



NEWSLETTER

JANUARY 1985

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

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(Including Renewals)

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

NEXT MEETING. JANUARY 6, 1985

PLEASE NOTE THAT THIS MONTH'S MEETING IS
ONE (1) WEEK EARLY, JANUARY 6, 1985.

HAPPY NEW YEAR!



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 "REVOLUTIONARY HERBS", OR AS
MARIE ANTOINETTE WOULD SAY,
"LET THEM EAT HERBS," BY JOHN
VICTOR.

* * * * *

New Member

Lloyd G. Miller, 416 Wayfarer Ct., Tarpon Springs, FL 33589

* * * * *

HOSPITALITY TABLE (Dec. 9 Meeting):

Christine Prodanas: Spiced squash bread; Currant-oatmeal cookies; Squash butter
and crackers.

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December 9, 1984 Program: LIVING OFF THE LAND

by Marian Van Atta

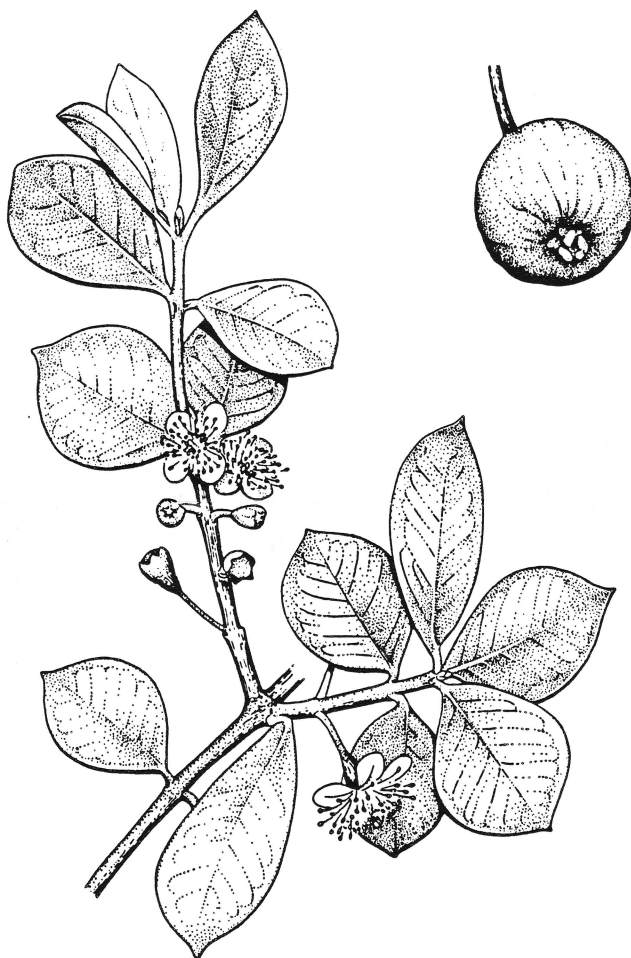
Mrs. Van Atta presented a very interesting slide presentation concerning many plants that will grow in central Florida, both native and imported. Her first slide was of a beautiful tangelo tree. She emphasized the fact that we in central Florida should plant citrus trees. They are beautiful and the fruit is delicious. There are so many varieties, and they do so well in central Florida.

GUAVA. Her next slide was the common guava. The guava makes a beautiful fruit which is delicious in jellies and jams. But, as we know, the tree is very cold sensitive and will be severely damaged by freezes like last year's. But the tree will come back and we should be encouraged to continue to plant the guava.

ORIENTAL PERSIMMON. The next slide showed the persimmon, the Oriental variety or the kaki. The Oriental persimmon is a valuable fruit and should be produced in greater quantity. It is very versatile and may be used in many ways.

