



NEWSLETTER

AUGUST 1999

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

EDITORIAL COMMITTEE: BOB HEATH, THERESA HEATH, CHARLES NOVAK, LINDA NOVAK, JIM LEE, SALLY LEE

PRESIDENT: CHARLES NOVAK

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

NEXT MEETING: AUGUST 8

MEETING PLACE: UNIVERSITY OF SOUTH FLORIDA, BUILDING #BSF 100.

PROGRAM: THIS MONTH WE WILL HEAR SOME OF OUR MEMBERS DESCRIBING THEIR EXCITING TRIPS ABROAD. Londa Amyot visited Africa, Charles Novak & Jimmy Lee took the tour in Costa Rica and Arnold Stark made a trip to Peru. At our next meeting we will get all the details of these exciting safaris. It's not often we get these first hand accounts, so this should be an exciting meeting and we will have a chance to ask questions. We will also have our usual tasting table & raffle, so please contribute. See you there!

MEMBERS' CORNER . . .

Wanted: Looking for sources of grafting wood of good tasting loquats, Oriental persimmon and wild persimmon. Also, hardy avocados, especially Mexican. Fruit size and quality not important; cold hardiness is. Art Hedstrand, 33456 Cortez Blvd., Ridge Manor FL 33523 (no phone)

Wanted: Two seedling jujube trees. Paul Zmoda (813) 677-5895

Wanted: One gallon pots. Sally Lee (813) 982-9359

Wanted: Arbutus Unedo. Bob Heath (813) 289-1068

WHAT'S HAPPENING

Jul-Aug 1999

by Paul Zmoda

The big pawpaw (*Asimina triloba*) delayed flowering due to the spring drought. With the advent of the summer rains, though, the flowering continued and a few fruit had set by the end of June. Watch your figs each day; the green fruit will suddenly get larger and soft when ripening and should be picked when the eye at the bottom opens. Insects will enter quickly and spoilage will occur if not harvested at this peak. White Russian and Chinne became yellow and red respectively and were quite good. We also enjoyed Malcolm's Giant, Skocut and the smaller Alma - all sweet, tan colored figs. Petit Negri was nice too: dark on the outside and red on the inside. Negronne may be the best of all. It appears almost black on the outside and the inside is very rich and red.

Sugarbaby watermelons grow very fast in this heat and set fruit quickly. These grow at an astounding rate and are ready to harvest when the tendril closest to the melon turns brown.

New planting: 'Lula' avocado.

From the President
Charles Novak

Dr. Carol Roberts' program on Herbal and Holistic Medicines was very interesting and there was much discussion following her presentation. She did stress the importance of taking care of our bodies and minds. The meeting was attended by over 100 members and guests.

Our August program should be of interest to everyone. Several members will be speaking on their recent trips to other countries.

Speakers include:

Londa Amyot: Africa

Arnold Stark: Peru

James Lee and Charles Novak: Costa Rica

We will also have an "Ask the Experts" session. If you have questions concerning your fruit trees this will be the perfect time to get the answers you need.

Please keep in mind that October is when the Fall Plant Festival is held at the University of South Florida Botanical Garden. Now is the time to start getting your plants really for the sale. We need many smaller (and less expensive) fruiting plants for the sale. You receive 70% (before taxes) of the selling price. Selling your extra plants also benefits the public and the club.

The following is a list of scheduled programs/speakers:

August 8	Trips and Questions
September 12	Wae Nelson (Florida Gardening Mag.) Seeds Saver
October 9 & 10	USF Fall Plant Sale
November 14	Chris Rollins-Director of the Fruit and Spice Park
December 12	Christmas/Hanukkah Social

We are beginning to build our club library again. If you have any of the club's books, please return them so others may enjoy the books. Again, please donate your extra garden books to our library.

At the August club meeting members may vote their color preference for our new club shirts. Be there to help choose a color.

There will be a board meeting after the club meeting.

