



# NEWSLETTER

DECEMBER 1996

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

CHAPTER MAIL ADDRESS: 313 PRUETT RD., SEFFNER FL 33584

MEETINGS ARE HELD ON THE 2nd SUNDAY OF THE MONTH AT 2:00 pm. NEXT MEETING: DEC. 8.

NOTE: THIS MONTH'S MEETING BEGINS AT **1:00 PM** (NOT 2:00 AS USUAL).

MEETING PLACE: RARE FRUIT COUNCIL CLUBHOUSE, 313 PRUETT ROAD, SEFFNER. Take I-4 to Exit 8 North, S.R. 579; go one mile to Pruett Road (see McDonald School sign). Turn right (East). Go one mile. See Clubhouse on left immediately past McDonald School.

PROGRAM: **2nd ANNUAL CHRISTMAS PARTY!** This has been a great year for our club, some great new members, some great projects, so it's time to celebrate again with good food, good drink and good cheer. Our first annual Christmas party last year was a great success and we expect this one to be even better. There will be a pot luck lunch starting at 1:00; so make up your best Christmas recipe and join the fun. We will have a door prize. Also, if you have an exceptional fruit, bring it to the meeting. We will have a best home grown fruit contest with a plant for a prize. We will have no formal speaker and no plant raffle, but the best tasting table with everybody bringing something. All club members are invited for what we hope will be the greatest club turn-out ever. There will be wine tasting, so all you little old wine makers bring your best. The planting area in the yard is looking better and everyone is invited to make a quick tour. This should be a great social event for our club. If you are a member, please try to come. We have great new ideas for our club that we will talk about, so please come help us celebrate.



*Thank You Thank You Thank You*

To all the members who worked so hard to make the Fruitarama a success.

## New Members:

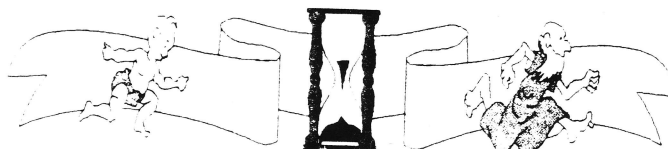
Ely & Mila Apolinario 706 Pinewalk Dr. Brandon, FL 3510 (813)654-2704

Lois, Caissie & Bob Buxbaum 100 17th Ave. South St. Petersburg, FL 33701 (813)822-8825

Tom Hughes 3146 McIntosh Road Dover, FL 33517 (813)653-2323

Rick Martinez P.O.Box 261496 Tampa, FL 33685 (813)889-8218

Diane Rossell 13415 Burnett Road Wimauma, FL 33598 (813)634-1413



## TOM ECONOMOU... continued from last month's Newsletter

As an example of this, he showed us a black sapote fruit which certainly requires an open mind to eat because, while the fruit is a beautiful green color on the outside, inside it is black like tar. The black sapote is a first cousin of the persimmon and makes a beautiful bush with light green leaves and lovely green fruit. The flesh is delicious but not very pretty, and it's one of Tom's favorite fruit.

Tom took this opportunity to advertise his next tour which is to Mexico, the Yucatan and Cancun, where his guests will undoubtedly have the opportunity to try black sapotes. The tour starts November 20 and continues through the 24th. That's from Wednesday to Sunday, the week before Thanksgiving. The tour will visit the markets there and be able to enjoy the Mayan fruit. The black sapotes in the markets there will be soft and ready to eat, not like the one Tom was holding, which was rather hard. \$480.00 per person for five full days. You can't beat that.

Tom also got the bunchosias which he showed us from Peggy Wood and suggested we come up to the table to smell the fruit; it has a very nice fragrance. The flavor is sweet and the texture is similar to a dried date. He also had a couple of velvet apples, beautiful red fruit with a velvet-like exterior. The velvet apple is the size of an orange with a sweet pulp something like a very rich apple.