MULBERRY. The next slide showed the mulberry, which bears in the spring of the year. There are three main types of mulberries, the black, the red and the white. The black ones come from the Orient and are grown most frequently in Florida. Years ago, they were very popular but many people now consider them a nuisance tree. So if you plant a mulberry, plant it in some area where the fruit won't fall on your car or your driveway or walk. The native American mulberry is the red one. They may occasionally be found growing wild in central Florida.

APPLE. The next slide showed the apple. She is growing the Anna, the einsheimer, and the golden dorsett. The apples that grow in Florida are even better than many you get in the northern climates, possibly because they are picked fresh off the tree and anything you can pick fresh always seems to taste better than those bought in the store.



STRAWBERRY GUAVA

FLORABELLE PEACH. The next slide showed the Florabelle peach, which produces well in central Florida, but is attacked by the Carib fly. The suggestion was made to mix one pat of yeast and one tablespoon of malathion in a gallon of water and spray each week on the tree as the peaches develop. The yeast attracts the Carib fly; the malathion, of course, kills them.

MANGO. This is the fruit of the Tropics. The slide showed Mr. John Endsey who has the biggest mango plantation on Merritt Island. The weather there is relatively mild, protected by waters of the Indian River and the Atlantic Ocean. Mr. Endsey was holding a mango which must have weighed approximately 4 pounds. He has developed three or four new varieties himself. Last year's Christmas freeze, however, did considerable damage to the planting there. There is also an extensive lichee planting on Merritt Island, which was planted by the Pinkertons way back in the 20's. It also was damaged very badly by the freeze in 1983.

MIRACLE FRUIT. The next slide showed *synsepalum dulcificum*. The effect after eating one of the small berries is to dull the sour taste buds on your tongue, so that for a period of an hour or so, you can no longer taste sour but only the sweet in fruits and other foods. Limes, calamondins, sour grapes suddenly taste very sweet. It is really a fruit that you can have a lot of fun with. The tree, however, is very cold sensitive and needs to be kept in a pot throughout its life so it may be brought in during cold weather. It is also very slow growing and takes several years to produce fruit.

PODACARPUS. The next slide showed the podacarpus, which has a split fruit like the cashew nut. The upper part of the podacarpus fruit turns dark purple when it is ripe and this is the edible portion. It is sweet and juicy but somewhat bland. The lower portion of the fruit is the nut and it remains green and is foul tasting. The tree is hardy and is commonly used as a landscape tree.

THE AUSTRALIAN BUSH CHERRY. This is an interesting fruit. It is also called the black cherry. It is not that great a fruit but it makes a lovely jelly, somewhat reminiscent of the Java plum and may be botanically related. However, it may be a little more cold hardy than the Java plum.

DOWNY MYRTLE. The next slide showed the downy myrtle with its beautiful rose-like flowers which is followed by a small blueberry-like fruit. It makes beautiful jellies and jams and delicious pies. The downy myrtle was imported by Reasoner's Nursery in the 1800's to be used as an ornamental plant. However, it has since escaped and can be found growing wild in many areas of south and central Florida. I think we should develop the fruit and plant it in our own yards. It is a beautiful plant and also has edible berries. I don't believe it will ever become a pest like the Brazilian pepper.

BLACKBERRY. The next slide was the wild blackberry. Blackberries grow wild all over the world. They like to grow in soil that has been disturbed. Blackberries make excellent pies and jelly and we used them to make our blackberry flying saucers. The recipe is in our little booklet.

PRICKLY PEAR. The prickly pear grows wild at this latitude all over the world. The fruit make good jams and jellies and a wine may be made from the prickly pear also.

POKEWEED. The next slide was the wild pokeweed. For it to be good, you must eat it when it is very young and tender and make sure you cook it in a lot of water and throw out the water. It is delicious and it does taste similar to asparagus.

WILD PERSIMMON. The wild persimmon grows wild in Florida and ripens without frost. The persimmon tree is a wonderful tree, very pretty, and grows without any care from the seed. The Native Plant Society likes the persimmon and wants us to plant more of them. With the wild persimmon, you can make excellent pudding and also persimmon beer. The recipe is in my booklet.

