



NEWSLETTER

JANUARY 2000

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

EDITORS: 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 @ 2:00 PM.

NEXT MEETING: * SEE PROGRAM *

PROGRAM: SO MUCH IS HAPPENING IN JANUARY Y2K THAT WE WON'T HAVE TIME FOR OUR REGULAR MEETING @ USF. On JAN. 9 we will meet at George Reigler's home to pick citrus for the Citrus Celebration. It will be a fun trip picking citrus fruit (bring your clippers), washing the fruit, eating hamburgers and other goodies cooked up by George, and socializing. We should be through by 3:00, but should stay later for the fun of it! If you have a wash tub to wash the fruit in, bring it along. For directions to George Reigler's house, see the map on page 2000-03.

On JAN. 14 from 1:00 to 4:00 pm we will be setting up tents, tables & chairs at the USF Gardens in preparation for the Citrus Celebration and we will be unloading citrus trees and other tropical trees for sale. Again, we will need all the help we can get. Remember, many hands make easy work. This is also a fun event with a kind of carnival atmosphere.

On Sat., JAN. 15, from 8:00 am to 4:00 pm we will have our exciting Citrus Celebration where we need a great membership participation. Those who participated last year know how exciting the Citrus Celebration can be. Also, for those who haven't received their RFCI T-shirt yet, this is an opportunity to earn yours.

Between now and Jan. 14 we need members who can bake to prepare as many items as possible with citrus fruit for tasting at the Citrus Celebration to demonstrate the versatility of the great citrus family.

NOTES ON THE CITRUS CELEBRATION

We are desperately trying to cut costs at the Citrus Celebration. It brings to mind the old saying, "A penny saved is a penny earned." Any items that the membership can provide will deduct from our rental fees up front. Normally we have to rent tables, chairs and tents. Those who intend to work at the Citrus Celebration, please bring your own chair or chairs. Tables similar to those used at the tree sales could certainly be used. And probably even more critical, would be tent tops to provide shade in the sales areas and grafting demonstration area. Also, we are looking for some unusual citrus fruit different from those being donated by George Riegler. If you have items such as these that you might provide for the Citrus Celebration, contact Charles Novak at (813) 754-1399.

FLORIDA STATE FAIR BOOTH (Feb. 10-21)

The RFCI, again this year, will be setting up a booth at the Fair, which provides an opportunity to get new members and educate the public concerning rare fruiting plants. We are in need of a small portable home bar to use as a fruit bar in the exhibit. We also need pretty, well formed, potted fruiting trees of reasonable size for display. If you have these types of items, please contact Charles Novak at 754-1399 after January 15.

* * *

From the President
Charles Novak

I hope everyone enjoyed the holidays and that 2000 will be prosperous for all of us. I'm certain everyone enjoyed the Christmas/Hanukkah Social as much as I did. We had a great turnout and the food was delicious. The country setting was perfect and Burns and Cathy Creighton's home is beautiful. The woodwork is magnificent. Thanks to the Creightons for hosting the club social.

January 15 is fast approaching. Please help with our Citrus Celebration. The following is the list of tasks needing your help: A free club t-shirt for members who help-and have not already received a t-shirt).

- **Post Flyers.** Some suggested locations: the Workplace, Libraries, Stores (Grocery and Department), Churches, Barber and Beauty Shops, Banks and Community Bulletin Boards. Note: Please ask permission before posting the flyers.
- **January 9, 2000 (Sunday-Noon to 3 pm).** A fun trip to George Riegler's home to pick citrus. Come help. See map in this newsletter.
- **Present to January 14, 2000.** We need members to prepare as many items as possible using Citrus for the Tasting Table. We will have recipes available at George Riegler's home or use your favorite recipes.
- **January 14, 2000 (Friday-1pm to 4 pm).** Set up tents and tables and help unload Citrus Trees and Tropical Trees.
- **Saturday, January 15, 2000 (8 am to 4pm). Citrus Celebration.** We need Everyone's help so please show up and help wherever needed.