Tom showed us the pummelo which is also one of his favorite fruit. It's the father of the grapefruit and comes with white or pink flesh. It is frequently sweeter than a grapefruit and much easier to section. It also has a very thick skin that is ideal for making glazed fruit peel. One of the great advantages of the pummelo is that it will keep on the shelf for two or three months and it is the fruit that was carried by sailors on long trips to prevent scurvy.

Tom had some praying hand bananas which he showed us and explained that all the bananas in the hand grow together instead of being separate like in normal hands of bananas. The individual bananas inside are

separate but the skin is grown together in one large mass. We discussed the fact that bananas are heavy feeders and need to be really pushed to produce bananas in the nine or ten months of summer that we have here. A winter freeze, of course, will kill back the fruiting stalks and it will be another year before bananas might be available on new fruiting stalks.

We looked at carambolas. Tom had several varieties, very sweet varieties instead of the ones we used to get that were so very tart. The carambola is a very versatile fruit, of course, good out of hand as well as in salads and garnishes. They can be used to make jellies, jams and marmalade and they are very pretty cut across in thin sections and floating in a punch bowl.

We next looked at the ice cream bean or inga, which produces a large pod like a large bean, a foot across and a couple inches wide. Inside the pod are the seeds surrounded by a generous amount of white pulp which is the "ice cream". It is like candy for the kids in tropical America because it is so sweet. Tom advised us that there were over 50 varieties of ice cream bean, varying in size from a few inches to 12 or 14 inch pods.

Another beautiful tropical fruit is the sapodilla. It produces a fruit about the size of a small mango with a scruffy brown skin. It has a very sweet pulp and rather large seeds. One variety is called brown sugar which may give you an indication of the sweetness of the pulp. Because of its brown scruffy exterior, it's difficult to tell when the sapodilla is ripe.

Tom also brought a jakfruit, the tree of which produces the largest tree-borne fruit in the world. The fruit grows right on the trunk and major large branches. It may even flower a few inches above the ground, which is probably pretty smart when you have a fruit that weighs up to 100 pounds. The one Tom brought may weigh in at 25. To serve ripe the fruit is cut open and the inside segments that surround seeds are removed and eaten. A large white aril around the seeds produces a sweet pulp. The seeds are also edible;

they're roasted and eaten like chestnuts. The fruit may also be eaten green as a vegetable, much like the breadfruit of which it is a relative. The jakfruit is also a cousin of the durian which is the favorite fruit of Thailand. Tom indicated that this was the first time in all the talks he has given with fruit that he has been able to have a jakfruit to show and sample.

Tom also had a couple of cas or Costa Rican guavas which are a relatively small, white fleshed guava, very, very tart, used for making jellies and a delicious drink.

Another fruit that is popular in making drinks is the tamarind. It is a large pod, a member of the legume family, and very popular in the Far East. It is also the main ingredient of Worcestershire sauce. Tom said that the next time you pick up a bottle of Worcestershire sauce, look at the ingredients; one of the main ingredients will be tamarind. It may also be eaten out of hand; the pulp around the seeds within the pod is very refreshing. It's used in stews and as a sauce for fish.

Tom next held up a branch of the lipstick tree. The reason it's called the lipstick tree is because of the red dye it produces. During World War 2 when red dye went to war the cosmetic industry turned to the lipstick tree for the red coloring to put in lipstick. Also during the war when butter went to war, the manufacturers of margarine were able to provide the pulverized lipstick tree seeds which could be mixed with the white margarine to make it butter colored. The berries produce both a red and a yellow dye used by the South American natives for body paint and face paint. It

is also used in cooking to color soups and stews much as saffron is used.

Tom held up a passion fruit, one of 200 species that grow throughout the world. We even have the maypop here, a native which is a member of the passion fruit family. The flowers may be very beautiful or plain white; they vary in size from 1/2" up to 4" and the vine produces fruit from 1/2" in diameter up to 6" or 8". It's a very desirable fruit for eating out of hand or for making juice which is done commercially. It is a rampant vine which grows up into the tops of trees but the passion fruit vine is considerate enough to drop its fruit to the ground when they are ripe.

