



NEWSLETTER

AUGUST 1985

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

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(including renewals)

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

NEXT MEETING AUGUST 11, 1985

MEETING PLACE. TOM & MARGARET HUGHES VINEYARD & NURSERY,
DOVER. EXIT 9 OFF I-4 AT McINTOSH ROAD,
TURN LEFT JUST PAST CHEVRON STATION ON
McINTOSH ROAD.

PROGRAM. No formal program. Following the business
meeting, there will be the monthly plant
drawing. Then members will be free to
visit the vineyard and purchase grapes.
Muscadines will be in season.

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Below is Bob Heath's report on the germination of herb seeds. .

Coriander - Poor germination. Little damping off. 12.5% final production.
Cumin - Poor germination & high damping off. Zero final production.
Fennel - Good germination - 60% but high damping off. 10% final production.
Paprika - Good germination. 70%. No damping off.
Caraway - Poor germination. High damping off. Zero final production.
Dill - Fair germination. High damping off. 10% final production.
Basil - Good germination. High damping off. 20% final production.
Borage - Good germination. Minor damping off. 50% production.
Chives - Good germination. No damping off. 70% production.
Sage - Poor germination. 25% - some damping off. 20% final production.
Hercules pepper - Very poor germination - 10%. 5% final production.
Jap. Greens - Good germination. Some damping off. 50% final production.
Corn Salad - 0 germination.
Rosemary - 0 germination.

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THE MANGO

It has been extremely difficult trying to grow mangoes over the last few years because of the cold. The fruit itself is still available in the super markets and vegetables markets. They are certainly a very economical buy considering their delicious taste and high quality. The mango is a treasure chest of vitamin A and other vitamins and minerals. The mango is native to Southeastern Asia from India to the Phillipines. They are classified as several different races, such as the Cambodiana, the Carabao, Pico, West Indian, Phillipino, the Sandersha, the Pairi, the Alphonse, and many others. It appears to have been cultivated in India for at least 4000 years. After the development of trade between India and the outside world, its cultivation spread to other countries and eventually to the tropical areas of the entire world. At the present time the mango is a fruit of greater importance to millions throughout the tropics than is the apple to temperate North America. The mango is reckoned by many as the largest and most delicious fruit of any in the world and the wholesomest and best tasting.

The Portuguese carried the mango to Africa during the 16th century, then to Brazil in 1700. It was first introduced at Barbados in 1742, reached Jamaica in 1782. The mango was introduced into Mexico early in the 19th century by Juan Antonio Gomez of Cordoba. Apparently, Mexico received mangoes from two sources, some from the West Indies and others from the Phillipines, brought by the Spanish galleons which traded in early times between Acapulco and Manila. The mango was even grown in Europe in greenhouses from about 1700 on. Henry Perrine introduced the mango into Florida in 1833 but his plantings died from neglect after his demise and it took 30 years for the mango to be re-introduced. The name "mango" appears to be derived from the Portuguese "manga". The word actually originates from the Ceylonese name man-kay or man-gay. The name mango is used in Italian and German; the Dutch have adopted manga and the French mangue. Sucrose is the principal sugar in mangoes and varies from 11 to 20% according to the variety. Protein is usually a little higher than is normal in fruits but acidity is lower than .5%. Mangoes have over 15% solids, 16% carbohydrates, 1% fiber, calcium, phosphorus, potassium, vitamin C and other trace elements, as well as a very great abundance of Vitamin A. The ripe fruit is very sweet and juicy and has been described as peach-pineapple, but it is sweeter than either. The aroma is tantalizing and inviting, the texture of the flesh smooth, and clings to the seed. It is most often eaten fresh as a ripe fruit but when green may be prepared in several different ways. It is put into curries, made into pickles or in preserves and jellies. It may be cut in small pieces and made into salads, or made into chutney. In addition, mangoes are canned in the same manner as peaches.

Central Florida has an ideal climate for cultivation of the mango except for the freezes which occur all too often. For good crops of fruit, the dry season must coincide with the normal flowering time of the mango which is the case in central Florida. Fruiting is not successful where there is much precipitation during the flowering season. Some of the seedling races will set fruit under these conditions but the choice Indian varieties are more exacting in their climatic requirements.

