



NEWSLETTER

OCTOBER 1986

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

EDITORIAL COMMITTEE: THERESA HEATH
BOB HEATH
ARNOLD STARK
LILLIAN STARK

NEWSLETTER MAIL ADDRESS: ARNOLD & LILLIAN STARK
6305 EUREKA SPRINGS RD.
TAMPA FL 33610

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

MEETINGS ARE HELD THE 2nd SUNDAY OF THE MONTH AT 2:00 p.m.

NEXT MEETING OCTOBER 19, 1986 (TREE SALE!)

PROGRAM. MEMBERS WILL PARTICIPATE IN THE 7th ANNUAL
TREE SALE. A FRUITFUL EXPERIENCE FOR EVERYONE.

DATE. SATURDAY, OCTOBER 18, 1986 (SET-UP)
SUNDAY, OCTOBER 19, 1986 (SALE),
FROM 9:00 a.m. UNTIL. . . .

PLACE FORT HOMER HESTERLY ARMORY AT 504 N. HOWARD
AVE. ARMORY IS TWO BLOCKS SOUTH OF CYPRESS
AT CASS STREET. GOING EAST OR WEST ON I-275,
EXIT AT ARMENIA AVE. DRIVE SOUTH ON ARMENIA
TO GRAY STREET, EAST ON GRAY ONE BLOCK TO
HOWARD AND NORTH ONE BLOCK TO ENTRANCE.

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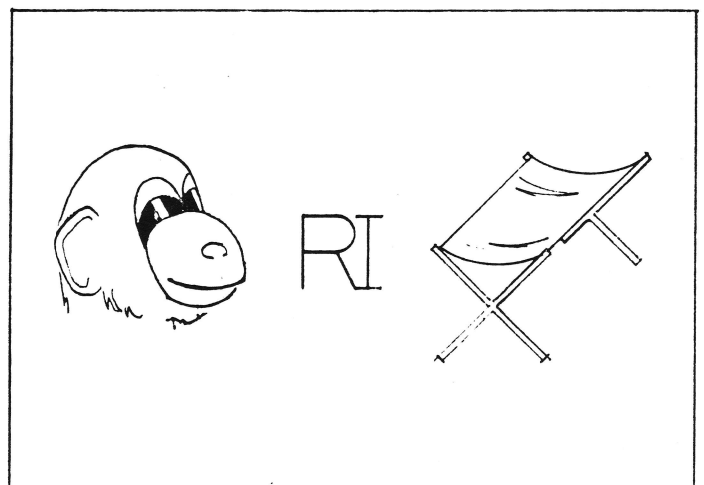
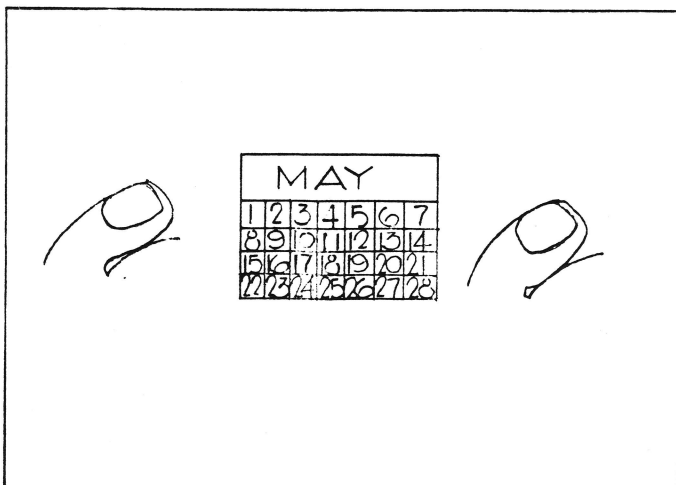
NEW MEMBERS:

Nels Gullerud, 4235 3rd Ave. S., St. Petersburg, FL 33711, 323-2558

Linda Lee, 2211 E. Annie, Tampa, FL 33612, 935-6749

* * * *

WHAT FRUITS DO THESE REBUSES NAME?

