



NEWSLETTER

OCTOBER 2001

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

EDITORS: BOB HEATH, THERESA HEATH, CHARLES NOVAK, LINDA NOVAK, JIM LEE, SALLY LEE

PRESIDENT: JAMES LEE

WEBSITE: www.rarefruit.org (Charles Novak)

MEETINGS ARE HELD THE 2nd SUNDAY OF THE MONTH @ 2:00 PM

NEXT MEETING: OCTOBER 13 & 14 @ USF (SEE PROGRAM BELOW)

PROGRAM: THE USF FALL PLANT FESTIVAL IS SCHEDULED FOR OCT. 13 & 14. Consequently, we will forego our normal monthly meeting which would be on the 2nd Sunday of the month, Oct 14, to participate in the USF PLANT FESTIVAL. All members are invited to participate and bring plants to donate or sell. Parking is free but admission is \$2.00 for which the Club will reimburse workers & participants in the Sale. This is an interesting affair & well worth the admission. Likewise it is a social event as well as a money maker for the Club. There will be no tasting table or plant raffle this month. But we desperately need workers. Let's make this USF SALE our big one. Please join us!

* USF Fall Plant Festival *

The RFCI will participate in the USF PLANT FESTIVAL on Oct. 13 & 14, 2001. This is an important fund raiser & all members are invited to attend, to assist in the Sale, to sell plants, to enjoy the camaraderie & to visit other groups.

Our participation will begin around 1:00 Friday afternoon, Oct 12, raising tents, setting up tables, arranging plants & posters, til about 6:00 pm.

On Saturday, Oct 13, the Gardens will be open from 7:00 am til 9:00 am for our final preparations. Price for admission is \$2.00, reimbursed by the Club.

The front gate will close at 8:30 am Saturday & Sunday and participants will have to enter by the side south gate after the front gate closes, until 9:00.

From 7:00 am to 9:00 am Saturday & Sunday, traffic will be one way, in the front gate and out the side gate. The Festival will end at 4:00 pm on Saturday & 3:00 pm on Sunday and only after 4:15 & 3:15 pm respectively, will we be allowed to bring vehicles in to re-supply or remove plants.

Parking for participants not bringing plants or supplies is across the street from the front entrance to the Gardens.

The USF Botanical Gardens takes 10% of our gross sales; the remaining 90% will be split 70/20 between the participant & the RFCI, so mark your plants accordingly, remembering that you get 70% of the selling price, less taxes.

We have provided I.D. cards for RFCI workers. Only those with I.D. cards will be allowed in before the Sale begins. If you are refused admittance, someone from our group will vouch for you to gain admittance. If you need an I.D. card, call Bob Heath @ 813-289-1068 evenings.

DIRECTIONS TO USF FALL PLANT FESTIVAL:

Enter the Gardens from Bruce B Downs one block north of Fowler, turn East on Pine Street & Left at Alumni Drive. Go one block to the Gardens entrance on the left.

GRAFTING KNIVES AND PARAFILM for grafting are available for purchase by club members. If interested contact Charles Novak, 813-754-1399, or see him at the October USF Plant Sale.

Sept-Oct 2001

by PAUL ZMODA

My wife and I returned from our vacation 9/7, just in time to enjoy the delicious but rain soaked September meeting. We visited Norway, a beautiful and likewise rain soaked country. Norway has no shortage of water; the parts that aren't made of rock are comprised of fjords, lakes, rivers, waterfalls and puddles. It seems that there is no level ground - mountains are to be viewed in every direction.

We hiked from sea level up to the Alpine zones and I was amazed to see the tremendous diversity of plant life. Atop one particular mountain boulder having a flat topped area of less than a square yard, I noted approximately 20 different species of plants thriving. Lichens, grasses, mosses, flowers and miniature shrubs of several plant families all posed together in balanced harmony. As I took in all this scenery, I began to notice quite a menu of rare fruit.

Near sea level were tasty blackberries, small yet delicious apples, and plums such as "Rivers Early" and "Victoria". Climbing further upwards we saw an abundance of mountain ash (*Sorbus acuparia*) among the white-barked birches and poplars. Wild red raspberries were especially appreciated to snack on while climbing. Hazel nuts were encountered while exploring a huge arboretum. Even though right off the bush, they were delicious. Higher up, coniferous trees dominated the landscape: spruce, fir, pines and yew outnumbered the deciduous angiosperms. If you looked closely while approaching the highest alpine zones, bright red berries would catch your eye. Obviously members of the Heath family, they are tart and locally known as kirsebaer and are probably bear berries or even cranberries. Arctic blueberries were discovered way above 600 meters on very low growing shrubs. They are small yet tasty blueberries and seem no different in flavor than our Floridian wild counterparts.

