



NEWSLETTER

JULY 1993

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

EDITORIAL COMMITTEE: BOB HEATH
THERESA HEATH
ARNOLD STARK
LILLIAN STARK

PRESIDENT: SHERRY BAKER CHAPTER MAIL ADDRESS: 313 PRUETT RD, SEFFNER FL 33584
(INCLUDING RENEWALS)

MEETINGS ARE HELD THE 2nd SUNDAY OF EACH MONTH AT 2:00 P.M.

NEXT MEETING: JULY 11, 1993

MEETING PLACE - - - - - RARE FRUIT COUNCIL CLUBHOUSE, 313 PRUETT ROAD,
SEFFNER, FL. TAKE I-4 TO EXIT 8 NORTH, S.R. 579,
GO ONE MILE TO PRUETT (STREET SIGN ON LEFT SIDE.)
TURN RIGHT (EAST), GO ONE MILE. SEE CLUBHOUSE
ON LEFT IMMEDIATELY PAST MCDONALD SCHOOL.

PROGRAM - - - - - HAR MAHDEEM IS A PLANT BREEDER FOR ZILL'S NURSERY
IN BOYNTON BEACH. He specializes in the
Annonaceae family and will present a slide show
"Cherimoya and its Relatives". Our usual
raffle and tasting table will follow the show.
Please contribute.

New Members

Leonard Baer 1561 Randolph Road, Schenectady, N.Y. 12308

Thank You Thank You Thank You

To Al Hendry for donating the videotape shown at the last meeting to the club library.

To Lewis Maxwell for donating a copy of his most excellent book "Florida Fruit" to the library.

Recipe of the Month: Key Lime Cake (Ana May)

1 1/3 cup sugar	5 eggs
1 3oz. package lime jello(sugar free is oK)	1 1/3 cup cooking oil
2 cups all purpose flour	3/4 cup orange juice
2/3 tsp salt	1/2 tsp vanilla
1 tsp baking powder	1 tsp lemon extract
1/2 tsp baking soda	



Combine all dry ingredients in a large mixing bowl. Add eggs, oil, juice, vanilla, and lemon extract. Mix well. Pour into a 9X13X2" pan. Bake for 25 minutes in a 350° oven. Remove from oven and let stand for 15 minutes. Prepare the topping by combining 1/3 cup lime juice and 1/3 cup powdered sugar. Prick the cake all over with a fork and drizzle the topping over it. Cool overnight. Serve with whipped cream (or prepared whipped topping like Cool-Whip).

CITRUS CARE & VARIETIES by Gil Whitton

"The citrus tree you buy at the local garden center doesn't begin like you purchase it; it began by being budded on an understock and an understock has a specific purpose in producing the treetop so you can have an understock that is adapted to wet soil, dry soils." With these words, Gil began his tape on citrus growing in Florida.

He next indicated that there are four citrus root stocks that nurseries use in producing citrus trees: Swingle, Carrizo, Cleo and Rough Lemon. The first three are predominantly used in Florida because they are adapted to our soil types. Sour Orange is also used by only where there are wet soil conditions. He showed us seedlings in flats that will be budded at the proper time to ultimately become the trees which we find in the nurseries. We saw a bed of Rough Lemon seedlings, a bed of Swingle and a bed of Carrizo seedlings. In the summer it takes approximately two weeks for seeds to germinate and maybe three to four weeks in colder months. A mixture of Perlite and peat is usually used as the seed bed mix.

After that introduction, we were shown the methods of budding selected citrus varieties on to the above mentioned root stocks. The inverted "T" bud process is the one most commonly used. Budding is done on the second growth of the root stock and the bud wood should be approximately the same diameter as the root stock where you intend to put the bud. The bud wood ideally should be about pencil size, fully round with well formed buds. These should be trimmed off, leaving enough of the leaf stem to act as a handle. It is critical that one use an extremely sharp blade for budding. Select a location on the root stock between two nodes and above the lower two leaves on the tree. An inverted "T" incision is made in the root stock with a vertical leg of about 1" in length and the bark should be eased away from the under wood on each corner to facilitate insertion of the bud. With one motion the bud is removed from the bud wood in a verticle cut approximately 1/2" long and there should be a sliver of hard wood on the back of the bud. It is important that the bud be inserted right side up and it is slid into the cross member of the "T" and up under the vertical incision. With the bud inserted it should be a nice tight fit. Grafting tape is used for wrapping the bud, a loop below the bud is formed and the grafting tape is wrapped up over the top of the bud and tied off above the incision. Before wrapping, the remaining leaf petiole is cut off close to the bud to facilitate the wrapping. The bud will be left wrapped from two to three weeks depending on weather conditions, light, temperature, etc. After two to three weeks the wrapping is removed and the top of the tree is cut off to force the bud. At this point the incision around the bud will be well healed and the bud should look green and healthy. The top of the tree is removed to within 1/4" to 3/8" above the bud. In nice warm weather in the spring, the bud should swell and begin to grow within two to three weeks. As the bud grows upward, it is staked at various intervals as it grows to produce a nice straight trunk. After about a year of growth the stake may be removed and the knob which is the stub of the root stock above the growing bud should be removed to allow the tree to heal over the wound.

