



NEWSLETTER

NOVEMBER 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 pm.

NEXT MEETING - - - - - NOVEMBER 14, 1993

MEETING PLACE - - - - - RARE FRUIT COUNCIL CLUBHOUSE, 313 PRUETT ROAD,
SEFFNER, FLORIDA. 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 - - - - - OUR SPEAKER AT THIS MEETING WILL BE OUR GOOD
FRIEND FROM WEST PALM BEACH, THAT HORTICULTURAL,
SCIENTIFIC, BIOLOGICAL FRUIT EXPLORER, GENE
JOYNER. His topic will be Fruiting Plants for
a Small Yard, which is especially appropriate
for most of our members because most of us only
have small yards, and those of us with large
yards probably have them pretty well filled up
already anyway. We will also have our tasting
table and monthly raffle, so please contribute.
Also, Alice Burhenn and other members will have
a report on the outcome of our Tree Sale. All
in all, it should be an exceptionally interesting
meeting, so we expect to see a large crowd.

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CONDOLENCES...

The club wishes to express its most deep and heartfelt sympathy to Armando Mendez for the passing of his wife, Felicia, on October 22. Armando and Felicia have been members for over 10 years and have contributed much to the development of our club. Felicia, pleasant, gentle and always helpful, will be missed by all the members, and certainly remembered by all for her companionship.

We are saddened also by the passing of another long time member, Albert Greenberg, who was 96 at the time of his death, Tuesday, October 19. He was a founder of Eureka Springs Park, a 38-acre botanical gardens, which he deeded to Hillsborough County for a park in 1968. Though he has been in a nursing home for the past year, he will be missed by members who knew him.

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New Members

The Club wishes to extend a gracious welcome to all our new members and hope they will join us at our clubhouse for an interesting meeting on November 14. Always one of the pleasurable features of our November meetings is the welcoming of all the new members who join at the Tree Sale in October. It is always enjoyable to meet new people who are interested in raising fruiting trees and plants. We invite all of you new members to come to this meeting and meet the group.

BALL	LORAIN R.	18812 WALKER ROAD	LUTZ	FL	33549	(813)949-5608
BURSK	GLADYS	2405 STROUD APT.A	TAMPA	FL	33629	(813)253-0939
CURTIS	ANNE	P.O. BOX 22264	TAMPA	FL	33622	(813)251-3403
DeMARCO	ROBERT	2289 CORLEW AVENUE	PALM HARBOR	FL	34683	(813)799-6798
DIAZ	GERMAN & JUANITA	13919 BASIN STREET	TAMPA	FL	33625	(813)961-4631
FALLOWS	MARK	11064 W. COVE HARBOR DR	CRYSTAL RIVER	FL	34428	(904)563-2572
FERREIRA	TONY	841 5th AVENUE NW	LARGO	FL	34640	(813)584-1606
GIALLOURAKIS	NICOLA	181 GARLAND CR.	PALM HARBOR	FL	34683	(813)784-0109
GLENN	JAMES	10707 21st AVENUE E	PALMETTO	FL	34221	(813)729-2760
HAYES	SUSAN LAVENSTEIN & CHRIS.	3007 W. BAY VILLA AVENUE	TAMPA	FL	33611-1607	(813)832-4113
HUNT	RICHARD & KIMBERLY	32941 ST JOE ROAD	DADE CITY	FL	33525	(904)588-2081
JONES	JOHN D.	4115 RICHMERE	TAMPA	F3	33617	(813)985-8112
NURSERY	SCOTT'S ORGANIC PLANT	P.O. BOX 430	BRANDON	FL	33509	(813)788-3442
PERRY	RICHARD E.	206-25th AVENUE NORTH	ST. PETERSBURG	FL	33704-3446	(813)823-8395
RICHARDS	DAN & HELEN	18329 HOTTELOT CIRCLE	PORT CHARLOTTE	FL	33948-9334	(813)625-1088
RYLAND	WILLIAM	2446 GRANADA CIRCLE EAST	ST. PETERSBURG	FL	33712	(813)867-7052
SCANLON	RONALD M.	206 S. WARD STREET	TAMPA	FL	33609	(813)287-1189
SEXTON	FRED	2417 BLOOMINGDALE	VALRICO	FL	33594	(813)684-6004
TATE	SUE & GRADY	5932 CARINA TRACE	WESLEY CHAPEL	FL	33544	(813)973-8436
TAYLOR	GERMAINE B.	P.O.BOX 1984	BRANDON	FL	33509-1984	(813)651-1135
WEEKLY	A.S. Jr. & ALDONA	402 SOUTH ARMENIA AVE	TAMPA	FL	33609-3394	(813)251-5630
WOFFORD	LUCY RICE & JOYCE	256 20th AVENUE SE	ST. PETERSBURG	FL	33705	(813)894-1669