MEDICINAL HERBS AND HOLISTIC MEDICINE

by Carol Roberts MD

After Dr. Roberts graduated from medical school, she practiced for 10 years as an ears, nose and throat specialist. After 10 years she became bored with seeing the same patients, hearing the same problems, performing the same functions. For the next 10 years she practiced in an emergency room at a hospital where one sees every kind of emergency. But there again, she began to see the same problems, the same patients, the same emergencies over and over again.

During all this time she became interested and began to learn about herbs and the benefits of natural foods. She began to prescribe vitamins and herbs so often that the nurses at the hospital began calling her the witch doctor. Also, she began to realize that the teachers did not tell her everything in medical school; vitamins, herbs and alternate medicine were never discussed. She decided that when people go to their doctors and get treated in the absolute best standard of care in the American medical way, they are getting cheated because there are ways of treating things that are so much better for the patient and that are so much cheaper for the patient. She said she doesn't have colds anymore because she's in such good shape; her immune system is very healthy.

When the hospital staff and administration began to question her activities, she read the handwriting on the wall and decided to get out of the hospital environment. So about five years ago she rented an office and started her own practice prescribing natural remedies and practicing holistic medicine, which means she treats the whole person. She believes that people can get off of the standard medication and become healthy through the use of herbs and vitamins, and at a much cheaper price than standard American medicine. She said after cancer, heart disease and stroke, the fourth most common cause of death today is the use of prescription drugs. Hundreds of

thousands of people are admitted to hospitals every year because they have bleeding in their guts from arthritis drugs. Women are taking medicine to build their bones when they could be taking natural hormone replacement. She said we have alternatives, we have options now, that her colleagues are not considering. She claims that a hair analysis, which is cheap, gives one a tremendous amount of information. It's easy to do and it doesn't hurt. She says from the hair analysis she can determine the nutritional status of a person, why one may be anxious all the time or tired all the time; she can tell why your memory is not working properly and whether your bones are breaking down, or discover blood sugar problems. All for an \$80.00 test.

She puts everybody on vitamins, and not from the supermarket, but from a good health food store, and the ones that you have to take 10 a day. Also, a hair analysis, she claims, will tell whether you have heavy metals in your body. She believes that 10% to 15% of people have toxic levels in their body that need to be corrected. Many of us have mercury fillings in our teeth which have been there for many years and some of that is being ingested into our body. She says high levels of mercury in your body can cause brain tumors and cancer, depression and insanity. She also indicated that aluminum, another bad actor, gets into our bodies from the use of aluminum cookware. She indicates aluminum may be associated with Alzheimer's disease. Aluminum also may be ingested from drinking soda from an aluminum can.

There are many herbs in the world used by people all over the world that are purported to do marvelous things for people and they work spectacularly for the people who need what they can offer. But they do no good for those people who do not need what they have to offer. So it is well to find out what you need before you begin to use a product or an herb.

Vitamin A. Vitamin A is the general name for a group of naturally occurring molecules. Carotenoids such as beta-carotene are converted into Vitamin A by the body. Vitamin A helps prevent night blindness and other eye disorders, promotes bone growth and healthy skin, and protects against colds and numerous respiratory ailments. Beta-carotene is fat soluble, so to enhance absorption, eat a food that contains a small amount of fat when taking Vitamin A. Good sources of mixed carotenoids include dark green, leafy vegetables such as spinach, kale, broccoli and water cress. Carrots, bright yellow vegetables like pumpkin, yellow squash and sweet potato also supply beta-carotene.

Sleep aids. Chamomile is often used as a mild sedative and as a sleep aid. Passion flower extract combats insomnia and anxiety. Ginkgo biloba is an antidepressant that seems to improve sleep.

