



NEWSLETTER

FEBRUARY 1985

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

EDITORIAL COMMITTEE: TOM GOLDSWORTHY NEWSLETTER MAIL ADDRESS: ARNOLD & LILLIAN STARK
BOB HEATH 6305 Eureka Springs Rd.
ARNOLD STARK Tampa FL 33610
LILLIAN STARK

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 FEBRUARY 10, 1985

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

PROGRAM. LEWIS MAXWELL ON "PLANT PROBLEMS".
MR. MAXWELL WILL DISCUSS A VARIETY
OF PLANT PROBLEMS INCLUDING PATHOLOGY
AND ENTOMOLOGY. BRING YOUR QUESTIONS
IN WRITING AND SAMPLES OF YOUR PLANT
PROBLEMS (NO CITRUS SPECIMENS, PLEASE).
MR. MAXWELL IS A RENOWNED AUTHOR OF
MANY BOOKS ON FLORIDA PLANTS & FRUITS.

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CHANGES OF ADDRESS

Arnold & Lillian Stark, 6305 Eureka Springs Rd., Tampa FL 33610, 621-4987.

Robert & Ann Forkel, 116 Crenshaw Lake Rd., Lutz FL 33549.

John & Olga Blaha, P.O. Box 602, Crystal Beach, FL 33523.

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JANUARY HOSPITALITY TABLE

Irene Rubenstein: Tootie Fruities.

(Please help out with supplying your homemade goodies. If everyone will
bring something just once a year, we will always have a full table.
Please sign up at the next meeting as to when you could bring something.)

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18TH CENTURY MEDICINE, by John Victor

This month's presentation is concerned with 18th century medicine, which by and large employed herbs but also included many other things. His program was very interesting and permitted us who longed for the good old days and who thought that there was no better medicine than "natural" medicine, found that quite the contrary is true. He certainly indicated to us how lucky we are to be living today. Mr. Victor holds a very interesting degree, a Bachelor of Individual Studies from George Mason University in northern Virginia, which enabled him to become an authority on 18th century medicine and study those things which an 18th century doctor would have to know, anatomy, physiology, chemistry, botany, and those things that took place in that period, history, religion, and the attitudes, philosophy and archeology of the period.

Mr. Victor explained to us the way medicine was administered in the 18th century. At that time, if you became sick, you first treated yourself. If this didn't work, you went to a neighbor and asked their advice. If this still didn't work, you went to your priest or minister, who was a collector of folk remedies of his parishoners. Next, you went to your pharmacist or apothecary, and from there, finally to the doctor if necessary. At this point, Mr. Victor explained the difference between folk medicine and traditional medicine. Folk medicine is medicine passed on strictly by word of mouth from person to person. Traditional medicine is quite different in that it appears in books of the period. Doctors of the time had a real problem. They had to guess what was wrong with their patients. There were no X-rays in the 18th century, no CAT scans, or heart pressure monitors. They could see if a person's heart was beating or if he were breathing. Those were good signs.

Dr. Victor brought with him his medicine cabinet and surgical instruments. At this point, he displayed some of the herbs and medicines that were available in the 18th century. For upset stomach and indigestion, they used a tea made with peppermint. All of the natural medicines used in the 18th century were not as frivolous as peppermint tea, of course. Our speaker showed us a bottle containing digitalis. Digitalis is the root of a plant and was used to relieve the pain of heart trouble but the problem then as now, is how much to use. The technique of determining this is very simple. First you try a very small amount, say a gram in a gallon of water, and if nothing happens, you try a large amount, say 100 grams in a gallon of water, with the interesting result that it kills the patient. Now you have the answer! It's somewhere between a gram and 100 grams. It's as simple as that and we don't worry about the fact that the person died because this is an act of God and the doctor is not responsible for acts of God, which makes it real nice for the doctors because the reason you were sick in the first place was also an act of God and the fact that you died is not the doctor's responsibility. There was no such thing as malpractice insurance in those days.

Next we were shown a sample of Peruvian bark, or Jesuit's bark, which was used extensively in the 18th century, very popular because it was effective against many fevers and during revolutionary times, it was used as a treatment for malaria. The word "malaria" comes from "mal", bad, and "air", aria, and is typical of the thinking of the time, the idea being that the bad air from swamps entered the house and made one sick. This could be proven by keeping the windows and doors closed and by that means, cutting down the incidence of malaria. The fact that keeping the windows and doors closed also kept out mosquitoes was not even considered. But Peruvian bark worked. You boiled the Peruvian bark in water to make a tea. What you produced by making this tea was quinine which is still used to this day for the treatment of malaria.