What's Happening

Oct.-Nov. 1993

by Paul Zmoda

As we approach winter, the day lengths are getting shorter and rootcrops are busy storing starch. You may begin harvesting some to see if they are ready enough. Sweet potatoes are a good candidate for harvest now. They are not truly potatoes, but members of the morning glory group (*Ipomoea*). Select those that are large and firm, and if not used immediately, they should be cured to improve storing quality. To cure sweet potatoes, place them in a ventilated area with warm temperatures for ten days, after which they can be kept in a cool, dark place before eating.

Cassava roots (*Manihot* sp.) can also be dug now for immediate use. These nutritious roots seem to store poorly. To prepare them for eating, be sure to remove not only the bark, but also the pink outer layer which contains cyanide compounds. These compounds are very water soluble so discarding the water is a good idea after boiling them.

Various squashes are actively forming fruits at this time of year. Luffa (or Loofah) makes a delicious vegetable if picked young (about 8-10 inches long). Slice and steam until soft. Drain and add tomato sauce and sprinkle with olive oil and cheeses. Reheat and serve. Chayotes begin to form more fruits as the days get shorter. Pick and use these at any size.

Pomegranates are under way! These juice-filled berries should be clipped from the bush and enjoyed. When they split open (dehisce) they are at their peak and are preparing themselves to disperse the seeds within. Sugar apples are very late this year and are now approaching maturity. Watch them daily and make note of sudden swelling that shows the recessed spaces between the bumps quite vividly. They get softer at this point and should be pruned off and eaten fresh out of hand.

* * *

Thank You Thank You Thank You

To all the members and friends of RFCI who worked so very hard at the annual Tree sale. So many of you did so much that, rather than thank you individually for the specific tasks you performed (and risk missing someone whose actions were "out-of the limelight") your RFCI thanks each of you for all you did. Members worked exceptionally hard at everything from traffic control outside in the rain to preparing and selling hundreds of fruit sample plates; from telling visitors how to plant the trees to how to use the fruit; from checking plants out to check approval; from cashiering to book sales; from new member sign up to floor sweep up; from setting out the tables and plants to taking them down; from bringing the shopping carts from the clubhouse to taking them back on Monday. What an amazing amount of work went into the sale, not just Saturday and Sunday, but for months before lining up the site, the suppliers, publicity, and security. This was a group effort, but, I am sad to say, it was a close call. On Friday afternoon and Saturday we did not have enough members to readily set up and to provide adequate coverage during the first few hours of the sale itself. It was a near miss. All of you who really sweated it through Friday and Saturday earned a double "*Thank you*". If you weren't there, you missed a heck of a time, and a lot of fun and camaraderie. Please resolve to be with us next year at the sale: the effort of all our membership is needed to make this project work.

