



NEWSLETTER

JUNE 1989

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

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(INCLUDING RENEWALS)

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

NEXT MEETING - - - - - JUNE 11, 1989

MEETING PLACE- - - - - HILLSBORO COUNTRY AGRICULTURAL BUSINESS CENTER.
(COUNTY AG. AGENTS BUILDING, SEFFNER). Take I-4
to Exit 8 South, State Road 579. Go past traffic
light at U.S. 92 intersection. Building is less
than 1/2 mile on left (east) side of U.S. 92.
Use parking lot. Meeting room is in rear of
building. Walk around. Main door will probably
be locked.

PROGRAM- - - - - GENE JOYNER OF THE PALM BEACH AGRICULTURAL
SERVICE will speak on "Nutrition and Nutritional
Deficiencies of Tropical Fruit Trees" or "What to
Feed Them When Your Trees are Hungry". Nutrition
is not as exciting as picking beautiful ripe fruit
but without a knowledge of nutrition we may be
picking not so beautiful fruit or maybe none at all.
Look forward also to a delicious tasting table
and our fruit raffle.

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NEW MEMBERS:

Byron & Betty Smitherman, 2012 Belleair Rd., Clearwater FL 34624
Doug Morrison, PO Box 276, Babson Park FL 33827 (813-696-3405)
William Bradshaw, 3516 Fairway Forest Dr., Palm Harbor FL 34685 (785-3516)
Cathy Day, 4721 Trilby Ave., Tampa FL 33616 (837-8883)
Charles Hart, 8209 Providence Rd., Riverview FL 33569 (677-5788)
Larry Fox, PO Box 308, Odessa FL 33556 (920-7781)
Susan Herman, 1713 Northview Rd., Largo FL 34640 (586-5049)

MESSAGE FROM THE PRESIDENT:

An interesting newsletter on fruit growing is "The Pits" from the Rare Pit and Plant Council of New York. A recent issue had information on persimmons in Madagascar and a recipe for Horned Melon or Kiwano, an African cucurbit condemned by some but still sold by Frieda's Finest. The editor recently visited Marian and Jack Van Atta and spoke to the Brevard Rare Fruit Council. The newsletter is available from Rare Pit and Plant Council, c/o Debbie Peterson, 251 West 11th Street, New York, NY 10014. Cost is \$10.00 per year.

We have an urgent need for a person to coordinate and direct our publicity campaign for the Big Fruit Tree Sale on September 24. If you can help in any way, see me. There are many other jobs to do also, so start planning now.

Al Hendry

GROWING BUNCH GRAPES FOR FUN AND PROFIT by Larry Fisher

Our speaker, Larry Fisher, is a bunch grape grower in Apopka, Florida. His experience includes several years with IFAS doing research on bunch grapes before he decided to start a grape nursery of his own.

There is a definite market for grape vines, both for wine producing enterprises and for dooryard fruit. He sells wholesale to those installing vineyards and retail for smaller customers. Grape growing in commercial vineyards is a growing market to replace freeze damaged citrus groves, particularly at the northern fringe of the citrus belt.

There have been several new, very interesting releases which Mr. Fisher is growing at his nursery. Among these is Conquistador, which is a thin skinned white grape with a pink blush, excellent for dooryard fruit, good for out of hand eating, and wine making; and the Orlando Seedless, which is our first bunch grape for table use, which is relatively resistant to blights disease. His slide showed the parentage of several different bunch grapes and those of grape vines growing in his vineyard.

Mr. Fisher explained the growth and pruning of bunch grapes which is considerably different from the approach used for growing and pruning muscadines. For supports, he recommends post and wire trellises for grape growing, although bunch grapes may be grown on a fence or on an arbor where sufficient sun is available. For post and wire culture, the post should be about four feet high with two or three wires equally spaced from the top down. The newly planted grape vine should be planted adjacent to a post and tied to the post as a single trunk. All side branches should be removed as they try to sprout, and only the terminal bud allowed to grow until the vine has reached the top of the post, approximately four feet high, at which point the bud is nipped out to allow laterals to develop. Two laterals can be allowed to grow in each direction and tied to the wires to support the vine as it grows in each direction. After the first fruiting season, the laterals are to be cut back to within 18" to two feet of the main trunk to allow next year's growth to develop new runners in each direction. Each year after fruiting, the same procedure is followed in December or January after the plants have become dormant.

Larry Fisher recommends a high nitrogen fertilizer, such as 8-4-4 because grapes require high nitrogen for good growth. However, a 6-6-6 fertilizer will do very well.

Grape vines are very easy to propagate, and may be propagated by air layering or by rooting from cuttings. Mr. Fisher suggests use of cuttings about 12" long. The diameter of the cutting is not important. Small diameter wood will take root as easily as larger pieces. Use the dormant wood in sections up to a foot long. Some varieties, such as the Conquistador, should be grafted using as root stock the varieties Tampa or Dog Ridge. Orlando Seedless can also be grafted but it will work very well on its own root as a cutting. Stover also should be grafted. All the rest of the bunch grapes will grow from cuttings and grow very well on their own root.