In another bottle Mr. Victor had crab claws, which were used for calcium as we might use calcium tablets today. Doctors of the time knew their chemistry and used things that were immediately available. They improvised.

Next he showed us what was called Balsam of Peru. For deep wounds, such as bayonet wounds, Balsam of Peru was used as a protective covering to soften the flesh about the wound and permit the wound to heal from the inside out. Balsam of Peru is used to this day and it comes from the Balsam pine which is used today as a Christmas tree. The leaves may be boiled and the oil which comes to the top is the Balsam of Peru.

The children in the 18th century lived in mostly rural environments and in their daily contact with the earth frequently ended up with worms. Treatment for worms was a plant that grew along the roadsides known as mugwort. To use mugwort, the usual procedure was followed. Simply boil the plant in water to make a tea and drink the tea. Mr. Victor next had a volunteer from the audience to taste the contents of one of his containers and declare that it tasted salty. What he had there was a very interesting product called saltpeter. Saltpeter had many uses in 18th century medicine besides the one that we are so familiar with and was frequently substituted in concoctions which called for salt.

Another item which is fairly well known is myrrh. Myrrh was used by the Jewish people to anoint the body after death. It was mixed with an oil and the body was covered with it to give it a pleasant scent. The medicinal use of myrrh was as a painkiller and was used in the time of Christ by the Romans. Myrrh combined with vinegar was used as a painkiller and it is the most horrible tasting mixture you can imagine. It was frequently called gall by the people in those times. Tincture of myrrh which is myrrh combined with alcohol still has a place in modern medicine as a painkiller. Myrrh is a resinous material that exudes from a tree.

Mr. Victor next showed us some implements used by 18th century physicians and dentists, which were one and the same. The instrument for pulling teeth was called a key because it resembled the keys of the time. It had a curved hook at one end and a handle at the other. By simply inserting the hook behind the tooth to be pulled and turning the handle, the tooth was lifted out of the gum along with part of the gum. This was done, of course, without anesthetic because no anesthetics were available at the time.

Mr. Victor next explained the process of bleeding. The process, he said, took place in a wooden tub. The upper arm just above the elbow was opened to reveal the blood vessel which was then carefully cut with a scalpel to allow bleeding to occur. Blood flow was controlled by use of a tournaquet about the incision. The patient's arm was allowed to hang limp and blood flowed down the arm and into the tub. The bleeding continued until the patient fainted or collapsed. At that point, blood flow was stopped with a compress and the patient was considered cured. Some people claim that this procedure was what killed out first president, George Washington. Drawing blood weakened the man but obviously didn't kill him. After bleeding, Washington was obviously very weak and what he died from was complications; pneumonia, diptheria, take your pick. Today we use sonic bursts to break up kidney stones in the kidneys or bladder. In the 18th century, since we didn't have sonic bursts, they used a different cure for kidney stones. They used a plant known as Marsh Mallow. A tea made from mallow boiled in water constituted the treatment for kidney stones. However, when this didn't work, which most often it didn't they resorted to operation. This meant cutting open the body to the bladder and removing the stones physically. This of course was done without any of our modern anesthetics. Anesthetics in those days consisted of five strong men. Chances are the patient passed out from shock and if the shock didn't kill him and the incision didn't become infected, then he lived.

In those days when you went to the doctor with stomach problems, the first thing he did was purge you. We start with a physic such as jalap, the root of a plant that grows in Mexico. You boil it in water to make a tea and drink it. Same procedure! Within two hours purging began and may last for two or three hours after which time you were completely cleaned out. This was normally followed by an enema of warm water, salt and oil.

People who lived on farms lived with one of the most dangerous animals that we could live with, namely the horse. Horses in those days were not as tame as they are today. Some of them were likely to be rather wild around people. If a horse kicked you in the leg and produced a compound fracture, the only treatment available was to remove the leg because invariably gangrene would set in and death would follow.

Mr. Victor then showed us the amputation knife which had a large hooked blade similar to a banana knife, only larger. One quick slice through the flesh down to the bone, then use of the saw which he showed us to cut through the bone, and the amputation was complete. In the 18th century a great advancement had occurred in that the tourniquet had been discovered and was used to decrease the blood loss through the amputated limb. Now the wound was cauterized except in Navy medicine. Instead, each large blood vessel was pulled out with a hook-like device and tied off. After all the blood vessels were tied off, the wound was packed with a flax-like material and covered with a woolen cap. At this point, the operation was complete and the patient would be turned over to the nurse who tended him from then on. If the patient died, of course it was the nurse's fault.