Following is a list of all workers who signed the attendance sheet (If you worked, and your name is not here, please let me know)

AMYOT	GERALD
AMYOT	ALEX
ARGIRY	ALEXANDER
BAKER	BOB
BAKER	SHERRY
BELL	JOHN
BOJAR	ALVIN
BRANDIES	MONICA
BURHENN	FRANK
BURHENN	ALICE
CAMPBELL	MARY ANN
COHAN	JULES
CONARD	JANET
COTTER	LEO
DANIELS	SCOTT
GALANG	FERNANDO
GALANG	CARMELITA
GRICIUS	TONY

GUY	JOANNE
HEATH	BOB
HEATH	TERRY
HENDRY	AL
JEAN	AL
JEAN	PAT
KLAUS	HARRY
KLAUS	SANDY
KRAUJALIS	ED
LANGLEY	TED
LANGLEY	ALYCE
MAXWELL	LEWIS
McCORMACK	NANCY
MILLS	DIANA
MONTANO	PETER
MURRIE	JIM
MURRIE	JOAN
NEWCOMBE	JUD

NGUYEN	VAN
NOVAK	CHARLES
RAMIREZ	SAM
RIEGLER	GEORGE
ROBERTS	AL
RUBENSTEIN	IRENE
SCHROFF	RICHARD
SCHROFF	SANDI
SELEZNICK	MICHAEL
STARK	ARNOLD
STARK	LILLIAN
STRICKLAND	FRED
TINTERA	FRANK
VACCARO	ROMAGENE
VAN DER HOEK	JOHN
VINES	WALTER
ZMODA	PAUL
ZOEHRER	LOUIS

And after all that work for the October 16-17 Annual Sale, Tampa Bay RFCI also participated on October 23 at the USF Botanical Garden Plant Sale. It was a pleasant day in the garden, fortunately the rain held off, we sold even more plants and fruit, and talked to lots of visitors about the club. Workers who signed the attendance list were: Bob & Sherry Baker, Alice Burhenn, Tony Gricius, Bob Heath, Al Hendry, Charles Novak, Arnold Stark, and Lillian Stark.

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Should we call a female boysenberry a "girlsenberry"????

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Continued from September 1993 Newsletter: TROPICAL FRUIT

Avocado

We saw the Pollock avocado which is rather large, runs 3 or 4 pounds, and is a West Indian variety. We also saw the Simmonds and some hybrids of the West Indian and Guatemalan types, which will grow in the lowlands and also in the middle elevations. As we all know, avocados are a great fruit and well worth the effort to grow.

Citrus

We looked at several citrus fruit very briefly; key limes; Tahiti seedless or Persian limes; grapefruits, pink, white and ruby red; the sweet orange which does not color up well in the tropics but does produce a desirable fruit and is grown somewhat extensively in the lowland tropics.

Mango

A member of another great family is the mango, which produces extremely large trees in the tropics and is adapted to a great many soils and climatic conditions. Mangoes may be red, yellow or green and various mixtures of these colors. Some good varieties for growing in Florida are the Haden, Van Dyke which is a beautiful red color, and the Keitt which is one of the largest mangoes, growing up to 4 pounds or more in Florida.

Mulberry

One member of the mulberry family which we looked at was the breadfruit which is usually associated with Captain Bligh and his efforts to spread the Far Eastern breadfruit to the Americas for feeding slaves. It is extensively used in the lowland tropics and is normally eaten as a vegetable.

Jackfruit

The jackfruit bears like the jaboticaba, right on the trunk, but the fruit is extremely large. A 39 pound fruit is probably the record for south Florida. There has been a report of 80 pound jackfruit in their native countries. It has very aromatic flesh and can be eaten out of hand as a fresh fruit when ripe, or as a vegetable when still green.

Rambutan

The rambutan is getting a lot of attention lately in the lowland tropics because of the excellent quality of the fruit. Some people call it the hairy lychee because of the fur that grows all over the outside of the ripe fruit. It is strictly a tropical fruit but it ships well and will probably be on the market sometime in the future.