Tom also had a fruit of the monstera deliciosa which produces a jack-in-the-pulpit like flower, the fruit of which is 6" or 7" long and 1-1/2" in diameter and ripens about an inch a day with a very delicious flavor.

The curry tree is a tree grown for the leaves which are used as a substitute for curry, the seasoning which is a mixture of several spices. The curry tree is a small, pretty tree and the leaves are used in cooking soups and stews just like curry.

Tom had a pot of lemon grass which may be used to make a delicious tea and may be used in cooking also. Tom also had a variety of other fruit to display and for us to enjoy, including the wax jambu which makes a beautiful red fruit with a flavor somewhat resembling sweet water, the fruit of the candlestick tree which is over a foot long, 1" in diameter and suitable for feeding to cows, and some leaves of the bay rum tree which is also used in cooking.

\* \* \*

"Better one bite of the peach of immortality  
than a whole basket of apricots."

Chinese proverb

The Chinese god of long life, Shou-Lao, is often depicted holding a peach, which is in Chinese tradition the symbol of longevity and immortality. In Taoist depictions of immortality, an old man emerges from a peach. The peach is also a feminine sexual symbol in the Orient, and its blossoms are the emblem of a bride.

\* \* \*



From the President  
Charles Novak

Our first Fruitarama was a big success. Thank You! Thank you for all the help and for the donated items. The baked goods were great and the demonstrations were outstanding. We had many good comments and the following are a few of those comments:

"Bigger than I thought." "Had a nice time." "A variety of things to buy."

"Had a ball!" "Loved kid's booth, real nice, kept kids entertained."

See me for the complete list. When we work together we really can do great things. Now let's work together again to have an artistically designed display at the Florida State Fair. The members who help with the display will be given free tickets to the fair. I will have a sign-up list at our next meeting (Christmas party).

We will have door prizes at this year's Christmas party so do come and party with us.

We also need volunteers to sign up for a club expansion committee headed by Ed Musgrave.

The following is a list of scheduled programs/speakers for the next 6 months.

|           |   |
|-----------|---|
| December: | Second Annual Christmas party   |
| January:  | Dr. Ralph H. Sharpe, U of FL, Gainesville<br>(Pineapple Guava)  |
| February: | Don Chafin - Homestead (Bananas)  |
| March:    | Pre-sale and sign-up meeting and<br>Ask the Experts. (More information to follow)<br>(Free Plant for all members who work at the<br>Plant Sale) |
| March:    | 22 and 23 Annual Plant Sale   |
| April:    | USF two day Spring Sale   |
| May:      | Gene Joyner   |
| June:     | Vivian Murray - The Treehouse (tentative)   |

In the spotlight this month are two of our hard working club members:

Alice Burhenn for the many hours she puts into keeping the club's financial books in outstanding order.

Lillian Stark for her outstanding job in producing our first cookbook.







## What's Happening

November-December, 1996  
by Paul Zmoda

I got to eat my first home-grown papaya in years recently. Grown from a seed originating in Trinidad, the plant is approximately twenty months old. The first fruit took about 8 months to mature. These large berries are elongated and weigh about 2 pounds each. The flesh is a deep orange color and is sweet and tasty.

Eating them at room temperature with a spoon is a simple treat worth waiting for. The fruit can be cut into chunks for addition to any salad, or mixed into yogurt. I'm sure papaya puree would be a good dessert with various diced fruit added.

Unripe, green papayas can be eaten prepared in several ways: they can be cooked as a vegetable, diced or grated. Cook pieces with sugar to make papaya dulce (candied papaya). Meat may be tenderized by wrapping in a bruised papaya leaf before

cooking. The proteolytic enzyme, *papain*, is what does this and is also useful on fire ant and bee stings to break down the venoms which are also protein based. Papaya seeds are for planting - and eating too! Their flavor is hot and spicy - perfect for topping hot dogs or adding to chutneys, stews, and soups.

The greenhouse is all re-covered with plastic and loaded up with seed flats, cuttings and trees. Attempts are being made to graft atemoyas, cherimoyas, sugar apples, plums and chestnuts.

