



NEWSLETTER

JULY 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 JULY 14, 1985

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

PROGRAM. DR. RICHARD LITZ with the University of Florida
Agricultural Research and Educational Center at
Homestead, FL, Tissue Culture Dept., Institute
of Food & Agricultural Sciences (IFAS). Dr.
Litz is working with avocados, bananas, mangoes,
papaya and rose apples, and will tell us some-
thing about his work with these fruits. As
most of you know, Dr. Litz sent tissue cultures
and seeds of their Cariflora Papaya to our
tissue culture committee. Some of these are
fruiting in this area now. Dr. Litz will
bring some cultures to show and these will be
donated to the Tissue Culture Committee after
the meeting.

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ANNUAL MEETING

Tom Economou has notified us of the upcoming 32nd annual meeting of the American Society for Horticultural Science, to be held in Trinidad September 8-14, 1985. The focus of the conference will be on the "Technology of Agricultural Development", and the varied activities include agricultural and sightseeing field trips in Trinidad and Tobago. For more information, contact Tom Economou at Nature Trail, Inc., Box 450662, Miami, FL 33145, (305) 285-7173.

FROM MEMBERSHIP CHAIRMAN BETTY DICKSON:

Our present year ending is March 31, 1986. Dues are \$13.00 per year. One dollar goes to the Miami Rare Fruit Council for our membership in the parent chapter, and twelve dollars is for our Tampa Chapter dues (NOTE: more than half of this pays for the newsletter!) See our membership chairman at the door at each meeting for any information you need. If paying by mail, be sure to include whether a joint or single membership, full name(s), address, and telephone number. Send to Tampa Bay Chapter, RFCI, P.O. Box 260363, Tampa, FL 33685. Feel free to call her in St. Petersburg, 522-5147, at any time.

KIWI PLANT by LaRue Robinson

LaRue Robinson is the commercial horticulturist agent for Pinellas County. He presented us with a challenge today, a challenge to develop a kiwi that will bear in central Florida or develop the expertise needed to grow kiwis in central Florida. LaRue earned his degree at Brigham Young University, served his internship in Hawaii and is extremely interested in the kiwi plant.

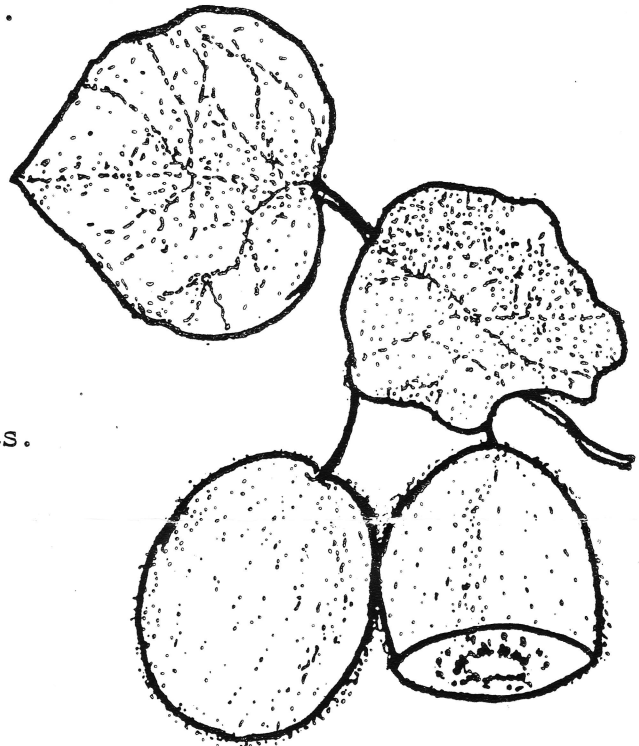
The kiwi is an interesting fruit and has been cultivated for a lot longer than we might think. We think of it as a new introduction but it is a fruit that we should be looking at and working with. The kiwi fruit or Chinese gooseberry as it is sometimes called, is an egg-shaped brown fuzzy fruit. It has a sun ray effect when sliced, green with a yellow center and many small black seeds, a very attractive fruit. There is a new variety of kiwi which resembles a petrified fetus according to some people who have seen it. Sliced open, it looks like four or five kiwi fruit all grown together; it is that large.

When we think of the kiwi, we think of exotic lands and faraway places. This is indeed the case. You have to go all the way around the world to the Yangtze Valley in China, for China is where the kiwi originated.