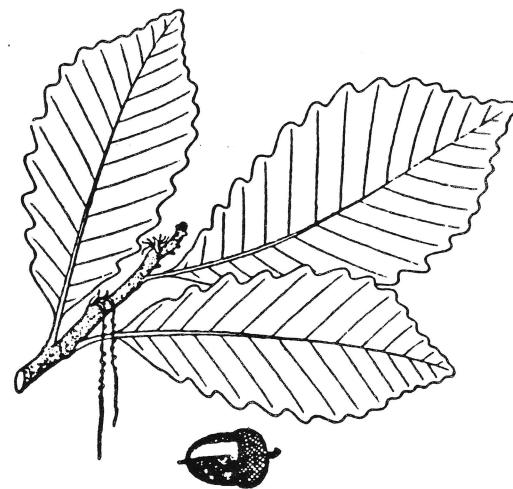


FLORIDA NATIVE FRUITING TREES No. 10CHESTNUT OAK *Quercus prinus*

Also called Swamp Chestnut Oak, Basket Oak and Cow Oak.

Reaches a height of 60 to 80 feet, narrow, cone-like crown, branches growing horizontally from straight, heavy trunk three to four feet in diameter with shaggy, furrowed grayish-brown bark.

Leaves shed in fall, alternate, simple, leathery, glossy green with grayish, downy underside, to eight inches long, four inches wide, egg-shaped, tip end broader, pointed tips, narrow, wedge shaped bases, wavy margins of coarse, blunt teeth with shallow indentation.



Fruits, or acorns, large, one to one and one-half inches long, glossy brown, seated in thick, bowl-like cups with wedge-shaped scales. Sweet edible meat. Ranges south to central Florida.

Nuts About Acorns...!

Florida is blessed with many species of Oaks, the fruit of which were highly appreciated by the Indians of our state. Acorns are relatively sweet or bitter depending on the amount of tannin present in the fruit. The sweeter nuts are preferred and the chestnut oak as described above are the most desirable. The tannin, when present, is readily soluble in water and may be leached very easily by one of a couple of simple processes, leaving a sweet, nut-flavored food.

For the primitive Indians in America, acorns were frequently the actual "staff of life". Probably in the total sweep of history, mankind has consumed many times more acorns than all the cereal grains combined since cereals made their appearance as an agricultural crop only during the comparatively recent past. Today, however, this food which nourished mankind's childhood is neglected and disregarded.

Chestnut Oak and Live Oak acorns may be shelled out, boiled for a couple of hours, changing the water whenever it becomes tan, roasted in a slow oven and eaten as is or dipped in clarified sugar. Boiling leaches out the natural sugars as well as the tannin and glazing the acorns improved the taste as well as the appearance.


Coarse acorn meal may be made by grinding the boiled and dried nuts in a food chopper or grist mill set for a coarse grind. The meal may be used in recipes calling for chopped nuts. A finely ground meal may be made in a similar manner and used in making bread, muffins and pancakes. For additional information see "Stalking the Wild Asparagus", by Euell Gibbons.

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RECIPE OF THE MONTH: CARAMBOLA PIE (Alice & Bruce Beasor)

2 cups carambola sections *	1/4 tsp nutmeg
1 cup sugar	3 TBS Minute Tapioca
1/8 tsp salt	1 tsp lemon juice
1/2 tsp cinnamon	

Mix ingredients together & place in a 9" unbaked pie crust. Dot with 1 TBS butter. Cover with top crust. Bake at 425 for 40 minutes.

* Cut top and bottom from carambola. Pare skin from ridges. Cut sections (like ) from ridges without cutting into seed core. Squeeze juice from seed core after all five sections have been removed.

* * * *

4th ANNUAL RARE FRUIT SEMINAR

The Fourth Annual International Rare Fruit Seminar was held July 18-20, 1986, at the Plantation/Ft. Lauderdale Holiday Inn, and was sponsored by the Broward County Rare Fruit & Vegetable Council. Tampa RFCI's representatives at the meeting were Al Hendry and Arnold & Lillian Stark. The meeting was well attended, and included rare fruits from Miami, Redlands, Sarasota, and Brevard Chapters, as well as California, Costa Rica, and the Dominican Republic.

