



# NEWSLETTER

MARCH 1998

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

EDITORIAL COMMITTEE: BOB HEATH, THERESA HEATH, ARNOLD STARK, LILLIAN STARK

PRESIDENT: CHARLES NOVAK

CHAPTER MAILING ADDRESS: 313 PRUETT RD, SEFFNER FL  
(Including renewals)

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

NEXT MEETING: MARCH 14 & 15 at the ARMORY.

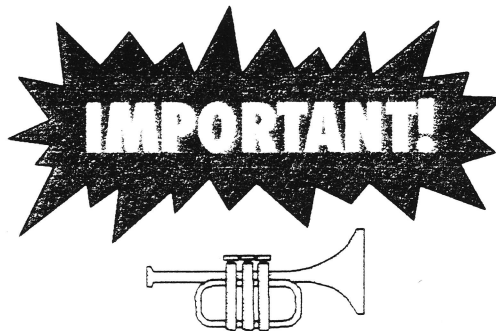
PROGRAM: WE WILL HAVE NO REGULAR MEETING THIS MONTH BECAUSE OF OUR ANNUAL TREE SALE AT THE ARMORY ON MARCH 14 & 15. THIS IS OUR MOST IMPORTANT MEETING OF THE YEAR AND ALL MEMBERS ARE INVITED TO ATTEND, PLEASE. SEE THE DIRECTIONS FOR PRODUCING A WINNING TREE SALE THIS YEAR LISTED BELOW.

## THE SALE IS HERE!

➡➡➡➡ PLEASE DISTRIBUTE THE ENCLOSED FLYERS - SALE IS MARCH 14 AND 15 ◀◀◀◀

- 1) Members may supply unlimited numbers of small plants (1 gallon pots or smaller). Anything bigger in quantities of more than 4 must be cleared in advance. Call Bob at 879-6349 (days) or 289-1068 (eves.) OR Frank Burhenn at 886-4337 (eves.).
- 2) Members supplying plants should bring them Friday, March 13, from 3:00 til 6:00 pm. or if necessary, before 10:00 a.m. Saturday morning, and must assist in the Saturday set-up. They must also be available Sunday afternoon to assist with the after-sale cleanup if they want to be paid.
- 3) All members' plants brought for sale must be labeled with the plant name and price, must be accompanied by a complete manifest, and must be identified with seller's name or initials on each plant. (Manifests available at the meeting or call Lillian at 621-4987.)

(continued next page)



**If there is a *red* mark on your mailing label  
your Annual Membership Dues are Due in March  
Please send \$18 to the club mailing address:  
313 Pruett Road, Seffner, FL 33584  
or pay at the March sale**

- 4) Members who work at least 1/2 day will be entitled to a 25% discount on plants purchased. They may be selected between 11:00 and 12:00 on Saturday and Sunday. However they are to be put in storage until 5:00 p.m. each day. You must put your name on every plant you put in storage or the plant may be put back on the sales floor.
- 5) Only those members who work at least two half days will be entitled to select plants remaining on the sales floor after 4:00 p.m. Sunday at the wholesale price.
- 6) Non-working members (surely there aren't any of those!) will only be entitled to a 10% discount on plants between 3:00 and 4:00 p.m. on Sunday.
- 7) No plants may be moved from the sales floor between 12:00 and 1:00 p.m. on Saturday and Sunday.
- 8) Workers must sign the roster each half day to get credit for working.
- 9) Anyone who can provide the use of 4-wheel dollies, garden type carts or flat bed carts, please bring them to the Armory very early on Saturday.
- 10) Work times:            Friday, March 13:        3:00 til 6:00 p.m.  
                         Saturday & Sunday:      8:00 a.m. til ?  
                         (PLEASE PLAN ON HELPING WITH CLEAN-UP.)
- 11) PLEASE PUBLICIZE THE SALE TO EVERYONE YOU KNOW (AND EVEN PEOPLE YOU DON'T KNOW).  
POST THE FLYERS!!!
- 12) Remember: YOU are needed to make this sale a success, and without a successful sale, there is no RFCI!
- 13) Please bring your own lunch and drinks if you plan to eat and drink. (The Armory concession will be open during the Sale only.)

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HERBS by Maryon Marsh (continued from last month)

Likewise, with the nasturtium you can eat the flower but you can also eat the leaves and the seeds. They're full of vitamin C and they're wonderful in salad.

Maryon had a couple of trays, maybe 30 plants, that are medicinal and as she said, the FDA won't allow her to talk about them, so if anybody asks, she's not talking. First, she said, there's catnip, which of course, attracts cats, and if you have it planted in the ground, you'll have cats; so as an alternative, you can grow it in a hanging basket or put it in a cage. If you're stressed out and can't sleep at night, make a tea with catnip; use 4 or 5 pieces, mash it between your fingers and put it in your cup with boiling water. Let it steep for 5 or 6 minutes, then strain it into another cup and drink. You may add a little honey if you wish but it's not necessary. It's very nice, extremely soothing and calming, and the cats won't bother you.

