



NEWSLETTER

MAY 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 MAIL ADDRESS: 313 PRUETT RD, SEFFNER FL 33584
(including renewals)

MEETINGS ARE HELD THE 2nd SUNDAY OF THE MONTH AT 2:00 pm.

NEXT MEETING: MAY 10 1998

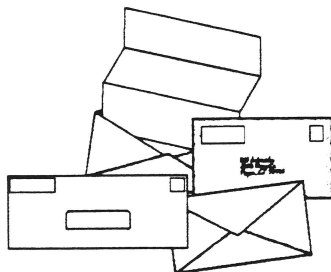
MEETING PLACE: UNIV. OF SOUTH FLORIDA, UNIVERSITY LECTURE HALL IN THE SAME BUILDING WHERE WE MET IN FEBRUARY. ENTER THE CAMPUS ON FOWLER AVE. AT LEROY COLLINS BLVD, WHICH IS THE MAIN ENTRANCE TO THE CAMPUS. PROCEED ON LEROY COLLINS BLVD TO ALUMNI DRIVE, TURN RIGHT ON ALUMNI DRIVE, TURN LEFT ONTO MAPLE TO THE PARKING LOT FOR THE UNIVERSITY LECTURE HALL BUILDING. THERE WILL BE AMPLE PARKING PLACES IN THE ADJACENT PARKING LOT.

PROGRAM: GENE JOYNER, DIRECTOR OF THE PALM BEACH COUNTY EXTENSION SERVICE, WILL BE DISCUSSING THE WIDE VARIETY OF FRUITING TREES GROWING AT HIS TWO ACRE HOMESITE. THOSE OF US WHO HAVE HAD THE PLEASURE OF HEARING HIS PRESENTATIONS BEFORE KNOW THAT HE WILL HAVE BEAUTIFUL SLIDES & INTERESTING AND IMPORTANT INFORMATION ABOUT HIS WONDERFUL FRUITING TREES. THIS NEXT MEETING IS ON MOTHERS' DAY BUT ALL MOTHERS ARE WELCOME, SO BRING YOUR MOTHER ALONG FOR AN ENJOYABLE AFTERNOON. OUR GENEROUS MEMBERS WILL MAKE SURE YOU HAVE PLENTY TO EAT AND PROVIDE A POTPOURRI OF PLANTS FOR OUR RAFFLE.

At the last meeting a new board of directors was elected by the membership.
The board then elected the following officers for a 1 year term:

President	Charles Novak
Vice President	Jerry Amyot
Vice President	Bob Heath
Treasurer	Alice Burhenn
Secretary	Linda Novak

Important notice:



In June our next membership directory will be published.
If you have had **any changes** in your **address** (including zipcode)
or your **telephone number (area code!!!)**
or your **E-mail address**

Please send the changed information to the club mailing address:
313 Pruett Road, Seffner, FL 33584
Right Away!!! Don't Delay!!!

Making Beer From Tropical Fruit by Ray Jones

Beer is just as diverse and complex as wine. They have different colors, malts, hops and yeast. Flavor varies from the low flavor and taste (American Beer) to extremely flavorful and tasty (British and Belgian ales) to the German Bocks and Double Bocks.

A person drinking a nice German Riesling wine with its delicious sweet grape flavor and fruity bouquet might not recognize it as being the same beverage as port or sherry, but all three are wines. There is one beer in England that will keep and mature in the bottle for 25 years, improving in age and character with each passing year. These beers, if well kept, can bring extremely high prices at auction. A Belgian Lambic ale once won Best in Show in a wine contest. Lambics are made with fruit. The fruits range from Cherry, Raspberry, Peach and Plums to Bananas. One could also use tropical fruits such as Jaboticabas, Carambolas, Mangos, etc. While Lambic ales are extremely difficult and time consuming to produce, British ales are relatively simple.

In a large crock pot combine 3 pounds of liquid or dry malt with 1 gallon of water. Boil for one hour. Add 1 ounce hops in the beginning and another 1 ounce five minutes before you stop the boiling. Add 1/2 gallon fruit juice 10 minutes before you stop the boiling. Your fruit flavoring can be hand squeezed, machine squeezed or extracted by steam extractor. Let cool to 75 degrees. Pour into a 5 gallon fermenting tank. Add 4 cups of dextrose sugar, your ale yeast and enough water to fill the tank. Cover the fermenting tank and insert the air lock. Wait 7 to 8 days until fermentation stops. Siphon into a clean tank, add 3/4 cup dextrose for carbonation. Bottle and wait 2 to 6 weeks. The longer you wait the better the beer will be.

You can make a much better beer by using 6 pounds of malt and no sugar in the fermenting tank. Remember to drink for taste, not for effect. Call me for advice if you wish (941) 729-5985.

BARBECUE AT GEORGE RIEGLER'S

All our members who came to the barbecue at George Riegler's house need to thank George for hosting a great party. He has a great place for a barbecue and I'm sure all the members who attended had a good time. The food was excellent and abundant, the program was good, and the wine and beer were excellent.