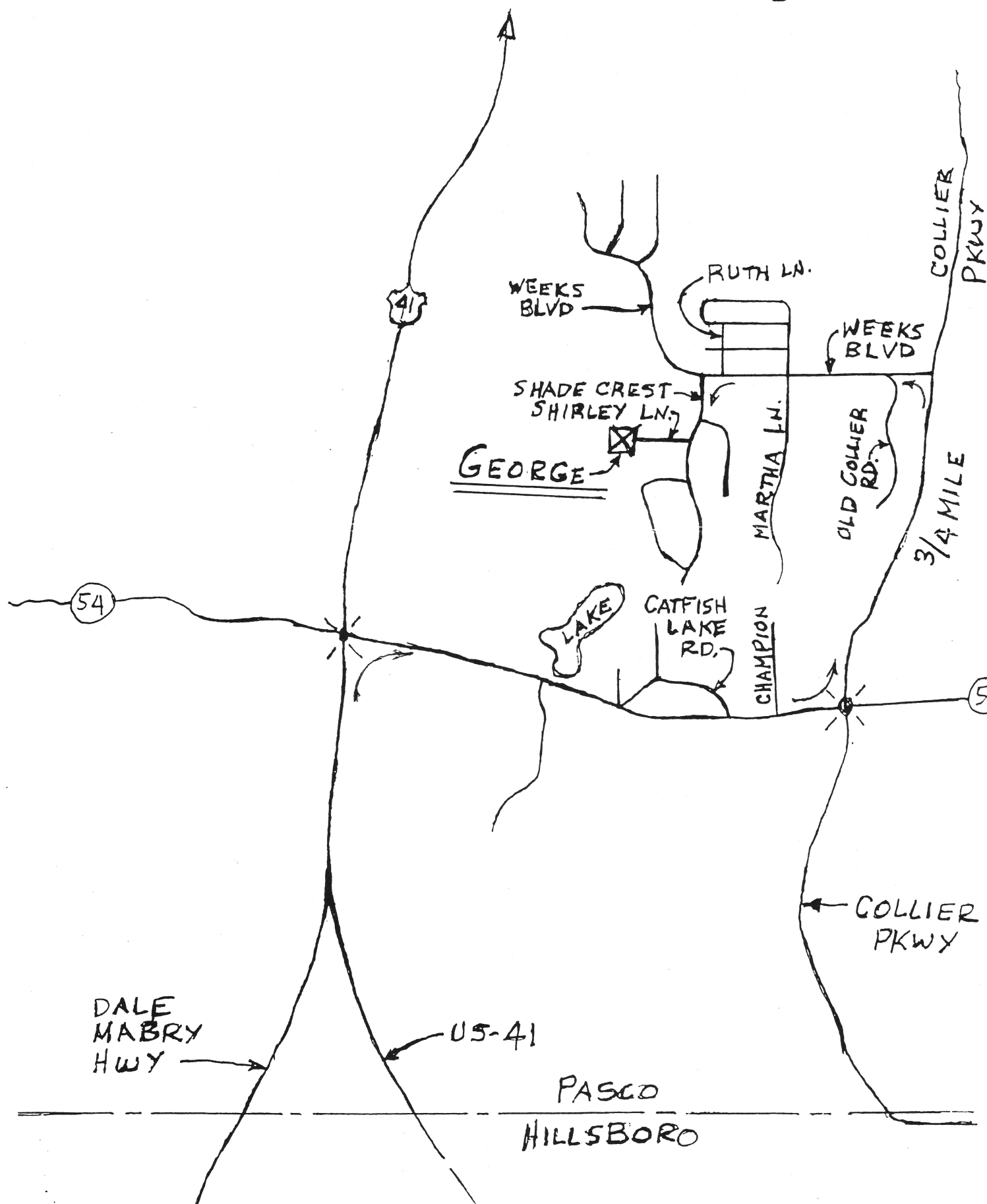
The following is a list of scheduled programs/speakers:

January 9	Pick Citrus for Citrus Celebration
January 15	Citrus Celebration at USF Botanical Garden
February 10-21	Manning State Fair Exhibit
February 13	Tom Economou
March 12	Mango Ron
April 9	USF Plant Sale
May 14	Gene Joyner

Please sign up to work at our State Fair exhibit. Manning the State Fair exhibit is a lot of fun. Spend a couple of hours (or more) at our exhibit talking with the public about tropical fruit and then enjoy the rest of the Fair. Free passes to the State Fair will be given to those members who sign up. A sign up sheet will be available at George Riegler's home and at the Citrus Celebration.

DIRECTIONS TO GEORGE RIEGLER
@ 22506 SHIRLEY LANE
LAND 'O LAKES FL

TO BROOKSVILLE



Please bake one or more items for the Citrus Celebration. If you need recipes, here are a few:

Key Lime Cookies

½ C. margarine
1 ½ C. powdered sugar
1 egg
1 T. Key lime juice (or Persian Lime)
2 t. Key Lime peel, grated
1 C. all purpose flour
1 t. baking powder
¼ t. salt
2 C. Cornflakes, crushed

Preheat oven to 350 F. Beat together margarine and sugar until smooth. Add egg, lime juice and peel. Add flour, baking powder and salt. Drop cookie batter by teaspoon into the Cornflakes and toss to coat. Place cookies on ungreased cookie sheet. Bake for 16 minutes. Cool.