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GIBERELLIC ACID:

For those of you interested in purchasing some Gibberellic Acid, e.g., for your Orlando Seedless Grapes, Louis Zoehrer has sent us information on a mail order house with a reasonable cost. Mellinger's, 2310 W. South Range Rd., North Lima, OH 44452-9731, Ph. (216) 549-9861, carries Wonder-Brel Gibberellic Acid liquid concentrate, catalog #1072, 4 oz. for \$2.79 (12 for \$20.50), plus \$1.50 shipping. Thanks, Louis.

Recipe of the Month:

Egg Fruit Muffins adapted from Eleanor Grasselli
in Miami RFCI Tropical Fruit News, 1/89

Heat oven to 350°. Add 1Tbsp olive oil to top cup of a stack of 24 paper cupcake cups and allow to soak through.

1/2c brown sugar
1/2c honey
1/4c margarine
1c egg fruit (Canistel)
2 eggs
1 -1/2c Bisquick
1/2tsp almond extract
1tsp fresh ginger root, cut small
1/4c fresh coconut, cut into tiny cubes

Cream margarine with sugar and honey. Smooth in egg fruit, then eggs. Add almond extract, ginger and coconut. Work in Bisquick until batter is smooth. Fill each cup half way with batter. Bake 20 to 25 minutes on top shelf of oven.

PLANT DRAWING:

PLANT	DONOR	WINNER
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Sugar Apple	Fernando Galang	Louis Zoehrer
"Ube"	Fernando Galang	Felicia Miles
Papaya	Louis Zoehrer	Mike Oratowski
Papaya	Louis Zoehrer	Monica Brandies
Papaya	Louis Zoehrer	Rhea Hurwitz
Moringa Tree	Monica Brandies	Maya Byvoet
Moringa Tree	Monica Brandies	Louis Zoehrer
White Sweet Potato	Monica Brandies	Larry Fox
White Sweet Potato	Monica Brandies	A & L Stark
Pineapple	Bob Heath	Charles Hart
Sugar Apple	Bob Heath	Cathy Day
Cherry of the Rio Grande	Bob Heath	Maya Byvoet
Passion Fruit	Bob Heath	Monica Brandies
Monstera deliciosa	Maya Byvoet	Fernando Galang

The more people who bring something for the plant drawing, the better your chances of going home with a new plant for your collection.

May Hospitality Table:

Bea Seekins 2 gal. orange juice, lemon cheese
crescents, and raisin cookies

The Hospitality Table needs YOU to help make our meetings more enjoyable! Please participate and bring some goodies to share.

NOTICE:

Costa Rica Fruit & Flower Safari led by Gene Joyner, July 22-29, 1989. 8 days, \$645.00, includes air fare, hotel and tours. Beginners welcome. For information, call (305) 285-7173, Nature Trail, Inc., Box 450662, Miami, FL 33245, or see Gene Joyner about it at the meeting.

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EXCERPT FROM THE TAMPA TRIBUNE, MID-WINTER 1900 EDITION:

One may see side by side the avocado pear of the West Indies and the Keifer of the Middle States; the sugar apples of South America and the common apple which thrives in Georgia; the date palm of Egypt and the plum of Texas or Louisiana; the pomegranate of Persia and the peach of China, and so on for too many instances to be noted.

Among the fruits which are at home here are orange, lemon, lime, pineapple, citron, pomelo, shaddock, avocado pear, banana, cocoa plum, cherimoya, cashew nut, date palm, fig grape, guava, jujube, kaki, or Japan persimmon, loquat, mango, melon pawpaw, mulberry, olive, Otaheite, gooseberry, peach, pear, pecan, plantain, plum, pomegranate, rose apple, sea grape, sour sop or ice cream fruit, sugar apple, strawberry tree, tamarind, and many others more or less known but very valuable.

The banana thrives on any soil good enough to raise corn. It prefers moist ground, and is more at home along lake and river margins and on well drained low hammock.

Plantains, so far as tested, thrive well. Cocoa plums grow along salt water courses; the Surinam cherry thrives wherever it receives even slight care; the sugar apple bears luxuriantly on high hammock where it is protected from frosts; the date palm tree seems at home in every kind of soil, except the very wet, and comes into bearing in five years from the seed, if it receives proper care. Grapes, especially the muscadine type, thrive in this section.

Orange and lemon culture is conducted on an extensive scale, and is a leading industry in the rural districts, and the mainstay of all other kinds of business. The profits to be derived from this industry are something enormous if properly conducted, but, like every other industry, it must be conducted by men experienced in orange and lemon culture, although many "green" hands, after a few years careful study, become adept and find this industry a great source of pleasure as well as profit.

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HELPFUL HINTS FROM FARMER BOB:

For those of us who can't afford to install a mist bed for cuttings and the growing of very small seeds, another method offering similar success is available.