Mr. Victor then showed us several books on herbal medicine and cautioned us to be very careful about accepting the information contained in any self-treatment book without complete verification of the author's credentials.

A MESSAGE FROM THE PRESIDENT

I truly feel sorry for those of you who missed the last meeting, because it was undoubtedly one of the best programs we have ever had the pleasure of enjoying. Our hats go off to John Victor, whose talk on 18th century medicine was both extremely entertaining and informative. Imagine! Such talent hidden among our own ranks! If there are any more of you out there, PLEASE identify yourselves!

Just a word about those membership information sheets. I sincerely hope that all of you fill one out and turn it in. The kind of information you will be providing us may prove very useful to the club, to other members, and possibly also to yourself. If you have misplaced your information sheet, see Tom Goldsworthy for another.

Our plant raffle needs another shot in the limb (such mixed metaphors stem from a sense of humor rooted in compost!). Again, relatively few people are donating plants. If everyone brought something on the average of every other meeting, we'd have a huge selection each month. Please start extra plants with this in mind.

The club is planning on purchasing some rare herb and vegetable seeds, as well as some fruit tree seeds. Our goal is to have a greater diversity of plant material for raffles and the annual sale. If you can participate in this growing project, please let me know. Half of all you grow must be returned to the club.

Our next two meetings will provide programs of a practical nature, the first in February dealing with plant problems, and the second (March) dealing with propagation, specifically techniques of grafting. (Non-political grafting, of course.) At least part of this program will be run as a workshop, where hopefully, all attending may have some hands-on experience. For this purpose, we will need some plant material, both seedling rootstock and scionwood. Let us know if you have any of the following available, and in what quantities: avocado, loquat, carambola, persimmon (and, if permissible by that time, citrus). That's it for now. See you soon!

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JANUARY PLANT RAFFLE

Plant Name	Donor	Winner
Naranjilla	RFCI	Walter Vines
Red Spanish Pineapple	RFCI	Doris Lee
Grumichama	RFCI	A. Mendez
Cos	RFCI	Herb Hill
Guava	RFCI	Vicki Roberts
Etrog (Citron)	Stark	Mary Victor
Loquat	RFCI	S. Roberts
Ornamental Banana	RFCI	Walter Vines
Surinam Cherry	Bruce Beasor	Walter Vines
Florida Spinach	F. Stevens	Roma Vaccaro
Gordon Basil/Easter Lily	F. Stevens	Bruce Beasor
Black Sapote	A. Mendez	John Bell
White Sapote	A. Mendez	Celso Gomez Sanchez
Mango	A. Mendez	?
Pineapple	Bob Heath	John Bell
Guava	Bob Heath	Frank Galatocky
Surinam Cherry	Roma Vaccaro	Frank Galatocky
Banana	Leland Terrell	Doris Lee
Okinawa Peach	Walter Vines	Herb Hill
Okinawa Peach	Walter Vines	Stark
Okinawa Peach	Walter Vines	Mary Victor
Pineapple	?	Dan Thornton

NOTE FROM TOM ECONOMOU JUST RECEIVED:

"The 2nd International Tropical Plant Festival tour in Jamaica will be March 17th and a second departure date for the over-flow on March 24th. The cost is \$575.00 per person for 7 days, which includes airfare from Miami, hotels, and tours in the field.

Our field trips will be exciting: this is going to be a VIP tour . . . when the Prime Minister of Jamaica heard that our groups were coming, he asked the head of Agro 21, their most important ag development committee, to call me overseas to offer their support. In fact, when I went to Jamaica in December to make arrangements, they had Marjorie Davidson escort me around the island. Mrs. Davidson is their most respected horticulturist and a member of the Miami RFC since 1965. We have already received 5 more reservations since the Broward RFC meeting last night."

If you are interested, brochures will be available at our next meeting.

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Your club president has appointed a nominating committee in accordance with the bylaws, consisting of Armando Mendez, Kay Netscher, and Celso Gomez-Sanchez. If you wish to participate in your club's organization, PLEASE express your willingness to them.

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RECIPES OF THE MONTH

(from Irene Rubenstein)

PERSIMMON DIET MILK SHAKE

2 large soft persimmons
 10 oz. (approx. skim milk
 8 ice cubes

Remove stems and seeds from persimmons and put into blender for about 30 seconds with milk and ice cubes. If desired, one packet of sweetener may be added. Makes two large thick milk shakes.