Lemon Allspice Muffins

2 cups all purpose flour
2 t. baking powder
½ t. salt
½ C. Sugar
1 ½ t. allspice
1 T. grated lemon peel
1 large egg, lightly beaten
2/3 C. milk
1/3 C. fresh lemon juice
¼ C. unsalted butter, melted

Preheat oven to 400 F. Line muffin pan with paper cups. Sift flour baking powder, salt, sugar and allspice into mixing bowl. Add lemon peel and mix well. In small bowl combine beaten egg with the milk, lemon juice and melted butter. Add liquid ingredients to dry ingredients all at once, mixing only until moistened. Fill muffin cups 2/3 full. Bake 20 to 25 minutes

Kumquat Nut Bread

2/3 C. milk
2 eggs, beaten
2 T. oil
¾ C. sugar
2 C. flour
1 ½ t. baking powder
1 t. salt
½ t. baking soda
¾ C. pureed Kumquats, deseeded
¾ C. chopped nuts

Preheat oven to 350 F. Combine milk eggs and oil. In another bowl combine dry ingredients. Add wet mixture to dry mixture and stir until moistened. Fold in kumquats and nuts. Bake in greased 8"x4"x2" loaf pan, 50 to 60 minutes or until tests done. Cool and remove from pan.

Orange Chocolate Chip Cookies

½ C. shortening
3 oz. cream cheese
½ C. sugar
1 large egg
1 t. grated orange peel
1 t. vanilla
1 C. flour
½ t. salt
6 oz. semi-sweet chocolate pieces

Preheat oven to 350 F. Mix shortening cream cheese, sugar, egg, orange rind, and vanilla thoroughly. Blend flour and salt together. Stir into shortening mixture. Stir in chocolate pieces; mix thoroughly. Drop dough by teaspoon about 1 inch apart on lightly greased baking sheet. Bake 10 to 11 minutes. Edges will be delicately browned.

Please bake one or more items for the Citrus Celebration. If you need recipes, here are a few:

Orange Pecan Bread

½ t. orange rind, grated
1 C. raisins
1 C. orange juice
1 egg, beaten
2 T. melted butter or margarine
1 C. all purpose flour
½ C. sugar
1 t. baking powder
½ t. baking soda
¼ t. salt
¼ C. chopped nuts, optional

Preheat oven to 350 F. Mix orange rind with raisins. Pour juice over raisin mixture. Add egg and butter. Mix well. Stir flour, sugar, baking powder, baking soda and salt together. Add to raisin mixture; mix well. Stir in nuts. Pour into 2 greased loaf pans. Bake 1 hour or until bread tests done.

Lemon Bread

4 T. margarine
1 cup sugar
2 eggs
½ C milk
1 t. baking powder
½ t. salt
1 ½ C. flour
grated rind of one lemon

1/3 cup sugar
juice of 1 lemon

Preheat oven to 350 degrees. Combine margarine with one cup sugar. Add beaten eggs and milk. Stir together baking powder, salt and flour. Add to egg mixture the grated rind of one lemon. Bake in large loaf pan for 50 minutes (or until tests done). Combine 1/3 cup sugar with the juice of one lemon and drizzle over warm loaf.

Lemon Bars

2 C. flour
1 C. margarine
½ C. powdered sugar
4 eggs
2 cups sugar
4 T. flour
7 T. lemon juice

Cut margarine into flour and sugar until crumbly. Pat in bottom of 9x 13" pan. Bake at 350 F. for 20 minutes. While crust is baking, beat very well the eggs, sugar, flour and lemon juice. Pour Hot filling over crust and return to oven. Bake 20 minutes longer; sprinkle with confectioner's sugar when cooled. Cut into bars.

Orange Pumpkin Cookies

2 ½ C. all purpose flour
½ t. baking soda
½ t. salt
1 C. (2 sticks) butter or margarine
1 C. granulated sugar
½ C. packed brown sugar
1 egg
15 oz. can (1 ¾ C.) pumpkin
2 T. orange juice
1 t. grated orange peel
½ C. chopped nuts, optional

Combine flour, baking soda and salt in medium bowl. Combine butter and sugars in large bowl; beat until creamy. Add egg, pumpkin, orange juice and peel; beat until combined. Gradually add flour mixture; beat until combined. Stir in nuts. Drop by teaspoon onto ungreased baking sheets. Bake in preheated 375 F. oven for 12 to 14 minutes or until edges set. Cool on wire rack.