PASSION FRUIT. The next slide showed the passion fruit. One variety grows wild in our area. The passion fruit that you find in the nurseries may be grown strictly for the flowers and may not set fruit. If you wish to have fruit, you need to get one of the varieties that have been developed for fruit. This includes the purple granadilla, the yellow granadilla, and the giant granadilla, among others.

PEPPER GRASS. The next slide showed the pepper grass which grows wild in Florida. The seed is very rich in vitamin C and you can find a couple of recipes in our booklet.

WILD CUCUMBER. We find the wild cucumber growing in our garden sometimes. It makes an excellent pickle but you should be careful not to pick them after they turn dark. People have become quite sick eating the wild cucumber after it ripens to its black color. The fruit is small, only an inch or so long.

ELDERBERRY. The elderberry grows wild all over Florida and all over the world for that matter. We are fortunate to have a black variety in Florida but there is also a red and white variety. They make delicious pies and jellies and jams, and of course, your elderberry wine. You can find the elderberry easily by looking for their blossoms, which cover the plant with a white blanket. In years when we have no frost, the elderberries bear year round. However, the largest crop usually occurs in June or July. If you don't have time when the berries need to be harvested, you may pick the berries and place them in your freezer in a large plastic bag to be used later when you have the time to remove the berries from their stems. The blossoms may also be eaten by dipping in a batter and frying them and either covering them with powdered sugar or serve them with onions.

JICAMA. The next slide showed the jicama, which tastes somewhat like the Chinese water chestnut. The rampant vine will grow on an arbor or fence and has beautiful blue flowers. However, if you want the tubers, you must pick the flowers off before they open. If you let the flowers and seed pods mature, the tubers will not develop properly. If you don't pick any of the flowers, you may get no tubers at all.

ROSELLE. The roselle, which we grew last year, is somewhat smaller than the variety at the meeting. There are many varieties of roselle, which is closely related to the hibiscus and is identical to the hibiscus tea which you can buy in the health food stores. The roselle seeds are collected at this time of year and planted in the early spring or in flats in February indoors to be transplanted out after the danger of frost has passed. The roselle is an annual and produces its fruit in the late fall, being ready to harvest about the first of December. The roselle is also called the Florida cranberry and is used for making a cranberry-like sauce and a beautiful jelly and wine.

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A MESSAGE FROM THE PRESIDENT

I apologize for not being at the last meeting; I understand the program was excellent, and that other things ran smoothly, albeit hectically. Thanks, Bob and Tom for filling in! I'll try not to miss another meeting (and I really did miss it!), but missing this one was unavoidable. Now, where were all of you on December 15th? We had a great time at our pot-luck social at Janet Conard's, although there weren't many of us. You missed an enjoyable evening. Thanks, Janet! Maybe next time there'll be a real crowd.

Meeting date change for January; we were not able to reserve the meeting room for our regular time on January 13. So the meeting date has been changed to the first Sunday, January 6, 1985. Don't forget!

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DECEMBER PLANT RAFFLE

Plant	Donor	Winner
Mint	Ray Thorndike	A. Mendez
Lady Finger Banana	Bruce Beasor	Steve Roberts
" " "	" "	" "
" " "	" "	" "
" " "	" "	" "
Loquat	Frances Stevens	" "
"	" "	Walter Vines
Lady Finger Banana	" "	Steve Roberts
" " "	" "	" "
Cattleya Guava	" "	Vicki Roberts
Roselle	Bob Heath	Bruce Beasor
Orange Berry	" "	Kay Netscher
Abacca Pineapple	" "	Anita Unruh
Bromelia Balansue	Herb Hill	Walter Vines
Ornamenta Banana	Harry Klaus	Bobbie Puls
Loquat	" "	Priscilla Lachut
Loquat	Doris Lee	Frank Galatocky
"	" "	William Yedkois
"	" "	Priscilla Lachut
"	" "	Walter Vines
Comfrey	Bobbie Puls	Walter Vines
Sage	Christine Prodanas	Betty Dixon
Black Sapote	A Mendez	Doris Lee
Tamarind	" "	Kay Netscher
Lemon Grass	" "	Anita Unruh
White Sapote	Ray Thorndike	Bobbie Puls
Biriba Deliciosa	" "	Louise Schmidt