PERSIMMON SPREAD

1 cup (2 large) soft persimmon pulp
 1/2 cup pecans
 1/2 cup coconut
 1/2 cup powdered milk

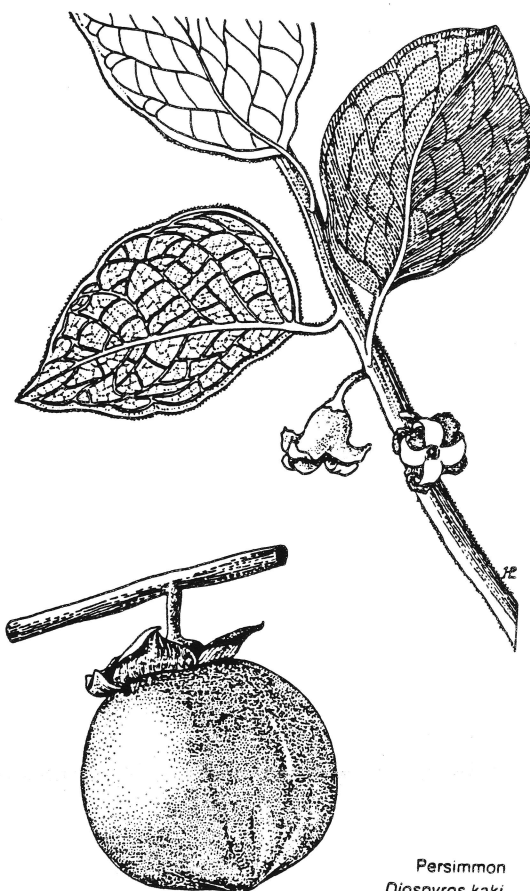
Remove stems and seeds from persimmons. Put into blender for a few seconds with other ingredients. Makes about two cups of a thick, delicately sweet spread for crackers or bread. If sweeter taste is desired, a tablespoon of honey or sugar may be added.

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TREES FROM CALIFORNIA

We have received a shipment of bare root trees from California. Of the 90 trees which we ordered, 42 were shipped. The remainder were not available at this time. The trees were received January 16 and were potted that evening and the evening of the 17th. Kay Netscher, Leland Terrell and Bob Heath planted all 42 trees in approximately 3 hours. The trees and their costs are listed below. Members may purchase trees at cost. See Bob Heath for details. His telephone number is 876-7422.

5	Earligrande Peach	6.20
5	Early Amber Peach	6.20
5	Shanghai Peach	5.50
5	Hachiya Persimmons	10.00
5	Beauty Plums	5.50
2	Mariposa Plums	5.50
5	Cheyenne Pecans	12.00
5	Choctaw Pecans	11.00
5	Mohawk Pecans	11.00



Persimmon
Diospyros kaki

LOQUAT*Eriobotrya japonica***HISTORY**

The loquat is a member of the rose family and although the Latin name has reference to Japan, it is thought that this tree actually originated in China. It has been widely planted in much of the tropical and subtropical world because of its attractiveness and excellent fruits. In addition to loquat, this tree is also called Japanese plum and medlar.

TREE SHAPE

The loquat is an attractive, spreading evergreen which has a compact growth form with a symmetrical, round crown. Under favorable growing conditions, it may reach a height of 30 feet and a spread of about 25 feet. The loquat has large, broadly lanceolate leaves as much as 12 inches long and 4 inches wide. The leaves are alternate and usually grouped near the ends of the branches. They are dark green and leathery and woolly on the under side. Many small flowers are borne in branched clusters at the ends of branches. They usually bloom from October to February. Each flower is fragrant and has 5 white petals and several pollen-producing stamens.

Loquats may begin to produce fruits when they are only four years old and may yield as much as 100 pounds of fruit per year. Each fruit is from 1-3 inches long and oval to round. The outer, rather velvety skin is yellow to orange, or even bronze where it has been exposed to the sun. Within is a white to orange, firm, juicy flesh. The flesh ranges in flavor from tart to rather sweet. Loquats usually occur in large clusters. Thinning of the fruits is recommended as they develop to permit the remaining fruit to develop to maximum size. Fruits are borne from February to April. Within the central cavity of each fruit are one to six dark seeds.

