calyx from seed pod. Boil for 15 minutes in 1/2 cup water with each cup of calyx. Cool. Drain liquid through jelly bag. Preserve liquid for jelly. Add sugar and lemon juice to calyx and cook over low heat, stirring often, till sugar is completely melted. Refrigerate when cool.

IMPORTANT ANNOUNCEMENT

Our Important Announcement is written in verse and below, for those who don't dig poetry, the same announcement in prose.

A covered dish supper to round out the year,  
A time for companionship, joy and good cheer.

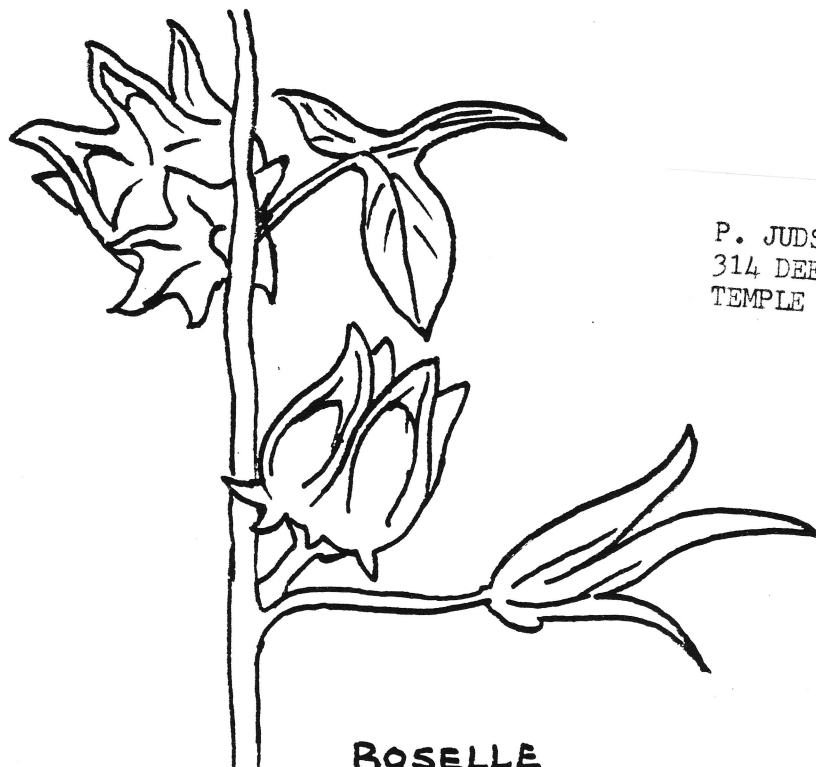
On the 15th of December, the 15th, you know,  
At Janet Conard's, at 5:00'ish or so.

Come to our party with your covered dish,  
Filled up with pasta, salad, or fish,  
Or other things tasty as you might wish.

The evening's schedule has no serious bent  
With good eating, singing and merriment.  
So let's cap the year with this cheerful event.

A covered dish supper, on December 15, beginning about 5:00 p.m. at the home of Janet Conard, 919 W. Henry Ave., Tampa, Phone 239-9246. You will find Janet's home on the north side of Henry Ave., between Kenneth Ave. & the river, nine (9) blocks west of Florida Ave., and four (4) blocks north of Hillsborough Ave. Take I-75/275 to the Hillsborough Ave. exit and go west to Florida Ave., Highland or Ola, and then north to Henry Ave. Then west on Henry to Janet's.

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



ROSELLE

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