CALABAZA PUMPKIN & MALANGA (Excerpt from Florida Market Bulletin, Dec. 15, 1984)

Dr. Mary Lambert, Extension Agent in Dade County, is a recognized expert in sub-tropical vegetables and watches closely the growth of these crops in South Dade. She said that the calabaza pumpkin, sometimes referred to as West Indian pumpkin or green pumpkin, is one of the more popular crops in the Homestead area. It varies in size, shape and skin coloring but usually has firm, yellow flesh and a delicate flavor somewhat like Hubbard or butternut squash.

The two common varieties of calabaza are: *curcubita pepo* and *curcubita maxima*. When mature they provide a good source of vitamins and minerals. Calabaza can be added to soups, stews and salads much the same as potatoes. It is excellent in pies, souffles and custards. It can also be baked and served with butter or olive oil.

"The calabaza is of the same species as the butternut squash with the same buff-colored skin," said Lambert, "and it is much preferable for cooking than the pumpkin because it is not so watery as the pumpkin. It is great for Calabaza Pie!"

While there are only about 900 acres in production, growers get four crops a year. The calabaza will grow anywhere the pumpkin will grow, so it is not limited to south Florida.

Malanga is another of the starchy vegetables grown in Dade County, with some 4,000 acres in production. It is also called co-coyam or tannia. A root crop,

it looks much like an iris bulb, shaggy but somewhat longer, about 8-10 inches long and 3-5 inches in diameter. It is similar to the potato in food quality, but has less water and high nutritional value. One of them in black bean soup is exceptionally good, according to Lambert, and it is also good for chips. The malanga takes about 9-11 months for growing and can be grown as far north as Lakeland. It is found mostly in the Caribbean and Latin America and to a lesser extent in Africa.

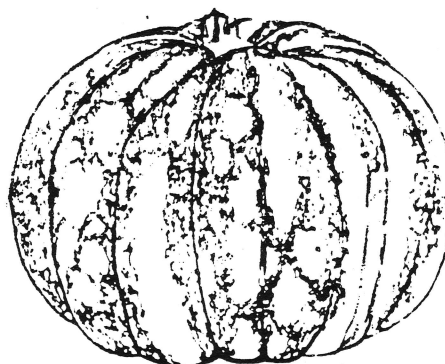
There are at least 20 acres of taro, similar to malanga, grown in Dade County. It is grown most widely throughout the tropics.

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RECIPES OF THE MONTH

CALABAZA PIE

1-1/2 C. calabaza, cooked & mashed
 3/4 C. sugar
 1/2 tsp. salt
 2 tsp. cinnamon
 1 tsp. ginger
 1/2 tsp. nutmeg
 1/2 tsp. cloves
 3 slightly beaten eggs
 1-1/4 C. milk
 1 6-oz. can evaporated milk
 1 unbaked 10-inch pastry shell

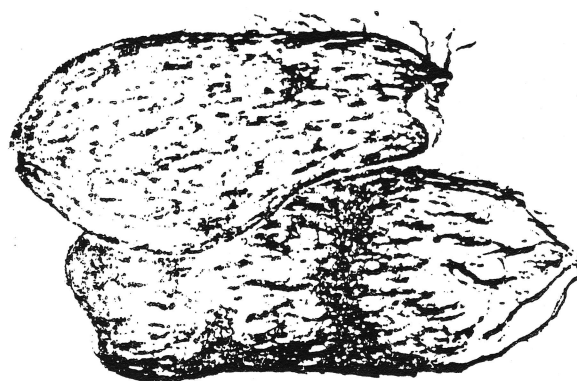


Combine first seven ingredients. Blend in eggs, milk and evaporated milk. Pour into pastry shell. Bake in 400 degrees oven 50 minutes, or until knife inserted halfway between center and edge comes out clean. Cool.