Comfrey has been used for centuries for healing wounds. It was called "bone knit". If one had a broken bone with a compound fracture, they would make a compress with the leaves to put on the wound, which would help it to heal quicker.

Milk thistle has traditionally been used as a cleanser. People with liver complaints would make a tea from it. Herbs aren't going to cure a serious illness like cancer, but if you were having chemotherapy, it would behoove you to take echinacea from the purple cone flower which grows here very well. Echinacea helps to build up your immune system so it's stronger and your body can fight infections and disease better.

The use of herbs is where we come from. In the old days, there were no doctors as we know them today. The Shaman simply went into the wood to get the herbs for whatever ailed you.

Dandelion is marvelous as a tonic and it is excellent in salads. It has a lot of vitamins and as we know, it can be used to make dandelion wine.

Another herb that the Latins would probably recognize is rue. It is used as a tonic and as an earache remedy. A little mixed with warm olive oil and inserted into the patient's ear was good for an outer ear infection. Rue makes a nice landscape item also. It gets rather large and has a beautiful yellow blossom.

Marsh mallow, which is probably the grandfather of our hibiscus, okra and roselle, has a lot of medicinal uses but unfortunately, it doesn't grow very well here.

St. John's Wort is nature's answer to Prozac. It has been used for centuries for those people who have a chemical imbalance, very nervous and high-strung. It has been rediscovered and people are using it now more than ever.

She mentioned just a few more, the English plantain which is used for upper respiratory problems, anise hyssop, the toothache plant, the dried leaves of which are used for toothaches. A piece of the leaf in between your gum and lip will help relieve the pain. The hercules club forms a tree and is also good for toothache, as are cloves. Lemon balm is another of Maryon's favorites. It's in the mint family, a hardy little plant used to make a tea that will calm a stressed-out, hysterical person. Maryon says the tea is better than three glasses of wine.

In using herbs, it's good to remember that the leaves and flowers are used to make an infusion, which is a tea; the bark, stem and root are used to make a decoction. With decoctions, it's normal to boil the herb but with a tea, the herb shouldn't be boiled, as with mint, for instance, because of the oils that would be released into the tea.

Egyptian henna is used to make a hair rinse for brunettes. For blondes, you make a rinse with chamomile. Maryon showed us the aspic sweetness plant, *Lippia dulcis*, which

contains a sweetener that is 1000 times sweeter than sugar. People who have diabetes can use it for sweetening because it doesn't affect their diabetes. Stevia, which is similar to salvia, contains a sweetener that is 300 times sweeter than sugar. Sea fennel is an herb that grows by the seashore; it has salty leaves and it does need a little salt water while it's growing. It's an unusual little plant, very pretty when it blossoms and sets seeds. The seeds are kind of chewy but edible and can be added to salad to add a wonderful kind of peppery, salty flavor.

We looked at a little vine called *Piper nigrum* which is very rare around here but is grown extensively in the eastern tropics because it's where black peppercorns come from. It's a beautiful vine from India but it's very cold sensitive. Maryon's vine has blossomed but hasn't produced peppercorns.

The horsetail grows like a weed but it is a medicinal plant and its rough surface has been used for sanding fine wood. It is also used in cosmetics.

Tilo is used to make a tonic and is also a great landscape item. It mounds and blossoms real pretty with thousands of very tiny purple blossoms. It does well in cold weather and in hot weather.

There are a lot of different thymes and Maryon loves them; lemon thyme, nutmeg thyme, silver thyme, oregano thyme, English thyme, French thyme and several others. A good way to grow them is in a big strawberry pot with different kinds in all the openings. They'll grow real pretty for several years in the pot.

The mints. And here again there are so many mints that one can hardly know them all. Maryon only brought a couple of mints, an orange mint and a pineapple mint, which she said she believes is reverting to apple mint. She also brought one from England and she mentioned that if you have an upset stomach, indigestion, a mint tea will help calm it.

## Raffle: February 1998

Plant Name	Donor	Winner
Fig	Heath	?
Aloe	Heath	?
Orange Berry	Heath	?
Cherimoya	Heath	Betty Morris
Rose apple	Heath	Hurwitz
Cactus	Heath	Pat Jean
Mysore Raspberry	George Riegler	Stark
Mysore Raspberry	George Riegler	Warren
Mysore Raspberry	George Riegler	Andy Hendrickson
Mysore Raspberry	Ricky Maseda	Nancy McCormack
Privet Cassia	Penny Fitzmoyer	Ron Opat
Privet Cassia	Penny Fitzmoyer	?
Pink Sage	Penny Fitzmoyer	Susan Tate
Perennial Sweet Pea	Penny Fitzmoyer	Nancy McCormack
Papay	Penny Fitzmoyer	?
Mysore Banana (2)	Ricky Maseda	Lanny Brooks
Pink Grapefruit	Beth Reddicliffe	??
Lemons	Beth Reddicliffe	Ron Opat
Pineapple	Al & Betty Morris	?
Papaya	Sam Ramirez	Lanny Brooks
Pineapple	Sam Ramirez	Brady Placek
Malabar Chestnut	Jan Conard	Lanny BRooks