Gil next showed us a bunch of budded citrus trees growing in deep citrus pots and removed one to show the extensive root system around the soil. He indicated that the best way to plant this tree in the ground is with a post hole digger, digging to the proper depth and setting the tree in the hole and adding soil around the tree that was removed. He suggests in this case that we do not try to improve the soil; that the root system will break out from the sides and go horizontally and those near the bottom will go down for water.

Gil showed us a bunch of Ponderosa Lemon trees one year old. Ponderosa Lemons grow very rapidly and these are in three gallon containers, which are the kind of trees you find in a lot of garden centers. In purchasing a tree for your

Raffle: June

Plant Name	Donor	Winner
Doyvalis (Ceylon Gooseberry)	Stark	Alice Burhenn
Pink Guava	Stark	A. May
Pineapple Guava	C. Novak	Scott Daniels
Pineapple Guava	C. Novak	Janet conard
Plantain	Honeycutt	Al Jean
Grapefruit (grafted)	Honeycutt	Dan Williams
Loquat (2)	Honeycutt	Brent Creighton
Orange Berry	Honeycutt	MaryLou Creighton
Buddha's hand Citron	Jules Cohan	N. McCormack
Momocillo (Spanish Lime)	Beasor	Anna Louise May
Rose Apple	Beasor	Scott Daniels
Orange Berry	Heath	Janet Conard
Tree Basil	Heath	?
Wampi	Heath	Pearl Nelson
Yellow Passion Fruit	Heath	Samm Philmore
White Sapote	Heath	Walter Vines
Pomegranate	Heath	N. McCormack
Texas Fig	Heath	?
Yucca	Heath	Samm Philmore
Tamarind	Heath	Zmoda
Surinam Cherry	Zmoda	Frank Burhenn
Surinam Cherry	Zmoda	J.B. Creighton
Black Sapote	Burhenn	Dan Williams
Soho Papaya	Burhenn	Jesse May
Loquat	Burhenn	?
Loquat	Burhenn	J.B. Creighton
Rose Apple	Burhenn	J.B. Creighton
Black Sapote	Bennett	Al Jean
Imbe	Bennett	Scott Daniels
Tamarind	Bennett	Alex Argiry
Garcinia sp. (2)	Bennett	Heath
Garcinia sp.	Bennett	Alex Argiry
Wood Apple (2)	Bennett	Alex Argiry

Tasting Table: June

Al Roberts: Papaya Juice

Pat Jean: Apricot Coffee Cake

Paul Zmoda: Passion Fruits

Nancy McCormack: Banana Bread

Ana May: Key Lime Cake

Samm Philmore: Kiwi, Preserved Pears, Roma tomatoes, Beef Jerky, Hot Onions

own yard, you will usually find citrus trees growing in three gallon containers which are the most economical to buy. Those in five gallon and larger containers cost considerably more and may not be worth the additional cost if you are willing to wait a little longer. Select a tree that has a good shape at the top, straight trunk and with nice green bark showing that the tree is in a vigorous state of growth. If the original root stock has been trimmed off properly, there will be a small wound where the top of the root stock previously grew. If the stub of the original root stock exists, this may be trimmed off to the live wood and in this case, this will heal over in the next year or so. Gil also advised us to distinguish between a tree that is suffering from a deficiency and has light colored leaves, or is suffering from aphids or some other insect and has curled leaves. The variegated lemon and variegated orange have variegated leaves and this is a natural thing. The Orlando tangelo has normally cupped leaves. It is not suffering from disease.

In planting a citrus tree it is wise to dig a hole considerably larger than the pot size, but not as deep as the pot because a citrus tree should be planted approximately 1" above the level of the surrounding grade. If you put the dirt extracted from the hole in a wheelbarrow or in five gallon buckets, it's much easier to handle. Gil suggests adding a handful of slow released fertilizer in the bottom of the hole and working it in by hand for first growth of the tree to direct the bottom roots to grow downward.

In setting the tree in the hole, Gil suggests that we rough up some of the roots if it is very root bound and set it on the bottom of the hole with the top of the rootball approximately 1" above the surrounding grade. Put a running hose in the hole and begin to fill the hole in layers, wetting down the soil as it's added with the end of the hose. Always plant the tree in a location that gets six to eight hours or more of sun each day if you expect to get good fruit production.

* * * *

MANGO FIESTA at the Fruit & Spice Park - Homestead, Fla.