Milk thistle. Milk thistle seeds contain a bioflavonoid complex known as silymarin, which possesses powerful antioxidant abilities. Steven Foster, author of 101 Medical Herbs, notes that standardized milk thistle seed preparations have been shown to change the cell structure of the outer liver membrane, which prevents toxic chemicals from entering the organ and stimulates its capacity to generate new cells. Studies have shown milk thistle to be beneficial in the treatment of liver ailments including cirrhosis, radiation toxicity and viral hepatitis. Hippocrates said, "Let food be your medicine and let medicine be your food. Each one of the substances of a person's diet acts upon his body and changes it in some way and upon these changes his whole life depends."

Ellagic acid is one of the most powerful cancer fighters Mother Nature ever created, but you can't get it in tablet form. You have to eat foods that have it, such as strawberries and raspberries.

Garlic, the healthiest spice on earth.

Studies show that garlic lowers cholesterol. It also lowers your triglycerides. In laboratory studies garlic actually blocks the growth of cancer cells. People who eat a lot of garlic have up to 92% lower cancer rates.

Acerola, the world's healthiest snack. The acerola, or Barbados cherry, is a tasty sweet berry that is the richest natural source of Vitamin C in the world. Just one of these little berries has more Vitamin C than a whole orange with far fewer calories and sugar. It's also renowned for its awesome power to prevent heart disease and cancer.

Flaxseed. This little known, slightly sweet nut flavored grain has been hailed as one of the healthiest foods in the world, loaded with compounds that shield one against cancer and heart disease. Flaxseed lowers cholesterol and may reverse kidney damage caused by lupus.

Cantaloupe. Cantaloupes are filled with healing substances that help lower blood pressure/cholesterol, keep arteries clean and blood running smooth. It's rich in both Vitamin C and beta-carotene. Store cantaloupes in a cool dark place and eat the cantaloupe soon after cutting because Vitamin C degrades quickly when exposed to air.

Seafood. People who eat a lot of seafood fair even better than vegetarians when it comes to heart health. They enjoy lower blood pressure, lower cholesterol, lower triglycerides and thinner blood.

Bananas. "If you want a healthy heart, you can never get too much potassium," says Dr. David B. Young of the University of Mississippi medical staff. One good source of potassium is our delicious banana. A banana a day will also prevent the leg cramps that some men suffer from at night. Studies also show that potassium helps flush cholesterol out of your body and may also be critically important in preventing hardening of the arteries.

and formation of blood clots that can trigger heart attack and stroke.

Cancer prevention. Cherries are rich in compounds shown in studies to block the formation of a variety of cancers, including those of the breast, lung, stomach, liver and skin. Any kind of cabbage regularly will lower the risk for cancer. For the best protection, shop for Savoy cabbage and enjoy it raw, mixed with green salad or in cole slaw, as cooking kills about half of its cancer fighting ingredients.

Glutathione. In a study at the University of Michigan, researchers

discovered that people who eat more glutathione are not only much slimmer, but also enjoy lower blood pressure, lower cholesterol and much greater protection against a wide range of cancer. Foods rich in glutathione include winter squash, avocados, grapefruit, oranges, tomatoes and potatoes.

Always follow package directions when taking supplements.

Editors' note: The opinions expressed by our speakers do not necessarily reflect the opinion of the newsletter.

RAFFLE: July 1999

Plant Name	Donor	Winner
Rose Apple	Heath	
Surinam Cherry	"	Lillian Fitzgerald
Banana - Praying Hand	"	
Banana	"	Joe Martinez
Passion Fruit Red	"	
Papaya	"	Lillian Fitzgerald
Eugenia Confusa	"	Sal Russo
Soursop	"	
Pineapple	"	Polly Shewfelt
3 Seminole Pumpkins	Riegler	Bob Heath
2 Bauhinia	Ted Matthews/Kent Helmick	
Atemoya	" "	Pauline Ching
Multiplying Onions	Lillian Smoleny	
Banana Tree	Polly Shewfelt	Kent Helmick
Brazos Blackberry	"	Sheri Page
Citron	"	
Cattlea Guava	Cheryl Drew	
Butterfly Ginger	Stark	Kent Helmick
Lucifer's Torch	"	Lillian Fitzgerald
Brazilian Guava	"	
Pachuli	"	
Orange Jessamine	"	
Loquat	"	Kathryn Castillo
Citrangequat	"	
"	"	
Dwarf Ambarella	"	Kathryn Castillo
"	"	
"	"	
"	"	
Woods Sapodilla	"	Susan McAveety
"	"	M. McCourt
Black Sapote	"	Ed Upshaw
"	"	Sheri Page