If you prefer to eat a mango out of hand, look for a golden ripe fruit that gives a little to the touch. Firmer fruit can be used in cooking and baking. A good way to enjoy this luscious fruit is to eat it as you would a banana. Cut the skin from tip to tip into four sections. Strip off the skin as you would a banana. Another method of preparation is to cut the fruit in half cross-wise . . . clear through to the seed. Holding the fruit with both hands, twist quickly and separate into halves. To remove the seed, insert a knife blade close to the seed and cut around. You now have two halves which can be eaten with a spoon.

The mango, like other tropical fruits, is subject to chilling injury if the fruit is stored below a temperature range of 48°F to 50°F. Skin blemishes, which may be associated with chilling, are noticeable with tiny brown and circular areas which eventually coalesce, resulting in the characteristic brown mottling of the skin. So store at a good temperature, if need be. Otherwise, plan to use your mangoes within a few days of purchasing them.

Your supermarket should have mangoes. If fresh, enjoy as a salad along with seasonal fruits. Sprinkle with lemon or lime juice to prevent browning and to improve the piquant flavor. Otherwise, enjoy canned mangoes or packaged mango juice. Try a cereal of granola or any whole grain favorite in a bowl of mango juice. This combination gets you going. An easy mango fruit salad is made with sliced mangoes, strawberries, melon balls, bananas, and your favorite dressing. Such a salad tastes great and is loaded with nutrients and enzymes.

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A MESSAGE FROM THE PRESIDENT

First, a couple of announcements, one sad, the other glad: It is with regret that I must inform the membership of the death of one of our members, Henry Stewart. Those of us who knew him will certainly miss him. Next, I am sure many of you have noted the recent absence of one of our active members, Christine Prodanas. She has recently returned home from a hospital in Gainesville, following surgery and treatment for cancer, and is recovering nicely. Let's hope she'll be with us again soon.

It is unfortunate that our scheduled speaker was unable to attend our last meeting. Thanks, Paul Rubenstein, for filling in with those video tapes of past tree sale publicity. They were a real lifesaver. In spite of our not having our scheduled program, all of us appeared to have had an enjoyable time. We had a little extra time for socializing, and the hospitality table and plant drawing were both better than average: another example of our compatibility and successful cooperation.

Speaking of which, the time is rapidly approaching which requires (and usually obtains) our maximum cooperative effort, the time when we work our little buds off, and move limb and bough to reap the fruits of our labor, that branch of our activity called the Annual Tree Sale. This year we will need the cooperation of our entire membership, to make this our best sale ever! We need help prior to the sale (right now, in fact) and on the weekend of the sale (both Saturday, October 19, and Sunday, October 20). Elsewhere in this newsletter is a list of committees dealing with specific aspects of the sale. Please select as many as you feel you could positively contribute to, and sign up for them at the next meeting. Also, hopefully, many of you are growing plants for the sale, and there will be a sign-up sheet for this as well. If you participated in the seed distribution project, please remember that approximately 33% of the plants you have produced are to be returned to the club, either for plant drawings, or for the tree sale. On the day of the sale, members will be able to purchase plants from 11:00 a.m. to 12:15 p.m., and, of course, during the sale. No members will be permitted to purchase plants during the 45 minute period prior to the opening of the public sale, as this looks bad and is frustrating to the waiting public. Cashiers and holding areas will be closed at this time. Member discounts will be the same as last year: all members shall be entitled to a 10% discount, upon showing the cashier a current membership card. Club member workers shall receive a 25% discount, provided that they work one half day or more (excluding the time taken for plant selection). On Sunday, after 4:00 p.m., all remaining stock ON THE SALES FLOOR will sell for 50% off the marked price. (This cannot apply to plants reserved off the floor.) No other credits or discounts will be given. Monies collected from the sale of members' plants (excluding those donated to or returned to the club) will be split 50/50 between the member and the club. Thanks in advance for your participation. That's all for now; see you at the next meeting!