Again, thanks to George for being our host. He has an interesting home site with many fruit trees including an exceptional array of citrus trees. We gorged ourselves on loquats and surinam cherries which were bearing at the time, many of excellent flavor and size. George has three or four greenhouses and many tropical plants therein. He is also cultivating some vegetable gardens, both in the greenhouses and outside, with tomatoes, string beans, collard greens, etc. However, we were so busy eating, we really didn't spend enough time reviewing his agricultural endeavors.

From the President
Charles Novak

I want to thank the board for electing me President for another year. I hope I can live up to their expectations. We had a lot of good food at our barbecue at George Riegler's home. If you were unable to attend, you missed an enjoyable afternoon. Hopefully, we can schedule another picnic in the fall. Thanks to George Riegler for hosting us. After tasting some of the great beer that Ray Jones brought, I want to set up a Beer Garden (wishful thinking). Thanks, Ray, for the information on making beer. I also want to thank Paul Zmoda for cooking the Hamburgers and Hotdogs and for donating his extra wine making equipment for the raffle.

At the May meeting Gene Joyner will be showing us slides of the fruit trees he is growing and informing us as to how he cares for them. After seeing his slides I'm sure you will want to join us on a field trip to his Unbelievable Acres in West Palm Beach, scheduled for June 13.

Note: If you have not paid your club dues for this year, please mail them in. If you do not renew your membership you will be missing some fun times and some interesting and informative programs and speakers.

The following is a list of scheduled programs/speakers.

May 10	Gene Joyner
June 13	Field Trip by bus to Gene Joyner's Unbelievable Acres Botanical Gardens. Cost \$10.00 per seat.
September 13	Jody Venn - Growing edible mushrooms.

Gardening Myths and Facts:

Myth: Fill tree cavities with concrete or another fill material to prevent disease from entering the tree.

Fact: Leave any cavities in trees alone. Trees heal cavities themselves by developing callus tissue around the cavity. Filling a tree cavity will often cause more harm than good, as it will prevent the tree from healing properly. A filling can also seal in moisture and cause fungal diseases.

NOTE: There will be a Board Meeting after the May club meeting. ^{1p}
Members are welcome to stay for the board meeting.

What's Happening

April-May 1998

By Paul Zmoda

One Sunday in March, I roasted a chicken for dinner. Along with onions, carrots, turnips and seasonings, I also threw in a handful of whole, ripe loquats. Later, we found the taste of cooked loquat to be almost identical to canned sourcherry pie filling! I then recalled reading how some baking companies used to dye them red and actually pass them off in pies as real cherries.

Since we can't grow real sour cherries in central Florida, why not use loquats instead? You can use natural red colorings if you so desire but why bother? I suspect the fabulous flavor is due to the leaching of cyanide compounds from the seeds into the flesh. I'm also hoping the amounts are low enough so as to not be harmful, so be advised to try small amounts at first.

I don't know about you, but I love El Niño; any winter without a frost is a great winter. All that rain, however... Mostly, our fruit trees can cope, although we did lose a few specimens to drowning.

By now you know where your growing areas gather too much water. Standing water (for days at a time) is not a choice location on which to plant many fruit trees, but I've found a good selection of them that don't mind wet feet.

Plants that grow well in wet areas include: grumichama, surinam cherry, jaboticaba, many passionfruits, pawpaw, mayhaws, 'Nim wah' banana, black sapote and others in the persimmon group, Guyana chestnut and, I'm sure, many others. In fact, we have a thirty foot tall wild persimmon of about 4 inches in diameter growing right on the streambed. Pondapples and annonas grafted onto pondapple are at home there also. Pandanus and bay trees thrive as well.

New planting: Chinne and white Lebanese figs, Chandler and Sweet Siam pommelos, Gulfcoast, sharpblue and wild blueberries, Ohia lychee, Homestead white sapote, passionfruits, chocolate Cream guava, Cate macadamia, bananas, serviceberry, momoncillos and date palms..



Thank You

Thank You

Thank You

To the following members who worked at the USF Plant Sale, making it a success.

Modesto Arencibia
Isabel Arencibia
Lanny Brooks
Phil Brown
Frank Burhenn

Bob Heath
Al Hendry
Buster Keaton
Charles Novak
Linda Novak

George Riegler
Bill Ryland
Norwood Smith
Lillian Stark
Paul Zmoda



Men pay much less attention to a banana skin than they do to a peach peeling.

* * * *

Is Crazy Margaret the real name for Nutmeg?

* * * *

by Arnold L Stark

If you're like me, then the sight of a tropical fruit market or a planting of multiple exotic ripe fruit-laden trees is a small peek into Heaven! My recent trip to the Peruvian Amazon with a group of my students and Amazonia Expeditions offered enough sneak previews to make me wonder if I'd passed through a set of pearly gates designed strictly for RFCI members. While others worried about falling ill to "Tourista" caused by drinking tainted water, I was concerned about a similar fate caused by ingesting unprecedented amounts of delicious fruity fiber!