A Visit with Sally and Jimmy Lee and Michelle by Art Hedstrand

The Lee property is on the south side of Lake Thonotosassa, with the home on 2 acres south of Thonotosassa Road which skirts the south shore, and a 1-1/4 acre lot running down to the lake. A bird sanctuary with spectacular colonies of egrets, herons, pelicans and others roosting at dusk, lies just northeast of their lot. This is an oak hammock with massive live oaks continuing on across the road on the bottom of their home lot. Sally's bromeliad collection climbs up the trunks of several of these oaks. The land slopes steeply up to the house.

This is old grove country and the Lees have interspersed tropical fruit trees among the mature citrus to afford some cold protection.

On the east side of the driveway are 2 large loquats, Orinoco and Lady Finger bananas, a tall seedling avocado and huge Duncan grapefruit. We also find a big sugar apple, a 5' longan which has fruited, a lychee and assorted ornamentals. Sally's flowers are an outstanding eclectic collection with lots of butterfly plants, many of which I had never seen before. The east edge of this "island" has a long hedge of Mexican pink guava and 5' sapodilla. Further east is a huge roselle hedge (*Hibiscus sabdariffa*) which has yellow flowers, green foliage and large red calyx used to make the traditional "sorrel" or roselle Caribbean, bright red holiday drink. Member Denys Blell gathered lots of roselle leaves for his ethnic style cooking - Sally says they're quite bitter.

In many areas of the yard are papayas - single specimens or many in rows. The freeze of Jan. '99 cut the big ones to the ground but they sprouted multiple trunks, loaded with fruit. ('Mango Ron' Hensley recommends cutting all papayas back to induce multiple trunk growth, with more fruit close to the ground. He grows many pots of young plants, all lopped to about 6" high.)

In the east yard are also white yams, 2 muscadines, pineapples, Indian beans, yellow fleshed sweet pomegranate, longan, black sapote, star anise, orange berry, Brogden avocado, Kaki persimmons and young citrus: Fallglow mandarin, red and Glenn navel, Honey murcott, Lee and Hirado Butan pommelo and others.

West of the driveway is a big Honey murcott (one of my favorite citrus), Chinese and Indian jujube, 6' jakfruit, French peanut tree, white sapote, rose apple, yellow Cattley guava, figs, mangos, ambarella, 4' grumichamas, aubutylon (flowering maple - very pretty) and neem. A large Temple orange is too acid - maybe needs potash?? A 3' jaboticaba has fruited, 5' Fuang Tung carambola in flower, big lychee, 3-in-1 citrus, big starfruit, Raja Puri banana, peach, nectarine and Asian pear. Also garginia, big fruited seedling loquat, sapodilla, canistel, cherimoya, Julie mango, caimito, atemoya with fruit, red Cattley guava, soursop, 5 year old longan, Itchikikijiro and Sano persimmons, Lady Finger bananas, big seedling pommelos, Sweet Cliff, Emperor and Brewster lychee.

There are several very tall avocado trees on the south line, too tall to harvest properly. One hasn't fruited. (My wife complained of her avocados in Brooksville being too hard to pick at about 20' so I lopped them back to good side branches at about 10-12'. They have branched out and filled out to make fuller plants and much easier, more fruitful harvest.)

As you can see, the Lees have an extensive collection of younger tropicals and Jimmy has constructed two greenhouses for the really tender young'uns. He has installed misters up high or down low to provide change-of-state freeze protection.

Some older plants in the back yard include a huge Kadota fig, a pineapple pear (with grafts by Jimmy and Charles Novak), a big guava, black and red Surinam cherries, a big Kaki persimmon and a Brown Turkey fig. Interspersed are Chilean cherry, 'dragon fruit' cactus (*Hyazocereus*??) (supposed to have large good fruit), Kei apple, Barbados cherry, wampi, noni, Governors plum and babadine (*Passiflora quadrangularis*).

Sally's great flower collection continues around the house foundation with roses, pink and yellow jacobina and multitudes of others. Their neighbor has a humongous avocado of about 4-5' diameter and a huge clump of angel wing begonias about 6-7' high - neat stuff! Looking north from their porch you see a large hickory which was lightning-struck but seemingly has shrugged it off. Sally's flowers brighten all the borders, as Sally and Jimmy brightened our visit. Love you guys! Thanks so much.