In China it was called the Yangtu and has been cultivated for over 300 years. From China the kiwi made its way to New Zealand, the land of the long white clouds. New Zealand has a unique climate where plants that need a small chill factor grow side by side with lush tropical plants. It is blessed with cool nights and cool winters where temperatures drop below 45 to provide a chill factor but seldom freeze and with warm days in summer for tropical fruit culture. The European settlers in New Zealand changed the name of the Yangtu to Chinese gooseberry in remembrance of their gooseberry back in Europe. When New Zealand tried to import the kiwi or Chinese gooseberry to America,

they had a marketing problem because of the name. For advertising purposes, the Chinese gooseberry was renamed the kiwi in honor of the national bird, which is small, brown, round and fuzzy, and is an apt description of the kiwi fruit. The kiwi fruit is very versatile and even though we can't always grow it, we can at least enjoy it. It is very good with meats, such as pork and lamb, and other fruits and vegetables. One small kiwi fruit contains one and a half times the daily required allowance of Vitamin C for an adult and is also high in potassium. Of course, one of the best ways to enjoy the kiwi is fresh out of hand with its tart tangy taste.

The kiwi is a unique fruit because of the way it is marketed and because of its storage life. Kiwi fruit is harvested in the fall, which in New Zealand is our spring, May and June. Because of its tough skin, the kiwi ships easily and may be stored just above freezing for up to six months so that the kiwi fruit you buy in September and October may have been, and probably was, picked in May or June of the same year in New Zealand. Then in November, December and thereafter, the California crop comes in, which means because of its six month storage ability, the kiwi is a year round fruit. Actually, the storage of the kiwi enhances its palatability and increases its sweet tart taste. With the kiwi we want at least a two to three week storage or longer for the fruit to reach its maximum desirable taste. The kiwi slices well, is decorative, ships well and stores well. The only thing it doesn't do well is grow and produce in central Florida. It is up to us

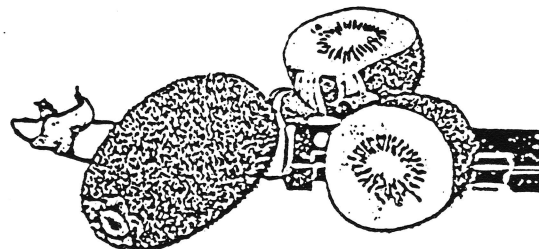


to develop the new kiwi, the one that will grow and bear in central Florida. Mr. Robinson says that he sees on the horizon the day when that will occur.

The kiwi fruit can be used in chilled soups, fruit salads, open faced sandwiches, with meats (also used as a tenderizer), ices, flan, jams, punch, cakes, cookies, sherberts, and, of course eaten fresh. One kiwi contains 30-55 calories (about the same as 1/2 a grapefruit or a small orange), and 1.5 times the daily requirement for Vitamin C. The kiwi is also a good source of potassium. One of the favorite ways to fix it down under is Pavlova.

PAVLOVA

3 egg whites	4 - 6 kiwi fruit
pinch of salt	1/4 pint whipping cream
3/4 cup sugar	unsweetened peaches or
1 tsp. vinegar	apricots for topping



Whisk the egg whites with the salt until they are stiff, then gradually beat in the sugar. Continue beating for several minutes, making sure the mixture is stiff. Beat in the vinegar. Pipe the meringue out to a 7 inch circle marked on wax paper on a baking tray, and continue piping to build up the sides of a basket and for decoration. Bake the pavlova in a cool oven 250° F. for 1 to 1½ hours or until it is dry and lightly colored. Allow to cool. Peel and slice the kiwi fruit and whip the cream until it peaks softly. Fill the basket with cream and fruit. Add unsweetened peaches and apricots if desired.

At the present time, you can write for information on kiwi for \$1.00 to the Ministry of Agriculture and Fisheries, P.O. Box 2298, Wellington, New Zealand, Bulletin #349 - Growing Chinese Gooseberries.



3rd ANNUAL INTERNATIONAL TROPICAL FRUIT SEMINAR

At any time, we should be receiving the program brochure for the 3rd Annual International Tropical Fruit Seminar to be held in Fort Myers the weekend of October 12, and hosted by our fellow chapter, the Caloosa Rare Fruit Exchange. We hope that at least some of our members will attend. Pre-registration is recommended, and required for participating in some activities. Brochures will hopefully be available at our next meeting.