Beginning with the first day, the variety, quantity and quality of the fruitful bounty boggled both my mind and taste buds. Lunch aboard the boat traveling south on the Amazon and Tahuayo Rivers not only included cucumber slices measuring 3-1/2 - 4" in diameter, but also wedges of the largest, most delicious sugar apple I have ever eaten! The fruit was the size and shape of a good-sized pineapple, and each section bore a large, projecting soft spine (almost Rollinia-like). The deliciously-flavored, sweet, custardy flesh contained relatively few small black typical sugar apple seeds. I later found more of the same fruit at the Belen Market in Iquitos, together with similar fruits lacking any spines but otherwise of the same quality.

Other fruit-gluttonous experiences awaited us.

Meals at the A.E. Lodge were usually accompanied by fruit juice or fresh or cooked fruit. They included papaya, cocona (naranjilla), guayaba (guava), Brazilian guava and tumba (pear-shaped giant grenadilla) juices, fresh papaya, pina (pineapple), orange and banana, cooked peach plum, platanos (plantains) and macambo (more on this later), and entrees flavored with limon (lemon) and toronja (a lime-like grapefruit). Entrees alternated fish and chicken, occasionally beef, accompanied by rice, beans or peas or lentils, fried or boiled yuca (cassava/manihot/tapioca/taro) root, and a salad of sliced cucumbers (the whoppers) and tomatoes or cut up beets, cabbage and potatoes. The food was delicious!

Various explorations along the flooded rivers and upon terra firma yielded jungle fruit (an annona relative), a yellow fruit of *Sacha reumatismo*, purported to be effective against arthritis, cecropia, charichuela (*Rheedia* spp.) and 2 varieties of shimbillo (small-fruited *Inga* spp.). Plants with unripe fruit or in flower included red passion flower, camu camu (a jaboticaba relative) and "frog" banana, which thrived standing in several feet of water along much of the flooded river bank.

A visit to the village of Buena Vista provided experiences with limon and toronja, aguaje palm, pan del arbol (breadnut), Brazilian guavas, a bright red, sweet and juicy mamey (malay apple, the best ever!), and a guava (large-fruited *Inga* spp.) with a straight, thin, grooved cylindrical, yard-long pod containing large, long black seeds enclosed in the most delicious "ice cream bean" arils I ever tasted. Also seen were unripe casho (cashew), guayala (guava) typical guava (inga), pina (pineapple) and cacao. We were also given two 8" pods of macambo a cacao relative resembling the pods from "The Invasion of the Body Snatchers". These were taken back to the lodge and the contained seeds were fried. Delicious!!!

Outside our hotel back in Iquitos, a fruit vendor cart provided me with shimbillo picaya (6" long, 1" thick inga pods), tiparibe (ambarella) as large as apples, limon dulce (sweet lemons), chambira (coquito) and a large, brown fruit called sacha mango, whose tough, unsweet flesh probably needed cooking.

The produce area of the huge Belen Market of Iquitos was the final leg of this journey through a fruit-lover's paradise. There I found all of the above plus so much more. There were red coconas as well as yellow, and a red variety with fruit the size of baseballs rather than the typical ping pong balls. There were four varieties of hot peppers, one with yellow fruit the size of BB's. There were yellow fruits called caimitos, but the flesh and seeds were more like those of abiu. There were two varieties of passion fruit, one a round, yellow typical *P. edulis*, and the other oblong, speckled orange with mildly-flavored pulp. There were several varieties of squash, aguaje and a purple-fleshed one called chocolate palm.

This trip was fantastic in many respects, with its fruitiferous bounty being only one of them. The wildlife was breathtaking! The people were wonderful! I plan to make another trip, perhaps this one during the dry season... Maybe you'd like to join me? If you want to know more, just ask me.

EXCITING TRIP...

On Saturday, June 13, our club is planning a field trip to West Palm Beach to tour the Mounds Horticultural Gardens and Gene Joyner's tropical fruit gardens.

The June meeting which would normally take place on Sunday, June 14, will be replaced by the trip to West Palm Beach. All members and their spouses are invited but only those who sign up ahead of time and pay their bus fare can be assured of a seat on the bus. It is imperative that we know ahead of time how many are going so we can charter a bus of the proper size.

Bus fare is scheduled to be only \$10.00 with the club covering the difference. Meals, of course, will be at your own expense.

One may sign up at the May meeting or call Carol Brooks at 926-9887.

Additional information, time of departure, location and expected time of return will be included in the June newsletter.

* * * * *

Question: What did the cabbage say to the turnip?

Answer: Lettuce sit down, I'm beet.

* * * * *

Tampa Bay Chapter RFCI
313 Pruett Rd
Seffner FL 33584



FIRST CLASS MAIL

P. JUDSON NEWCOMBE
314 DEER PARK AVE.
TEMPLE TERRACE, FL 33617