Naranjilla	Stark	Art Hedstrand
"	"	
"	"	
Passion Fruit (3)	Charles Novak	
Surinam Cherry	"	
Surinam Cherry	"	Jocarol Smith
Loquat	"	Lillian Fitzgerald
Avocado	"	J. Amyot
Century Plant (3)	"	
Sugar Apple	"	Larry Kinsolving
Naranjilla	"	Zmoda
"	"	
Papaya Red	"	Steve Carson
"	"	
Pineapple Sage	Pat McGauley	
Papaya	"	Wanda Foley
Jackfruit	Paul Branesky	
Papaya (2)	James Lee	
Mint	"	
Mexican Blue Bell	"	
Coleus	"	
Coleus	"	
Fern	"	
Elephant Ears	"	
Purple Flower Plant	"	
Papaya Plants	Janet Conard	
Red Core Lillies	"	
Strawberry	M. McCourt	
Century Plant	?	Joseph Divan
Yuca roots	?	"
Grapefruit	Joseph Divan	
Dwarf Papaya	Ricky Maseda	Sheri Page
Banana Pepper	"	
Yuca	"	
Kaulau Banana	"	Nancy McCormick
Citron	?	Jocarol Smith
Guava	?	Wanda Foley
Moonflower	Nancy Gaspermint	Pauline Chung

PIGEON PEA
(Cajanus cajan)

The pigeon pea is a short-lived tree (5 or 6 years in frost-free areas) reaching a height of 10 feet. The peas are produced in pods, three to eight peas to the pod, and are about $\frac{1}{4}$ inch in diameter. The pods are very easy to open when they are dry. If left on the tree they will pop open spontaneously at the proper time and plant themselves. The tree may be damaged by frost and may be killed at 22°F.

Under normal conditions the tree will bear the year planted and all summer through subsequent years. The dried peas may be kept through the winter and planted in seed beds in February, then planted outside in mid-March or later. The tree will grow rapidly in good soil, likes water, but will stand drought. Limbs are long and slender, becoming pendulous under good conditions.

There are two varieties. The most common from Central America is brown when dry. A larger variety from Kenya is a marbled rust color. The flavor is different, more like peanuts or soy beans than English peas. They may be boiled like other dried beans with ham, or used in soups.

A VISIT WITH TED MATTHEWS AND KENT HELMICK

by Art Hedstrand

When Ted Matthews bought his house near Lakeland two years ago, he didn't really want the big back yard of 4000 square feet. So he had it landscaped.

Ted and Kent live on the side of a hill that slopes down to the east. Walk up a steep incline to the front of the house and note the back yard continues on up. It's all grass in front with foundation plantings, an unusual 'dwarf' bush at the corner of the garage and columnar junipers, pruned into spiral form, framing the entrance. The big Philodendron selloum to the left of the front entrance, Ted mentioned that he had brought it from his house in the D.C. area.

Ted's house has a lanai off the living room with sliding hurricane doors rated for 100 mph winds, also useful to reduce the afternoon heat load from the west. The lanai opens onto a flagstone patio with a neat tiered fountain. Ted and Kent returned from a trip last year to find a large egret eyeing the cowering koi. All the smaller goldfish and angel wings were gone. The fountain now is just a fountain - no fish.

The yard is enclosed with a white PVC fence providing privacy.

Ted achieved his goal - there is no grass in this back yard. A wood chip path leads up the slope from the patio, across the yard parallel to the house, and back down the slope on the other side of the patio. A leg continues on each side around to the house with a gate on one side.