Returning to our host's home in Stavanger, I spied quite a few rosehips on the lovely and still flowering *Rosa rugosa*. Rose fruit contains high concentrations of Vitamin C and makes a nice jelly. We sampled red currants also and noted that many other Norwegian fruits were out of season. Maybe on our next expedition we'll get to taste cherries, beechnuts and Alpine strawberries.

New plantings: Lettuce, radishes, chard, pole beans, tomatoes, peppers, cabbage, mustards and broccoli.

The 2nd International PawPaw Conference

September 20, 21 & 22 were PawPaw Conference Days at Kentucky State University in Frankfort KY. The conference was attended by three of our club members: Charles Novak, Gerry Amyot & Bob Heath. It was also attended by numerous pawpaw enthusiasts from throughout the entire United States & Canada. We met people from Hidden Springs Nursery in Tennessee, Northwoods Nursery in Oregon & pawpaw growers from California and many other places. We also renewed acquaintance with Dr Kirk Pomper, who is president of the PawPaw Foundation and a principal investigator of horticulture at Kentucky State University. We ate numerous pawpaws and went to a 5 star restaurant that serves pawpaw dishes, including pawpaw ice cream, and we brought lots of pawpaws back with us, 4 or 5 gallons, for eating & to collect the seeds. The seeds are in refrigerators now, where they must stay for 10 weeks before they are planted.

We heard talks on growing pawpaws, marketing pawpaws, cooking with pawpaws and anti-cancer & pesticide products made from pawpaws. We also had a tour of their quite extensive pawpaw groves collected from numerous trees in nature and selections from growers' plantings.

All in all, it was an exciting, interesting and pleasant adventure, flying to Kentucky and back on Northwest Airlines where security was no different than it was before the attack.

Jimmy Lee

We had a very good turnout at the September picnic at the USF Botanical Garden even though the weather was a bit wet. We had a lot of togetherness as we were all packed like sardines under one tent, but we had lots of fun. I want to thank all those members who brought all the delicious food. Propagation workshops were given by Lanny Brooks, Sue Wells Owen, Thom Scott and Charles Novak. A special thank you to those who brought their barbecue grills. I would also like to thank the Garden for letting us use their tent, grounds and conservatory. Hopefully, we can make this an annual event.

The weekend of October 13 -14 will be the USF Botanical Garden Fall Plant Sale and I would like to ask club members to help with the sale. We especially need several people to help unload plants on Friday at about 3 P.M. Please spread the word about this sale to your friends and neighbors.

Last month the Tampa Bay Rare Fruit Council co-sponsored The USF School of Architecture Fall 2001 Design Charrette (competition) - to design a conservatory for the USF Botanical Garden that would serve as a showpiece for the garden. Fourteen teams submitted very interesting and unique designs. Monetary prizes donated by the Rare Fruit Council were awarded for 1st, 2nd and 3rd place. The Council has been invited to participate in the design and planting of the fruiting trees section of the Garden.

Scheduled Programs:

October 13-14:	USF Botanical Garden Fall Plant Sale
November 11:	Protecting your tropical fruit trees from freezing temperatures
December 9:	Holiday Social

SEPTEMBER PLANT RAFFLE

PLANT NAME	DONOR	WINNER
Pineapple	Heath	-
Papaya	"	-
Red Passion Fruit	"	-
Surinam Cherry	"	-
Moringa	"	-
Orange Berry	"	-
Rangoon Creeper	"	-
Mamey Sapote	"	-
Chaya Spinach	"	-
Aloe	"	-
Sugar Apple	"	Shane Smith
Papaya Brazil	Walter Yoblonski	Verna Dickey
" "	Karin Yoblonski	Shane Smith
Banana Nam Wei	Sharon Pilot	-
" "	"	-
Papaya	Walter Yoblonski	-
"	Karin Yoblonski	-
Pear Tomato (4)	Shane Smith	-
White Sapote	"	-
Rainbow Pepper	"	-
Cachucha Pepper	"	-
Nopales	"	-
Duhat	Judy Cimafranca	-
Papaya	"	-
Miniature Strawberry	"	-
Bougainvillea	T. Scott	-
Key Lime	Janet Conard	-
Bromeliad	Verna Dickey	Shane Smith
Fireball Bromeliad	"	"
Surinam Cherry (3)	"	-