VARIETIES

Several varieties of loquats have been developed in various parts of the world. Among those which grown in Florida are Oliver, Tanaka, Advance, Gold Nugget, Premier, and Champagne. This latter variety produces small, tart fruits which make excellent jelly.

CLIMATE

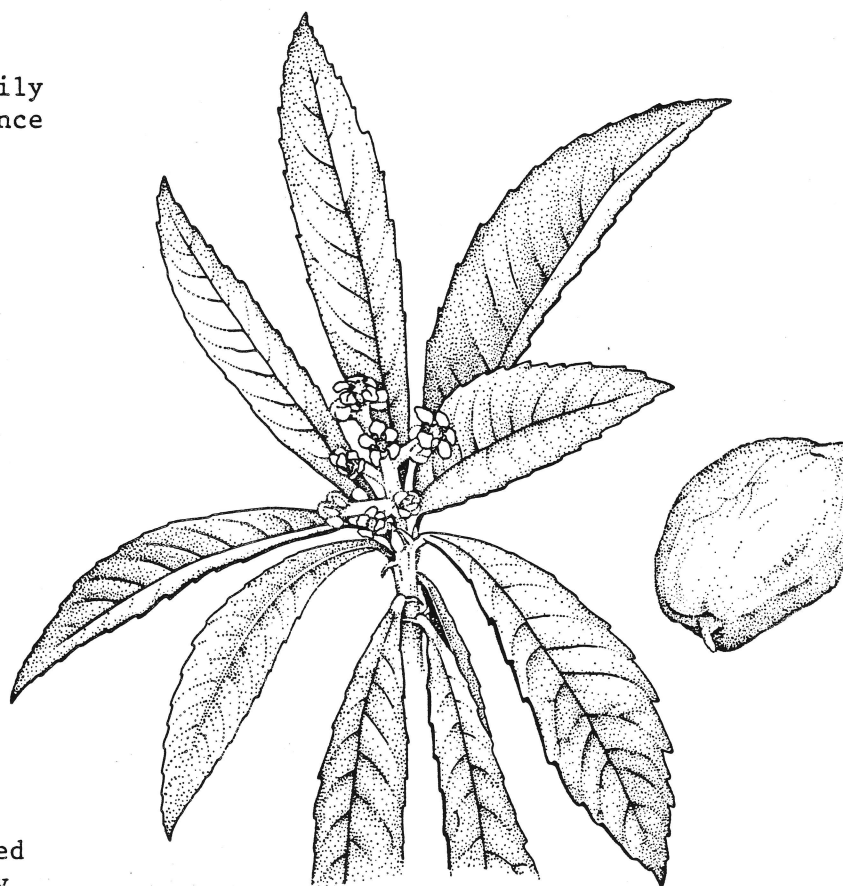
The loquat can tolerate sub-tropical temperatures and therefore can be grown relatively safely in zones 9 and 10. Although fruit production will be arrested if temperatures fall to about 27°F, the loquat trees themselves will not be killed unless the temperatures drop to 10°. On the other hand, extremely hot sun will cause sunburned fruits.

SOIL AND MOISTURE

Loquats have the capacity to grow in most Florida soils, however, a good loamy soil is ideal for optimum growth. Loquats will thrive if kept well watered, but care must be taken not to keep the soil saturated.

FERTILIZATION

Fertilizing of loquats should only be necessary two or three times a year. Recommended for general feeding is a 6-6-6 fertilizer.



Loquat

PROPAGATION

In selecting trees for home planting, choose a healthy grafted plant. Loquats grown from seed produce inferior fruits, as a rule.

ENEMIES

Loquats, unfortunately, are susceptible to a variety of enemies. A bacterium causes fire blight which results in damage to twigs, branches, and ultimately the entire tree. Fire blight can be controlled by cutting out and burning the diseased parts. Another disease, anthracnose, is caused by a fungus. Symptoms of anthracnose are spotting of the leaves and rotting of the fruits. Control is by use of a copper fungicide spray. Larvae of the Caribbean fruit fly causes destruction of the fruit. No control of this problem is known.

USES

Loquats may be grown for their symmetrical beauty or for their fruits or both. The fruits may be eaten directly from the tree or after having been frozen in the freezer. They may also be made into jam, jelly or pies.

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TREASURY NOTES . . . by Tom Goldsworthy (continued)

38. Our organization is like the plants that we tend - it cannot grow and survive indefinitely without our nurturing it. The March meeting is your chance to nurture your club for the coming year. We will elect a new Board of Directors in March. Committee chairpersons will also be appointed. Can you give your club what it needs most this year?

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