Sapotes

The sapotes produce several members, notably the star apple which has two types, the bright green ones, or white variety, and the purple variety which is a beautiful purple inside. Both have very nearly the same flavor. They are very sweet, low in acid, and have a few large seeds. The fruit is a large orange in size. The canistel, also called the egg fruit, is another member of this family. The yellow pulp has very nearly the same texture as boiled egg yolk, but has a sweet delicate flavor all its own. The pulp can also be dried, powdered and mixed with milk to make a drink. The mamey sapote is another member of this group. It grows to maybe 6" in length, has a brown downy coating and a bright red pulp inside with one large seed, and tastes somewhat like cooked sweet potato. It has a low acid content which is too bland for some people. It also makes an excellent milk shake. The sapodilla is a similar fruit in the same family. It is somewhat smaller but has the same brown scurfy surface. It is an exceptionally sweet flavor which has been described as maple syrup. Prolific is one of the known varieties, as well as brown sugar, which is somewhat indicative of the flavor. We need to be reminded that some of these lowland fruit which have just been mentioned are extremely important in the local areas where they're grown extensively for local use.

Spondias

The spondias group is another group related to the mango, one of which is the ambarella. It grows on a rather large tree and in the West Indies is called golden apple. Unfortunately, the fruit has a lot of fiber like some of the mangoes. The red or purple mombin is another one of this group. It is a small fruit, smaller than a peach with one large seed. It is a Central American fruit and is confined to the lowland tropics. There is also a yellow form of the purple mombin which is not quite as good as the red variety. The tree is often called the living fence post because if they are used as fence posts, frequently the tree will take root and continue to grow. Most mombins are grown from cuttings because few of the seeds are viable.

Black Sapote

The black sapote is a relative of the persimmon and looks very similar in its outside appearance and growth habits. The word sapote comes from the Indian language and means a large soft fruit, which is probably a good description of the black sapote. The black sapote remains green when ripe but takes on a little yellow tint as it ripens. Inside it is very, very dark, chocolate or almost black, tar like, but the flavor is excellent and the texture is custard like. If one can get by the appearance, the flavor is excellent. If we can eat licorice which is jet black, we shouldn't have a problem with the black sapote. The black sapote is beginning to come along. There is a small commercial sale in south Florida at this time.

Ice Cream Bean

The ice cream bean is member of the legume family. It is grown extensively in the tropical areas and can be found frequently in the markets in Central and South America. The white pulp around the seeds is sweet and this is what is consumed. The trees are also used for shading cocoa and coffee because of their rapid growth. The tree is also a nitrogen fixing plant.

Jujube

The jujube is another tree which some people consider has great possibility. There is an Indian variety and a Chinese variety which come from those countries. The tree is very productive and is very hardy, both for cold and adverse growing conditions. Its fruit is like a small apple, and can be eaten green or ripe when it turns brown. It is about the size of a loquat fruit with a single seed and it's highly prized in the Orient.

Mamey Apple

The mamey apple or Mamey Americana is a very large tree and an excellent fruit. It has an orange, crunchy, nice flavored pulp and one large seed. The fruit is the size of a large grapefruit, or bigger.

Tamarind

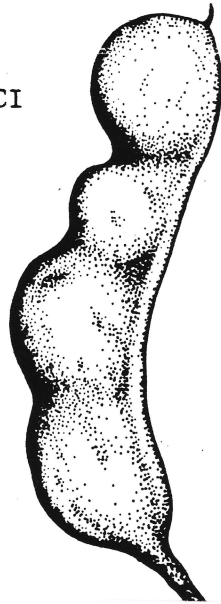
The tamarind comes from India and East Africa. It grows in arid conditions and produces a pod with sticky sour-sweet brown pulp, which is the part that is eaten. A drink is made by mixing the pulp with water and is used in sauces such as worcestershire and curry sauces. The tamarind has a great potential for the tropical lowlands.

Guava

Another fruit which belongs to the Myrtle family and is probably the most important member of that family, is the guava. It is used extensively in preserves, for jelly, jam and other sweet desserts, as well as for eating out of hand. Guavas come in a considerable number of varieties with red flesh, pink flesh and white flesh, and golf ball size up to almost grapefruit size. A close relative, the Cattley guava, comes in yellow and red varieties, and is not as cold sensitive as the common guava.

TAMARIND

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