The Market Stand: AVOCADO

by THOM SCOTT

Family: Lauvaceae

Genus: Persea

Did you know that ahuacatl became avocado though it looks like an alligator pear, tastes like vegetable butter and is a great salad fruit? Avocados are the only important fruiting member of the Laurel family. This family contains over 1000 species. Many are noted for their fragrant leaves; among them are sweet bay laurel, sassafras, cinnamon & camphor. Of the avocado's 3 races, only the Mexican race is aromatic; its crushed leaves smell of anise. This race is also the most cold hardy, followed by the Guatemalan and the West Indian. Hybridization among the races is quite common. The races vary in their fruit ripening season, so it is available year round. The variability is exhibited in numerous other characteristics as well, such as size/shape of fruit, flavor & oil content.

Avocados are often maligned for their oil content although it may range from 5 to 25%. The oil is predominately composed of the unsaturated types, the principle fatty acid being oleic, which is monounsaturated, like olive oil. It is too expensive to extract this oil for use as salad oil but it's often used in cosmetics and fine soaps.

Avocado oil is rich in vitamins A and E and the flesh contains fair amounts of C and B vitamins. Generally speaking, the higher the oil content, the richer the flavor.

Avocados are seldom cooked, as they become bitter when heated due to their high tannin content. The most popular dish in North America is guacamole; other presentations include dips, salads, cold soups & ice cream. Dessert uses are more common in Asia.

Avocados are widely grown in Florida. They are relatively heavy feeders and can grow very large, producing dense shade.

They should be sprayed 3 times a year with either a fungicide or a mineral spray containing copper to control disease.

Choose the right cultivar for your area and you'll soon be enjoying your own butter pears.

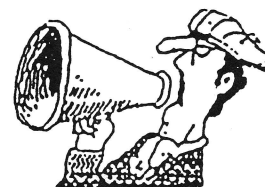
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Condolences...

It is with heartfelt sorrow and deep regret that we offer our condolences to Tom Hughes for the recent passing of his wife Margaret. Tom & Margaret Hughes were active members of the club for many years until health problems prevented their continuing. As members, the Hughes welcomed us into their gardens for our monthly meeting at Muscadine grape picking time and many of their grapes sweetened the palates of most of our members. Many of us remember Margaret for her graciousness and her friendly disposition.

MEMBERS' CORNER:

- WANTED:
- 1) Avocado budwood/seeds/fruit from trees that survive freezes.
 - 2) Good tasting wild persimmons.
 - 3) Unusual or heirloom Oriental persimmons.



Art Hedstrand, 33456 Cortez Rd,
Ridge Manor FL 33523

A VISIT WITH HUE & RAFFINA DINDIAL

by ART HEDSTRAND

Hue & Raffina live on Dupree Road in Land O' Lakes just east of the post office on Hwy 41 and about 1 mile south of the Ehren cutoff to Route 52. Their home is on the west side of Dupree Road & is conspicuous by a nice white fence.

The driveway entrance has similar plantings in a triangular bed on each side featuring a mass planting of African iris and a feature Canary Island date palm. Also incorporated are a Don Juan rose and philodendron selloum. Don Juan is an outstanding carefree red rambler. I noted a bridal wreath (white flower in spring) in the south bed and a yellow tabebuia ('poui' in Indian) just outside the bed. Tabebuias are striking small trees with a tremendous splash of color in spring coming before leaves appear. The north bed also has a lovely white rose hanging over the fence.

Continuing north from the driveway we enter the front yard, passing a small holly. At the front fence are a lovely double yellow allemanda & a showy allemanda whose color we can't describe accurately - sort of rose with possible lavender overtones. A row of small Washingtonian palms completes the front planting. In the northeast corner is a group of aloes & a Mexican sunflower. Last November the latter & many other specimens around the edges of the back yard put on a spectacular yellow show. This is a multiple stemmed clumping 'bush' which can reach 15'.

The house front foundation planting contains various flowering plants including large hydrangeas, sago, pink sasanqua camelia and a red rose. Vigorous white & white-with-red eye periwinkles thrive at the edge.