The overall effect is great, with a large number of flowering shrubs of various sizes and some large accent plants. There are enough plants of each variety to provide mass effect, but without monotony. A very long-fronded Butia capitata (pindo or jelly palm) anchors the southwest corner, a large Cassia in the northwest corner and two Cocos plumosa (queen palm) are above the patio. (Butia palm fruit are edible, ranging from survival food to pretty good, depending on variety. The single seed is large, the flesh fibrous with a pungent flavor. Several dwarf Cavendish and a substantial clump of dwarf red fruited, red foliated bananas (a couple with fruit) frame the south boundary. There are several masses of large flowered hibiscus which provide nice continual color accents, and an unusual form of orange double hibiscus with a long pendulous fringed stamen. Numerous butterfly attractants are included, eg. red Penta, yellow Galphina and African bush daisy and red Porter weed. A massive hedge of golden dewdrop runs across the bank between pathway and patio. Kent prunes this to an incredibly dense flat top, with flower spikes breaking out all over.

Ted incorporated a large Valencia orange, an interesting Sanbokan lemon, tangerine, Satsuma, Persian lime and Meyers lemon. Some of the tender plants are in pots, eg. allspice, so they can be brought in for freeze protection. Ted intends to prune the citrus to keep it manageable. He was inspired by the hedging done this spring in the citrus grove adjacent to the subdivision. I told him of probably the most valuable lesson that Mr. Persimmon, Jim Mercer, told me: he tops his persimmons to what he can reach from the ground with loppers. He can pick all his fruit from the ground. An additional benefit: the intense sprouting at the top provides shade and prevents sunburn of the fruit.

Indian hawthorn, day lilies, boxwood, golden shrimp plant, Mexican 'heather', plumbago, windmill palm, some kind of thornless palm (I like that), sago, angel's trumpet, dwarf pomegranate (cute!), frangipani, variegated ginger, swamp lily, papayas - all blend together to make a believe-it-or-not uncluttered garden. Marie, the landscaper, did a great job.

Kent and Ted don't stop there; if something doesn't perform well, out it goes to the neighbors! I suspect that as they become addicted to the lure of rare fruits, more and more such plants will crop up in the planting. Espaliered jaboticaba, anyone?

So what did we learn from this yard visit? How about:

- > You don't have to have grass to have a beautiful yard.
- > Good landscape design is very pleasing and very space efficient.
- > You don't have to have a lot of space to contain a large variety of plants.
- > Suitable yard lighting can extend your living room into the yard at night.

The inside of Ted and Kent's home exhibits some of the same attention to detail. The place is spotless, to boot! Great visit, great conversation, great guys. Thanks!

Tasting Table: July 1999

Linda Novak: Pineapple Cake, Banana Bread Pudding, Banana Cookies, Fig Jam, Punch

Sally Lee: Sunflower Seed Cookies, Lemonade, Fig Conserve, Fresh Mango, Pineapple Cake

Polly Shewfelt: Vanilla Cake with Strawberry Banana Jam and Coconut

Rosanna & Steve Carson: Mangosteen, Ube, Durian Candy

Bonnie Ward: Lemon Poppy Seed Quick Bread

Paul Branesky: Bananas/Blueberry Muffin Bread

Mary Ann Branesky: Watermelon Rind Candy

Ed & Althia Musgraves: Banana Pudding

Pat Jean: Fresh and Dehydrated Figs

Virginia Male: Pineapple Upside Cake

Lillian Smoleny: Pineapple Chunks

Lanny Brooks: Pie

Al Roberts: Calamondin Cake

Nancy McCormack: Bread Toasts

Ron Shigemura: Fruit Tarts

Bob Heath: Molasses Squares

Alda Conceicao: Passion Fruit Mousse

A huge 'Thanks' for all the delectable donations to our tasting table.

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FIRST CLASS MAIL

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