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A REQUEST

We have received a phone call from a woman in Plant City who is experiencing difficulty in obtaining ripe fruits on her Monstera deliciosa; they apparently rot instead of ripening. She would appreciate receiving advice from those in the know. Being an invalid, she is unable to attend our meetings and also has difficulty getting to the phone to answer a call. She therefore requests a response by mail. If you can be of some assistance, please contact Kitty Manning, 3405 Spooner Drive, Plant City, Florida 33566. Phone 754-4790. Thank you.

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Plant Name	Donor	Winner
Loquat (seedling)	RFCI	Lloyd Shipley
Grumichama	"	Celso Gomez Sanchez
Lychee	"	Calhoun
Spicy Globe Basil	Stark	John Bell
Bush Green Basil	"	Seekins
Bush Green Basil	"	Betty Dickson
Lemon Basil	"	B. Abrams
Licorice Basil	"	L. Shipley
Licorice Basil	"	J. Newcombe
Yellow Guava	Herb Hill	Walter Vines
Pineapple (Abakka)	Bob Heath	" "
Ornamental Pepper	"	" "
Daytona Grape	"	Anita Unruh
Sugar Apple	"	Al Roberts
Cavendish Banana	A. Mendez	Stan Lachut
Ice Cream Banana	"	" "
Lady Finger Banana	"	L. Shipley
Plantain Banana	"	C. Gomez Sanchez
Chinese Yard Long Bean	Stan Lachut	Walter Vines
Chinese Yard Long Bean	"	H. Seekins
Pint Cherry Tomatoes	Patsy Lachut	Anita Unruh
Chickasaw Lima Bean	Stan Lachut	" "
Luffa Cylindrica	"	?
Tahitian Squash 7.5#	Harold Seekins	Alice Beasor
Anise	Calhoun	K. Netscher
Loquat	RFCI	B. Abrams
Cavendish Banana	H. Klaus	John Bell
Plantain (Horse Banana)	Doris Lee	Jan Conard
Plantain (Horse Banana)	"	" "
Plantain (Horse Banana)	"	Jud Newcombe
Plantain (Horse Banana)	Walter Vines	" "
Plantain (Horse Banana)	"	H. Klaus
Lotion Ginger	"	Calhoun
Lotion Ginger	"	Stan Lachut
Lotion Ginger	"	Janet Conard
Lotion Ginger	"	Glen Myrie
Lotion Ginger	"	A. Mendez
Guava	Paul Rubenstein	J. Newcombe
Guava	"	Jan Conard
Cereus	"	Pearl Nelson
Cereus	"	Walter Vines
Cereus	"	" "
Surinam Cherry	"	Ruth McClure

HOSPITALITY TABLE

June 9, 1985

Priscilla Lachut: Rosy Peach Jam & Crackers

Frances Stevens: Dorset Apple.

Bea Seekins: Coconut Macaroons.

Elise Gomez Sanchez: Apple Juice.

AL HENDRY'S FAR EAST TRIP

Al Hendry has just returned from the Far East. Here is his report of this exciting trip.

I returned Monday from a trip to Taiwan, Hong Kong, Macao, Thailand and Burma. In Taiwan there is an internationally sponsored center called the Asian Vegetable Research & Development Center. They are interested in developing vegetables that will grow in their climate, which is very similar to what we have here in the summer time. They have developed tomatoes that grow very well in these climates and they are working on Chinese cabbage, sweet potatoes, soy beans, mung beans and five or six other vegetable types. They also have a nutritionist there who is interested in developing very small gardens, maybe 100 square feet, that will supply high vitamin A content diets for people who are not now receiving sufficient vitamin A. We have a lot of children today in the world whose eyesight is suffering because of vitamin A deficiency. They are working country by country to develop these vegetables, taking into consideration the cultural eating habits of different people. They have developed a leafy vegetable with both a high vitamin A content and a high vitamin C content.

In Thailand they are working through the king, who is very interested in upgrading the agriculture in his country. I went to Chiang Mai, a city in North Thailand, and visited the University there where they are interested in growing crops that are an alternative to growing heroin. Heroin, of course, is the big money crop there but many farmers would like to get out of the business, not because they have a moral aversion to growing heroin but because heroin growing is criminal and causes problems with the government. They have a bunch grape there which grows despite the high heat and produces abundantly quite delicious grapes. They also grow excellent strawberries. Another very interesting thing I saw in Thailand was a thornless durian. For you who have seen the durian, you know it is a fruit about the size of a football or a little smaller, and is covered completely with very hard thorns. It grows on trees about 100 feet high and if one falls on your head, it would probably kill you. This was a very interesting development but I was completely unable to find out how it came about. It would be interesting to find out if they have actually developed a thornless durian or whether they just sanded off the thorns.