At the meeting we saw several of our old friends, such as Gene Joyner and Tom Economou, and made many new ones. The presentations made were mainly excellent, and all were concerned with topics of interest. Seminar topics included bananas, carambolas, low-chill deciduous fruits, annonas, winemaking, underexploited food plants, 50 amazing fruits, and Costa Rican fruits and markets. Additionally, there were 3 excellent field trips: Flamingo Gardens, IFAS and the Redlands Fruit & Spice Park. During each we saw many huge fruit trees of many varieties, laden with fruit we had only seen in pictures or on a display table. Another major feature of the meeting was a magnificent fruit display put together by several members of the Broward Chapter. There was also a great tasting table, overflowing with lychees, peach palm, Rheedia, mangoes, and many other delectables. We found the meetings very enjoyable and informative, and were happy to have attended. As we are slated to sponsor the 6th Annual Seminar, we also found it very instructive, and useful as a model for our future effort. At our last meeting, we showed slides depicting various aspects of this meeting. Hopefully, we sparked your interest in attending the next Seminar, and in attending a proposed field trip to the Broward/Dade area in the Spring.

* * * *

September Plant Raffle

Plant name	Donor	Winner
Pumpkin (20 lb.)	H. Seekins	Bruce Beasor
Pumpkin (16 lb.)	H. Seekins	A. Mendez
Black Sapote	A. Mendez	Glen Myrie
Cattleya Guava	A. Mendez	Nels Gullerud
Red Jholeno Banana	A. Mendez	A. Stark
Cacao	A. Stark	A. Hendry
Horseradish tree	A. Hendry	Rome Vaccaro
Horseradish tree	A. Hendry	Nels Gullerud
Bromeliad	A. Hendry	K. Netscher
Orange Berry	B. Heath	A. Hendry
Pineapple	B. Heath	Glen Myrie
Sugar Apple	B. Heath	Bruce Beasor
Ladyfinger Banana	L. Shipley	A. Hendry
Ladyfinger Banana	L. Shipley	Linda Lee
Nesbitt Grape	L. Shipley	Rome Vaccaro
Roselle	K. Netscher	Glen Myrie
Roselle	K. Netscher	Glen Myrie
Brown Turkey Fig	Rome Vaccaro	A. Hendry
Strawberry Guava	RFCI	Rome Vaccaro
Papaya	J. Conard	Linda Lee
Papaya	J. Conard	Nels Gullerud
Papaya	J. Conard	Alice Beasor
Papaya	J. Conard	B. Heath
Papaya	J. Conard	A. Stark
Papaya	J. Conard	K. Netscher
Papaya	J. Conard	T. Goldsworthy
Black Sapote	A. Mendez	B. Heath

A MESSAGE FROM THE PRESIDENT

Do you read your RFCI Newsletter every month?

Does it inform you?

Does it entertain you?

Does it provide you with a record of the fund of knowledge our programs provide?

Do you approach your mailbox each month with anticipation, knowing you will read about our next great meeting?

Do you enjoy attending our meetings?

Do you appreciate and utilize the practical advice and skills presented?

Do you like winning plants in our monthly drawing?

Do you savor the tasty morsels at our hospitality table?

DO YOU WANT ALL OF THIS TO CONTINUE?

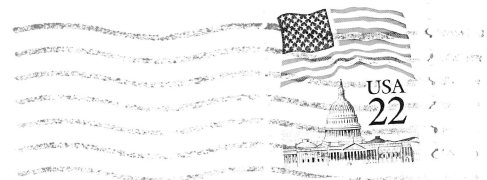
If your answers to the above questions are yes, yes, yes, yes, yes, yes, yes, yes, yes, and YES! (and, of course, it could not be otherwise!), then remember..... our annual plant sale is our organization's life's blood. Without it we cannot function, and WITHOUT YOU THERE IS NO SALE!!! We absolutely must have your help on Saturday, October 18, and Sunday, October 19, 1986, at the Armory. This is not a job that can be done by just a handful of people, so please chip in and return to RFCI at least what you get out of it. BE THERE!!!!

I would like to thank Janet Conard and Al Roberts for again hosting our annual presale "planning and potluck" meeting. All the food was excellent, and so was the setting and the company. Thanks again, Janet and Al.

That's all for now. SEE YOU AT THE SALE!

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P O BOX 260363
TAMPA FL 33685



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