Tropical Ag Fiesta. July 17 and 18. Let's celebrate the mango in every manifestation! Enjoy ethnic foods, purchase plants, 10:00 a.m. - 5:00 p.m. Admission only \$1.00. Kids free. The Fruit & Spice Park is located at 24801 S.W. 187th Avenue, Homestead, Florida 33031.

For reservations call 247-5727, 10 - 5 daily.

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1993 TREE SALE

Our annual Tree Sale this year will occur on October 16 and 17. We plan to have a two-day sale again this year as last year's two-day sale was very successful. Flyers will be available well ahead of the Tree Sale for distribution by members to promote the sale. Promotion of the Tree Sale by all members will be appreciated. This may be done by word of mouth or flyer to all people who are interested in gardening and landscaping. Grocery carts will be picked up from the clubhouse storage shed on Friday, Oct. 15 for delivery to the armory. For this we need volunteers with pick-up trucks mid-afternoon on this date. Extensive membership participation is necessary on the 16th & 17th to make the Tree Sale a success. There are innumerable jobs (fun things) that need to be done, and all members are requested to help out. Those who are able should be developing plants for sale at this time. Sunday evening, the 17th, will be clean-up time and Monday morning the grocery carts will need to be returned to the clubhouse.

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THE BIGNAY TREE

Antidesma Bunius from the family Euphorbiaceae

(Excerpt from R.F.C. of Australia Newsletter)

by Ann Oram

A minor fruit tree making a big splash in my garden is the Bignay.

It is only 4 years old and has been fruiting for the last two years. Last year, however, was insignificant compared to this year. It is just covered in racemes of round, bright red berries. They will continue ripening unevenly, showing gorgeous colors of white and varying shades of pink and red to black. The skin is thin but tough and yields a bright red juice. When unripe the fruits are acid, when ripe subacid to slightly sweet. Some people can taste a slightly bitter aftertaste while others cannot. The berry itself is 1/4" in diameter with quite a large flatish brown seed. The berries hang together in racemes 4" long with from 10 to 70 berries on each.

To harvest, simply pick the racemes and then pull at the berries which come off easily. Your fingers become stained but it easily washes off in water. Put clean berries in a saucepan, add water to cover and boil. Mash the fruit to extract all the juice, strain and discard flesh and seeds. Use the juice to make jams, jellies and drinks, etc., with the right amount of sugar.

It is a useful fruit for jams, jellies and drinks, and best results are gotten by using half ripe fruits - the deep red ones, not black.¹ To make jam, pectin must be added. It also makes an excellent syrup and has been successfully made into wine and brandy.

I had always thought the Bignay was native to the Philippines but some research has shown that it is native and common in the wild in Northern Australia, India and Ceylon.

The tree is shrubby up to 25 feet high. The foliage is dense, shiny and evergreen. The female and male flowers are borne on separate trees. The highly fragrant flowers are reddish, while the females are greenish. Some female trees will bear some fruit without male flowers being present, as many of the flowers are perfect.²

My trees flowered in November and the fruit ripened in January/February.³ So it is about 2 months from flowering to ripening.

In Malaya, the fruit is eaten by children. Indonesians cook the fruit with fish. In the Philippines and Indonesia the leaves are eaten raw or stewed with rice or used as pot herbs with vegetables.

The tree is very useful as well. The bark makes a tough fibre which can make rope. The timber is useful being reddish and hard.

COMMENTS BY BOB HEATH:

1. I use pink, red and black berries together.
2. I have had fair production with one tree; however, I had better fruit set with a male and female tree.
3. This is in Australia. My fruit ripens in June and July.

What's Happening: June-July 1993

by Paul Zmoda

While we're waiting for the "monsoon" season to begin, be sure your plantings get adequate water. Fragile flowers and newly-set fruits need enough water to avoid their dropping off prematurely. If in doubt now as to your watering needs, and the drainage is good- WATER!

An uncommonly grown plant, the Ice Cream Bean (*Inga* sp.) grows well in our dry uplands. Like many members of the legume family, it enriches the surrounding soil via nitrogen-fixation. In commercial endeavors within their native South America, these plants are intercropped with coffee and cocoa to provide shade and soil nutrients. Flower buds are growing rapidly on my *Inga* plant now at two years of age. Soon (I hope!) typical beanlike pods up to three feet in length will develop. At maturity the pods should provide a soft, sweet lining, much like the Tamarind, which is reputed to taste like ice cream.

If you grow pineapples and were skunked like I was when it came to producing fruit, listen up: apply a bloom inducing fertilizer all over the leaves and down into the cup every few weeks. You should get almost immediate results. Four out of my five species of pineapples now are happily fruiting following this treatment. Once flowering is evident, fertilize biweekly in the same manner with a balanced plant food, such as 20-20-20, and give plenty of water. Harvest the pineapples when their color starts to change to a lighter or yellow color. Finish ripening indoors and enjoy.

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