Proceeding west along a narrow yard at the north side of the house we find a Sri Kembangan carambola which had heavy freeze damage last winter. There's a vigorous formidable looking pineapple which harkens to a specimen

George Riegler brought from Peru, small fig from Modesto, another large flowered hydrangea and a big fruiting macadamia tree at the NW corner of the house. The adjacent viburnum hedge here is topped by a heavenly blue morning glory emanating from their neighbor's side. There's a tall Confederate rose which is getting top heavy. Hue will relocate it soon. This is a nice old timey shrub with flowers changing from white to pink.

A long grape arbor extends westerly from the house porch corner. They just harvested a heavy crop & Hue had cut off power to the electrical wire he had installed at about 1' height to deter raccoons - he allowed the critters to clean up the stragglers. Hue prunes dormant fruiting canes back to about 3 buds from each runner. There are numerous cultivars here, one at each support post.

The back yard directly west of the house has a lot of open lawn. A long porch across the entire length of the house is fronted by a bed of various tall flowering roses - Don Juan, Peace among them. A row of spectacular periwinkles are at the lawn's edge.

West of the grape vines is a Chinese jujube (from Bemis). This tree is over 6' high and has fruited twice. Yes, it does typically root sprout. There's a row of 4 Fuyu persimmons & a parallel row of 1 Fuyu, a large loaded Seijo & a Tanenashi. There are several Virginiana persimmons which Hue wants to bud, mostly to Gionbo (I hope I can get him wood of Peiping, Tanasha & New Smyrna Beach square this season). One real large wild tree is evidently a male, one has a few ordinary fruit and one tree has quite large fruit which I hope to taste test when they ripen. Wild persimmons, like loquats, are highly variable. Sometimes flavor comes in small packages, other times you're lucky to find both flavor and size in one package.

Hue has a neighbor who claims Kaki

persimmons have a short life - 15 years maximum. I don't know if that's the number but I've observed both premature death and 2 separate trees of 50 years. It's always wise to have 2 of each variety as insurance. I expect those 2 large Tanenashi's at George Riegler's are pretty old.

Before leaving this area I noted a nice blue sky vine on the neighbor's fence. South of the persimmons is a cocktail citrus (grapefruit, tangerine, navel, Valencia). There's a large shrub of pink Surinam cherries in fruit.

Near Hue's tool shed is a popcorn tree and a volunteer Calabaza squash with about 11" diameter fruit. Raffina said it volunteered and really produced this summer.

Proceeding south is a camphor tree, 4 Greek olives, a small bottle brush, a tall weeping bottle brush, 5' Orlando tangelo & a small Satsuma orange with fruit. Hue is disappointed that the largest olive hasn't yet fruited - he heard that it requires some specific type of pruning to do so: does anyone have any input on this? There is a fruiting Dunstan hybrid chestnut and another variety of chestnut.

The southwest part of the back yard is mostly mature citrus of various types: red navel, white navel, pink grapefruit, white marsh seedless grapefruit, Ponkan, Valencia, Navel grapefruit, Parson brown orange, unknown tangerines. The Parson browns had last year's June blooms, which were ripe. Hue likes Ponkan best with Sunburst tangerine second - they're "like sugar when full ripe."

Let's circle back toward the area south of the house. Raffina showed me bay leaves (*Laurus nobilis*?). Hue observed a Navel with leaf minor damage (no control for this pest). Hue was disappointed in a Blood orange which didn't color up very well. There's a large loquat which sounds like it may be an Oliver: large orange fruit. Next a loaded teardrop shaped pommelo - Chandler perhaps, and a Hirado Butan pommelo.

In and near an ornamental island, we find yellow tabebuia, crepe myrtle, Japanese magnolia, golden dewdrop, pine cone ginger, curry, agave (bad spines on leaf tips), nopales cactus (Raffina needs a recipe on how to prepare), an aloe with tall branched flower stalk. I hadn't seen this variety with branching before - quite spectacular. The curry tree had been hit by the freeze but recovered nicely.

Raffina advises that several other spices make the curry of commerce. The showy berries are not edible, or at least not used. (It seems as if there are many odd fruits or nuts that people eat. Murray Corman said at the last Manatee RFC meeting that *Butia* (pindo) palm nuts are edible!) Hue attached a bird house to a pine tree and had a happy yellow warbler family.