I have two, ten gallon fish tanks which I have fitted with glass covers cut to the size of the top of the tank. The tanks rest on a table under an oak tree where they receive filtered sunlight.












In the bottom I have placed three bricks and added about an inch of water. I place pots of cuttings or fine seeds on the bricks and cover the tanks with the glass covers. The humidity stays high enough that the soil in the pots doesn't dry out. The glass sides and lid allow me to observe the results without uncovering the tanks.

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Exotic Fruits, Exciting Vegetables

Tempted by all of the "new" exotic fruits and vegetables you see in the stores? Yet, uncertain how to pick them ripe and fresh? And, then, what do you do with them once you get them home?

Fresh fruits and vegetables add natural fiber, vitamins, and nutrients to the diet . . . without adding lots of calories. So why not be daring? Try some of the more uncommon selections you may find in local markets this spring and summer.

Fruits	Signs of Fresh and Ripe Fruit	Nutritional Value	Uses
Breadfruit 	Yellow-green to brown; slightly sweet and aromatic.	Rich in potassium and vitamin C.	Although it is a fruit, it is used almost exclusively as a vegetable – like white or sweet potatoes. Peel and soak the raw cut flesh in cold water for 30 minutes to refresh the tissues and remove the starchy sap. Then, boil, bake, steam, roast, mash, puree, or turn into a smooth soup.
Cherimoya 	Uniformly green skin. Larger fruit is usually the best.	Rich in potassium.	Cut chilled fruit in half and serve with a spoon. Adapts well to chilled mousses, sherbets, and blender drinks. Cherimoya has a sherbet-like texture and tastes like banana, strawberry, and pineapple all in one!
Feijoa 	Choose fruit with a rich, full aroma.	Excellent source of vitamin C.	Peel the skin away with a sharp knife and enjoy.
Guava 	Green to yellow skin. Choose firm for cooking, soft for eating.	High in vitamin C and potassium. A fair source of vitamin A.	Served halved with the seeds removed or filled with cottage cheese. Most familiar as juice, jam, or jelly.
Lychee 	Bright red and firm.	Excellent source of vitamin C and potassium.	Peel lychees, remove seeds, and eat flesh. Slice over cottage cheese with pineapple, mango, papaya, and banana. Or, serve on salads with dressing.
Mango 	Ripe fruit should be red or yellow, feel slightly tender to the touch, and have a delicate floral fragrance.	High in vitamins A and C, and potassium.	Peel the skin away and scoop out the flesh in long, curved slices. A wonderful addition to a fruit plate. Or, peel and chop, cook with water, sugar and fresh orange juice until smooth. Serve hot or cold as a sauce over fruit salad.
Papaya 	Gentle golden yellow specking.	High in vitamins A and C, and potassium.	Cut in slices lengthwise. Serve chilled and sprinkled with lemon or lime juice. Stuff halves with chicken or seafood salad. The edible seeds are a tasty addition to salads and salad dressings.
Passion Fruit 	Dark purple color and wrinkled.	Good source of potassium and vitamin C.	Adds a tropical flavor to fruit punches, hot tea, juices, or iced sherbets. An intense and tart flavor.
Plantain 	Green, blemished skins.	A good source of fiber, fair amount of vitamin C. Vitamin A content varies with color of flesh. If deep yellow, is a fair source of vitamin A.	Boil, steam, sauté in a minimum of oil, or bake (never eat raw). To bake, wash and leave in skin. Place on a baking sheet at 350° for 45 minutes to one hour. Remove skin. Season with a little margarine and brown sugar.
Prickly Pear 	Red, firm (but not hard) with a bright appearance.	Fair source of vitamin C and magnesium. High in potassium.	Chill, cut away spines and peel. Serve raw – either sliced or cut in pieces.
Sapote 	Dull olive green peel and soft as a marshmallow.	Good source of vitamin C, high in potassium.	Peel, remove the seed cluster and eat out of hand. Or, serve with a few drops of lime or lemon juice.

From Miami RFCI Tropical Fruit News, March 1989:

Plastic bag greenhouse

By William F. Whitman

- **Water plant and fertilize**
- **Support**—three or four equally spaced sticks, thrust into potting soil, will help support plastic bag and keep it from collapsing over plant.
- **Cover plant.** If bag is too long, cut off excess.
- **Tie bag's lower end with string** around outside top of container.
- **Watering schedule** —usually weekly for porous containers (clay pots), other once monthly or less frequently. Feel soil, if it is very damp don't water.
- **Inclosure duration**—bag can remain over plant for six months or more.
- **When to remove bag**—If relative humidity is 50% or more for an extended period.
- **How to remove bag**— When plant is covered for over two or three days bag must be removed gradually, taking a week or more to avoid shock from the humidity difference. Start at bottom and work up raising bag; or cutting 1/2 inch diameter holes in plastic. Avoid chimney affect of one hole in bottom and another at bottom.
- **Intense sunlight** can cause damaging build-up inside cover. If you suspect the plant is becoming over-heated move it into partial shade. In northern latitudes winter sun is generally weak but summer sun can be strong.



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