BOILED MALANGA

Malanga
 Butter or olive oil
 Salt
 Pepper

Pare malanga and cut into bite-size cubes. Add to boiling salted water and cook until they can be easily pierced with a fork. Drain. Toss lightly, so as not to mash, with melted butter or olive oil. Salt and pepper to taste. Serve warm or cold, as desired. (Boiled malanga can be used in making potato salad, substituting the malangas for the potatoes.)



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

35. Letterhead. We now have a new supply of letterhead in two sizes (full sheet and half sheet). Any officers or board members may get a supply from the Treasurer.
36. Blueberry Conference and Trade Show. The University of Georgia is sponsoring the 2nd biennial Southeast Blueberry Conference and Trade Show on Tuesday and Wednesday, January 29 and 30, 1985, in Tifton, Georgia. Registration limited to 300. Pre-registration fee is \$30.00. For more information, write: Blueberry/RDC, Post Office Box 1209, Tifton, Georgia 31793.
37. Reese Citrus Insulators. We still have a few of these left for sale. Call Bob Heath at Tel. 876-7422 to reserve some. Cost is \$3.50 each.

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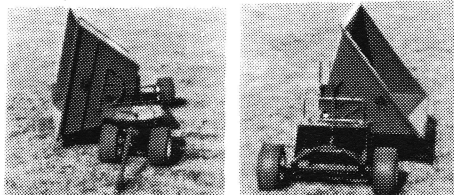
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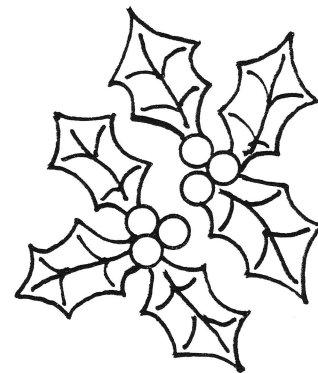
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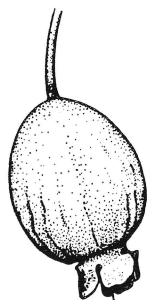
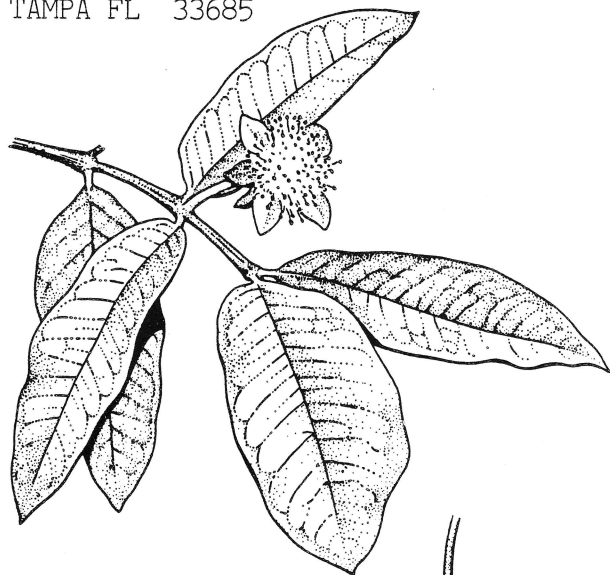


ODESSA NATURAL ENTERPRISES
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DON'T FORGET - MEETING DATE HAS BEEN CHANGED TO
JANUARY 6, 1985

TAMPA BAY CHAPTER NEWSLETTER
RARE FRUIT COUNCIL INTERNATIONAL, INC.
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Common Guava

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