New plantings: Chickasaw Plum, Grumichama, Mayhaw, Dwarf Red and Nimwah Bananas, Black Sapote, Canistel, Tea, Dearberry, White Sapote, Baobab, 'Oliver' Loquat, Jaboticabas, Carambola, Monstera, Cherimoyas, Annona species, and Red and Yellow Mombins.

### **RECIPE: Holiday Chocolate Rum Cake**

|                          |                         |
|--------------------------|-------------------------|
| 2 quarts rum             | 1 spoon soda            |
| 1 cup butter             | 1/2 cup cocoa           |
| 2 large eggs             | lemon juice             |
| 1 teaspoon baking powder | 1 tablespoon sugar nuts |
| brown sugar              | 1 cup dried fruit       |

Before you start, sample the rum for quality. Now go ahead and select a large mixing bowl. Check the rum again. It must be just right. To be sure of this, pour one cup of rum into a glass and drink it. Repeat.

With electric mixer, beat 1 cup of buerrer in the large fluffy bowl. Add 1 seaspoon of thugar and beat again. Drink another cup of rum to ensure quality. Add 2 arge leggs, 2 cups fried druit and beat until high. If druit gets stuck in the beaters, pry it loose with a drewscriver.

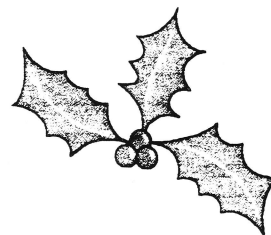
Sample the rum again. Sift 3 cups of pepper or salt (it doesn't matter). Sample the rum again. Sift 1/2 pint of lemon juice. Fold in chopped butter and strained nuts.

Add 1 babblespoon of brown thugar or whatever color you have. Wix mel. Grease oven and turn cake pan to 350 gredees. Now pour the whole mess into the boven and cake. Check the rum again and bo to ged.





The **FRUITARAMA** Cookbook  
is still available and is an excellent choice  
for your holiday gift giving !  
Order forms were in last month's newsletter -or  
call 621-4987 (Tampa) to reserve your copy NOW,  
before they are all gone.



LIBRARY NOTICE: WE STILL HAVE SEVERAL BOOKS MISSING FROM OUR  
LIBRARY. PLEASE CHECK YOUR BOOKS AT HOME AND  
SEE IF IT'S POSSIBLE YOU FORGOT TO RETURN ONE.  
ALSO, ANYONE WHO MIGHT HAVE A FRUIT BOOK THEY  
WOULD LIKE TO DONATE, PLEASE BE ADVISED THAT  
IT WOULD CERTAINLY BE APPRECIATED.

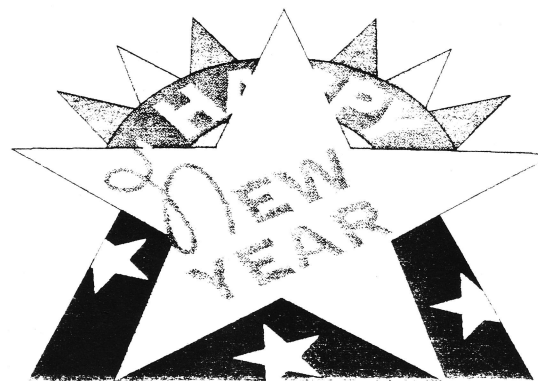


RFCI, TAMPA BAY CHAPTER  
313 PRUETT RD  
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# The Fruitarama

Cookbook is now available!!!!!!!

**Quantities are limited so order now.**

Call (813)621-4987 to reserve a copy (or a number of copies) that you will pick up at the meeting.  
(If you already reserved a copy at our last meeting, you do not need to call, unless you want to order more.)

For mail order, send this order form with your payment to the club address:

Attn: Cookbook Tampa Bay RFCI 313 Pruett Road Seffner, FL 33584

Mailing will be at book-rate, so allow 4 weeks for delivery

|  |             |                           |           |
|--|-------------|---------------------------|-----------|
| Each book costs:                       | per book    | X Number of books ordered | =cost     |
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