**ARE YOU A "?"** *Please...please...please print your name on the Plant Exchange List when you bring a plant and when you get a plant. It helps all of us know who is trying to grow what.*

## Tasting Table: February 1998

Novak: Lemon Squares, Orange Slices, Tropical Fruit Bread Pudding, Citrus Juice

Nancy McComack: NY Empire Apples, Cookies

Al Roberts: Orange Juice, Mulberry Short Bread

Peg Mann: Apple Loaf, Carambola

Irene Rubenstein: Date Crisp Balls

Ralph Johnson: Grapefruit Juice

Janet Conard: Filled Cookies

John Gibson: Lemon Bars

Lillian Stark: Limequat Ade

Bob Heath: Orange Squares

Cheryl Drew: Orange Surprise

Lillian Smoleny: Orange Date Bread

Reddicliffe: Cake; Boston Cream Pie

## New Members

Kathleen Warren 52 Dickman Drive, Ruskin, FL 33570 (813)645-7759 kwarren@suntan.eng.usf.edu

Roberto San Luis 5847 S.E. Highway 31, Building 6-42 A, Arcadia, FL 34266-9627 (941)494-6995



## FROM THE PRESIDENT

### Charles Novak

It's time for the club's annual plant sale. Remember, if you work both Saturday and Sunday, you will be able to select and purchase plants (on Sunday after the sale) at club cost - a great way to add to your fruit tree collection. There will be no club meeting Sunday, March 8, because of our plant sale at the Armory on March 14 and 15.

**IMPORTANT NOTE:** Our April meeting will be at George Riegler's home on APRIL 19. Since April 12 is Easter Sunday we are postponing the meeting by one week. The club will be furnishing hamburgers, hot dogs and chicken for a barbecue. Ray Jones will enlighten us on the making of beer using Tropical fruits. Come hungry and party with us, learn how to make beer and see all the neat plants George is growing. Please bring a vegetable dish and/or a dessert. The election of club board members will also be held at the April meeting.

The board has voted to purchase a microphone for our meetings. Also, the board is seeking suggestions on where the club might go on a field trip this year. Some suggestions: Gene Joyner's home, the Mango Festival, Fairchild Gardens, Fairchild Kampong, Citrus Arboretum and Selby Gardens. You may contact me with your suggestions at (813) 754-1399. The club will be picking up part of the cost for the trip.

Following is a list of scheduled programs/speakers:

March 14 & 15	Our Annual Armory Plant Sale
April 19	Ray Jones - Making Beer using Tropical Fruits
May 10	Gene Joyner

We received an Honorable Mention ribbon at the State Fair for our display this year. There was a lot of interest from the public and many questions and comments about our display and our club. Thanks to all the members who helped man the display.

In the spotlight this month is: Victor Peyron for his great job as the CITRUS CELEBRATION Event Chairman. Thanks, Victor.

Note: There will be a Board Meeting after the April club meeting to elect the club officers. Members are welcome to stay for the board meeting.

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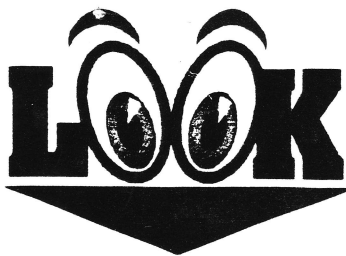
FEBRUARY PROGRAM: Marian Van Atta provided a pleasant program with slides concerning their trip to California. Unfortunately, we had a problem with the recorder which failed to record the program. We offer our apologies to Marian and to the membership.

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THANK YOU!      THANK YOU!      THANK YOU!

To all the members who attended our impressive exhibit at the Florida State Fair and especially to those who worked to set it up: Charles & Linda Novak, Jerry Amyot, Lanny Brooks and Bob Heath. Also our thanks to George Riegler who provided most of the citrus fruit on display in our exhibit.

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**Club schedule is changed for the next two months:**

**March 14 & 15: The Big Tree Sale**

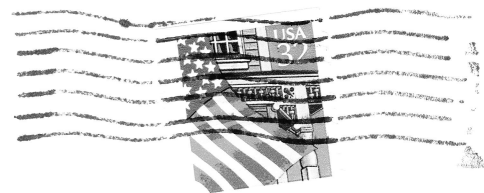
**April 4 & 5: USF Botanical Gardens Show & Sale**

**April 12 Regular Meeting will not be held because it is Easter**

**April 19: We will meet at George Riegler's for a picnic and  
tour of his amazing planting**

**MR. GREENTHUMB ON THE RADIO.** Stan Defritas, a/k/a Mr. Greenthumb, is back on the air. Those who remember him from Channel 3 programs will welcome his show on AM 1040 every Saturday morning from 8:00 til 10:00. This is a call-in talk show and members are invited to call and ask questions of any kind concerning plants of any variety.

RFCI Tampa Bay Chapter  
313 Pruett Rd  
Seffner FL 33584



**FIRST CLASS MAIL**

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