JULY PLANT RAFFLE

Plant	Donor	Winner
Lychee	RFCI	Seekins
Loquat	RFCI	Daniel Gomez-Sanchez
Loquat	RFCI	Seekins
Peppermint	Stark	Louise Schmidt
Spearmint	Stark	Roma Vaccaro
Licorice Basil	Stark	Walter Vines
Lemon Basil	Stark	John Bell
Bush Green Basil	Stark	Louise Schmidt
Bush Green Basil	Stark	Seekins
Bush Green Basil	Stark	Bobbie Puls
Bush Green Basil	Stark	Elliot Ellis
Tamarind	Mendez	Walter Vines
Monstera	Mendez	Bob Duke
Lady Palm	Mendez	A. Greenberg
Black Sapote	Bob Duke	J. Makelan
White Guava	Bob Duke	Nola Leclair
Aloe Vera	Lottice Shipley	H. Klaus
Cavendish Banana	H. Klaus	Bob Heath
Cavendish Banana	H. Klaus	John Bell
Jer. Artichoke, Comfrey, and Garlic	Bobbie Puls	Herb Hill
Abacca Pineapple	Bob Heath	A. Greenberg
Mild Pepper	Bob Heath	Lloyd Shipley
Guava	Herb Hill	Louise Schmidt
Tahitian Squash	Seekins	Miriam Gomez-Sanchez

Hospitality Table:

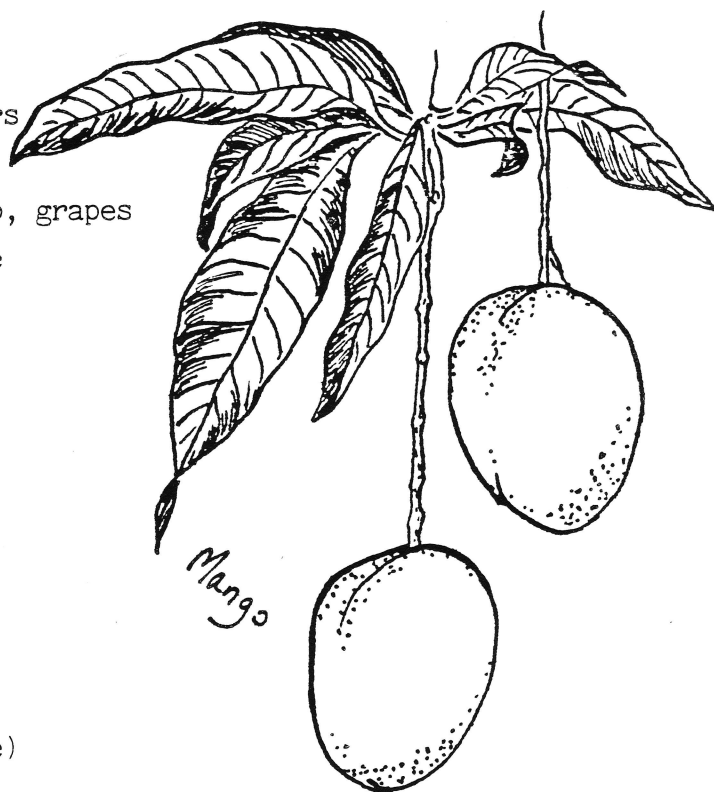
Gomez-Sanchez: Ice cream and sauce
 Priscilla Lachut: Jezebel sauce and crackers
 Bea Seekins: Hiker's fruit squares
 Lottice Shipley: Kiwi fruit, melanga, mango, grapes
 Theresa Heath: Solanum sauce and pound cake
 Irene Rubenstein: Zucchini muffins
 Stark: Dried Chinese apples

Recipe of the Month

Aloha Spread (Bea Seekins)

8 oz. cream cheese
 1/2 cup drained crushed pineapple
 1/2 cup shredded coconut
 1/2 tsp. ginger
 1 tsp. lemon juice
 1/2 cup chopped nuts (Macadamia if possible)

Beat fluffy 8 oz. cream cheese. Stir in pineapple, coconut, ginger, lemon juice, nuts. Chill 1 hour.



ODE TO A TREE SALE

At our tree sale, please be there
 On the grounds of the State Fair.
 Coming soon, don't hesitate
 To sign up now, do not wait.
 We need the help of everyone
 Cause some of those plants must weigh a ton.
 Camaraderie we will share
 The likes of which you can't compare.
 To support our activities throughout the year,
 We've got to sell those plants, my dear,
 And here's your chance to save some cash,
 For those who work the price is slashed.