WHAT'S HAPPENING

Dec-Jan 2000

by Paul Zmoda

Welcome one and all to the year 2000! We have come so far, yet there is so much to do. Humans have manipulated the qualities of many fruits and vegetables to our advantage in the past two thousand years.

Consider the corn plant Zea mays. Once it was a wild grass yielding small (straw berry sized) heads of seeds. Over the generations we have seen that, as a source of food, some seedheads were larger and therefore "better". We learned to breed this grass, always watching the results for larger seedheads which were more valuable. After a great many years and a great many hybrids, field trials and selections, we have arrived at our modern version of corn. These are huge ears, filled out with large seeds (grain) that have immense value as one of the earth's major crops. In terms of food value, corn is rich in protein, carbohydrates and oil. Corn seems to have no higher level to rise to.

But what of other crops? Many people have labored untold hours, days, years and generations improving in a likewise fashion eggplants, beans, peaches, pecans and innumerable others. Today our produce markets provide a bounty of larger, tastier and more nutritious greens, fruits, seeds, roots and so forth. We have come a long way; just look at the selection of watermelons, apples, peppers and more in any given season and imagine a time when star fruits, kiwis and seedless grapes were not even known, let alone offered for sale.

There is a multitude of fruits that we are aware of which also could benefit from improvement: we can use a cold hardy tomato plant, seedless pomegranates, everbearing pears and spineless raspberries that can stand our semi-tropical heat. There are so many of these projects to work on and we are the best people to tackle them. Pick one.

Happy New Year.

PawPaw Festival at Kentucky State University in Frankfort Ky

by Bob Heath

Jerry Amyot and I left Tampa at 11:30 Oct. 20 on Delta Airlines bound for Lexington with plane change in Atlanta. After renting a car in Lexington, we drove to the Best Western Hotel in Frankfort, checked in, dropped off our luggage and drove to the University of Kentucky Research Farm. The farm house and other buildings at the farm were open but nobody was about. We walked in and called hello but got no response. From behind the meeting rooms and greenhouses we could see the pawpaw orchard stretching off over a low hill. We proceeded up the hill to the beckoning of the pawpaw trees where we discovered an extensive collection of dried fruit and seeds under the larger trees. After filling our pockets with seeds and dried fruit, we returned to the buildings, and since no one was about, we left the area. We ate dinner at Shoney's, returned to our hotel room and retired early, about 9:30, with the alarm set for 7:15.

Wednesday morning we got up, had a continental breakfast at the hotel and proceeded to the University of Kentucky farm, arriving about 8:30. Registration was set for

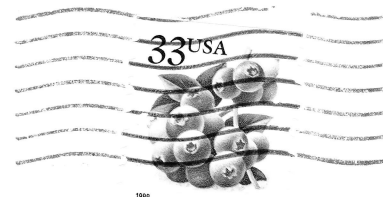
9:30. Preparations were underway and we assisted where we could. At 9:30 we signed in, got our name badges and proceeded to an adjoining building for lectures and discussions by Dr. Kirk Pomper, Neil Peterson, Colleen Anderson and Chris Schmiel. We had a tasting session of pawpaw products including sauces, jams, juice, cake and ice cream, for which we were given rating sheets from 1 to 10 to indicate our opinion of the quality of the products, after which we had more lecture and discussion time and then a delicious lunch consisting of fried fish, boiled fresh water shrimp, hush puppies, pawpaw pulp, baked beans, brownies and ice cream.

After lunch, some additional discussion and lecture time, we proceeded to their pawpaw planting in the orchard where Dr. Kirk Pomper gave us considerable details in the planting of the orchard. The planting is several acres and consists of trees from 2 to 7 years of age, maybe half of which are bearing size. The trees are a collection from numerous sources, donated and taken from the wilds or grown from seeds. After walking the pawpaw orchard, we had a talk by Colleen Anderson and the pawpaw song which she wrote herself and sang to us: "A pawpaw and a pepper were riding in a car, said the pawpaw to the pepper, 'are we going very far?'" and much more, ending with, "They were going 80 miles per hour and they had a wreck, the pawpaw was mashed and the pepper broke his neck. That's the end of the story and all I've got to tell, the pawpaw went to heaven and the pepper went to hell." (This is all I could remember.)

We had a brief description of his farm in West Virginia by Neil Peterson, founder of the Pawpaw Foundation, and then discussion and questions, after which we went to the La Fiesta Grande Restaurant for an informal gethering of pawpaw enthusiasts and Mexican dinner. The discussions were lively, the food was good and filling, and the beer was cold and refreshing.

Finally, we ended up at the motel about 9:00, weary but happy, where we took an early retirement.

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