I went on over to Burma but there's not much agriculturally going on there as far as development. Burma is a very poor land, almost totally socialist, everything run by the government, nothing working very well. Fruit is of poor quality, and the distribution system is poor.

I brought back some sweet Tamarind seeds which are being grown in Thailand today and a piece of wood for Mr. Seekins.

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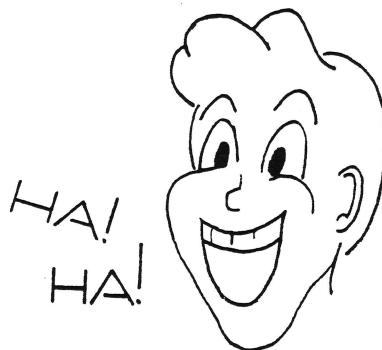
Men pay much less attention to a banana skin than they do to a peach peeling.

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What grows on a palm and complains about the "new formula"?

A coke-a-nut.

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A MESSAGE FROM THE PRESIDENT

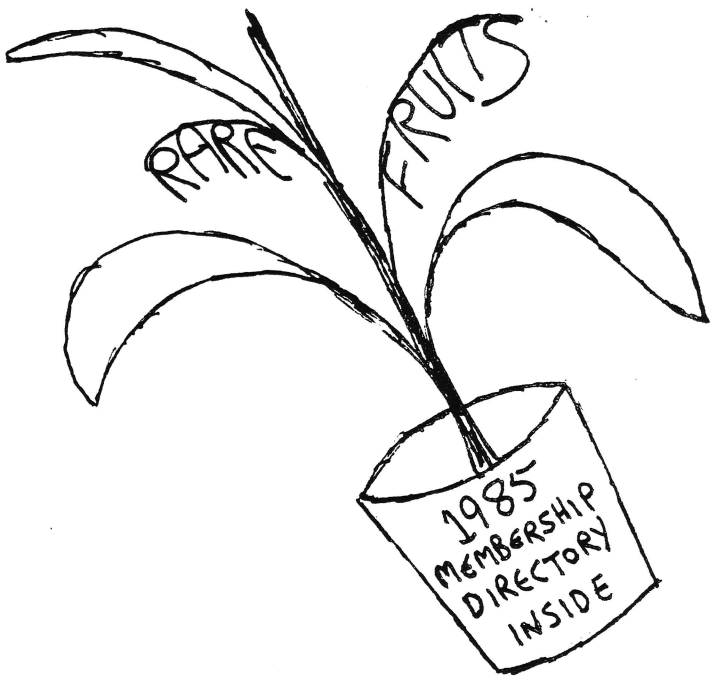
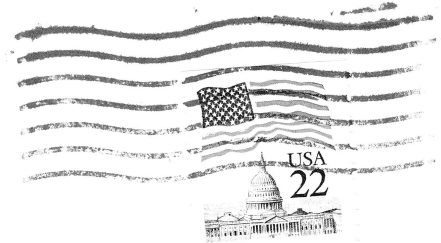
First, I would like to thank those of you who helped fill in while Lillian and I went to New York City for a week. While this trip to the "big apple" was partially a vacation, its timing was inflexible, and we unfortunately had to miss the last meeting. On the rare occasions when we must skip a meeting, we honestly feel that we have missed something both enjoyable and important! I hope all of you feel the same way about our organization.

Our trip to New York City was somewhat productive horticulturally, as we brought back several herbs for propagation, as well as several samples of fruit, mainly from New Zealand, which hopefully contained viable seed, so we may begin propagating them. Our goal, of course, is to produce some plants for the October plant sale. This is a project I hope all of you are participating in, as many of the people who come to our sale are looking for smaller, less expensive plants of unusual varieties. This is a need which our membership, rather than our suppliers, can easily meet. We are not only interested in having fruit trees, but also in providing a source of rare and unusual herbs and vegetables. Last year's small selection was rapidly picked clean, and we hope to greatly expand this area in our next sale.

Remember, by growing some of these plants, you will not only be helping your club, but also will generate some of the sale's profit for yourself (you split 50/50 with the club). Please get started soon, as October will be here before you can say "stumpderiltskin".

That's it for now - see you at the next meeting!

Tampa Bay Chapter Newsletter
Rare Fruit Council International
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