Can I
 help too?

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Following is a list of the committees necessary for the various plant sale activities. Sign up sheets will be available at our next two meetings or call Theresa Heath at 876-7422 to volunteer your services. (Please sign up for as many as you can possibly work on.)

1. Publicity
2. Shopping carts
3. Signs
4. Sales floor set up
5. Plant unloading
6. Plant inventory
7. Photography
8. Pricing and labeling
9. Customer service
10. Traffic & security
11. Cashiers & check-out
12. Membership display
13. Publication sales
14. Fresh fruit, etc. sales
15. Information
16. First aid
17. General help

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TAHITIAN MELON SQUASH

A number of our members have grown and/or eaten Tahitian melon squash. Stan Lachut, our resident expert, and a Pasco County Master Gardener has provided us with some facts about this excellent winter-type squash, which grows well in our area. At full maturity, it is probably the sweetest squash known. It may be baked, boiled, steamed, fried, made into pies, or eaten raw. Immature fruits may be used as summer squash. It should be planted early in February or March, in hills 20 feet apart, with 6-8 seeds per hill. Vines, which grow 35 feet long, mature in 6 months. Regular fertilization with well-composted organics, or 6-6-6 or 8-8-8 (one lb. per hill) initially, and every 6 weeks, will be beneficial. These plants have no serious disease or pest problems, and yield as much as 20 squash per hill, each 15-20 lbs. in weight. There is only one common variety, and seeds are available from several mail-order seed companies (e.g. Park Seed Co.)

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Don't Trash Your Ash!

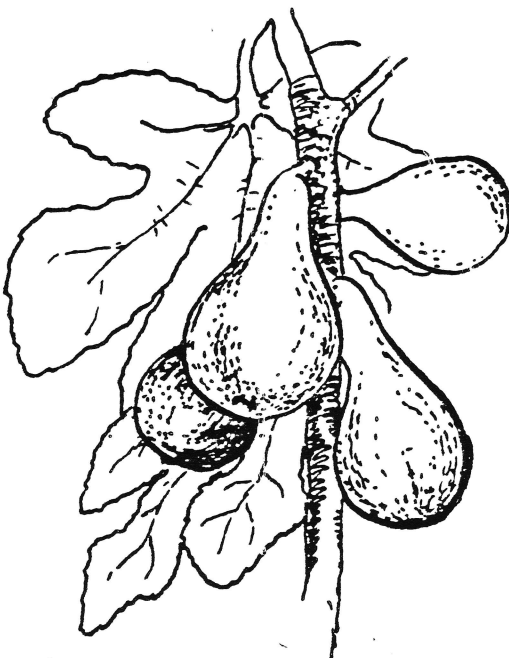
Wood ashes (not coal ash) make an excellent addition to your list of garden supplements. They contain primarily potassium and calcium carbonates, as well as magnesium oxide, phosphorus pentoxide, and trace quantities of copper, zinc, manganese, iron, sodium, and boron. Wood ashes are high in the alkalinity needed to lime, or sweeten the soil, and thus are effective in reducing soil acidity. Spreading ashes around plants is also reputed to aid in combating various insect pests.

They are beneficial to the growth of most vegetable plants, especially root vegetables, applied both prior to planting, and during growth. However, due to their high alkalinity, wood ashes are unsuitable for use with melons, cucumbers, and potatoes. Their use near azaleas or blueberries, or other acid-loving shrubs and trees, should be avoided.

As with all good things, too much is detrimental. To avoid an overdose, use approximately 5 gallons of ash per 1000 square feet of garden. Avoid using ashes from colored paper or treated wood, as these may contain chemicals harmful to plants, the environment, and/or yourself.

Wood ashes have been used in agriculture for millenia, and the slash and burn method of agriculture, in which crops are planted on burned-over ash-enriched ground, is still prevalent in many cultures, especially in the tropics.

Tampa Bay Chapter
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NEWCOMBE, P. JUDSON (*)
314 Deer Park
Temple Terrace, FL 33617

brown turkey fig....at the Tampa R.F.C.I annual tree sale!