Proceeding toward the east boundary there's a water oak and lots more ornamentals. Hue set up several cypress posts from a fallen tree and established various bromeliads on them; they are really happy there. In this island also are heliconia, allemanda, philodendron, selloum, clerodendron (red flower), a red & orange flowered shrub whose name eludes me but may be Mexican poinciana - hummingbirds love it. Also candlestick cassia, blue iris, pink guave, yellow iris, staghorn fern, purple walking iris, crinum lily, variegated pineapple, angel trumpet, large bird of paradise, beautiful pink flowered ginger, variegated ginger, pink tabebuia, pink orchid & pothos up the oak's trunk. (Pothos is neat - it starts out with a skinny vine at the base of a tree and as it climbs up the trunk becomes bigger & bigger and the yellow green leaves become bigger & bigger.)

We shall walk back to the southwest area past the mature citrus planting to find an 8' Cherry of the Rio Grande, a 10' Kaki persimmon like Fuyu but round and astringent - the tree is loaded. Adjacent is a smaller Kaki, astringent with squarish shape. A Hood pear over bore and broke branches so Hue pruned it heavily. Pears tend to overbear. The best approach is to

thin the fruit in late spring but this takes discipline.

Proceeding southwest is an Anna and a Golden Dorset apple and a large peach tree. The Dindials claim the fruit is large & sweet, maybe a Flordabelle. There's a heavy bearing tangerine of unknown variety & a row of young tabebuias along the south fence.

We have arrived at a ditch (or inlet in high water) of a lake to the southwest. Following along the bank to the north we find a small height clumping bamboo,, what looks like a native Florida elm (sold as a Drake elm) and several small Hirado Butan pommelos. There's a papaya behind the tool house and we're back at the Calabaza squash patch.

Next we cross a bridge over the ditch to a west planting. Altogether Hue & Raffina have about 14 acres with about 4 to 5 acres plantable and the rest they are preserving as wetlands with a predominate cypress head. There's a small gator lake to the south and another lake to the west around the cypress forest.

The west planting is relatively narrow, running north-south. The north end has lots of red Navel & white Navel oranges, a loaded Persian lime and praying hands banana.

Proceeding south we find a yellow skinned lime (not a Key lime), a young bearing King orange, Sunburst tangerine, more Peruvian pineapples from George & an attractive vining tropical 'spinach' with purplish coloration on green, called 'poi' in India. (The King orange brings fond memories of my first visit to Florida, when we visited a grove on the Caloosahatchee River in Alva, east of Ft Myers. There I ate my first King and was sold on its flavor - tangerine like with a big wrinkled relatively loose skin and deep orange juicy flesh of distinctive flavor. This is a rare fruit because commercially it has some problems. I believe it has a tall willowy growth habit, possibly prone to limb breakage. Harvesting &

shipping may be a problem as with tangerines - hand clipping required and loose skin. But this is a wonderful back yard fruit. I wish I could tell you where to taste test it - perhaps some member could bring some to the tasting table or could advise us of a source.)

Proceeding down the west edge of this 'island' planting we find a large seedling tangerine (years ago a worker discarded seeds here), papaya, 'Floridian' peach, a seedling loquat with the sweetest large fruit, Ambersweet orange, another King & tangerine. Hue is dissatisfied with Ambersweet - too hard. (A grower in Ft Meade brought citrus to Sebring Farmers Market where I first tasted Ambersweet 3 years ago; it was real sweet & superior to all her other cultivars. She said it could be picked in September because of its sweetness. Commercially it seems to be a flop: very erratic bearing with no crop some years. Sharon, the guide lady at the Citrus Arboretum, had to push up a block of trees - a painful undertaking. I don't understand the 'hardness' Hue alluded to - maybe Ambersweet requires some specific trace mineral.)

Down toward the gator lake is a pommelo on pink grapefruit rootstock, grafted by Jimmy Lee. It ws clobbered by a falling cypress but survived and looks vigorous. After another pommelo and clump of Raja Puri bananas, we leave lake's edge and proceed north up the east side of the 'island': a golden rain tree, avocado (Bemis), carambola, various guavas, yellow fruited passion vine (George's) and a true yam - Hue & Raffina dug out a huge root last season.

This area has a long row of various banana & plantain cultivars. Between them and the ditch are large native trees interplanted with various plants. Jaboticaba, red fleshed papaya from Tobago, Trinidad, unknown grafted avocado, red & yellow passion vines, 2 small longans, Brogden (purple fruited) avocado, an Acerola cherry in flower, moringa tree (See ECHO literature and Paul Braneski), neem tree which froze

last winter, pretty white ginger. A lychee had 100 fruit last year but had severe freeze damage despite adjoining lakes.

Hue planted Bemis's yellow bamboo on the west edge at the wetland but has surplus he wishes to sell. (Note: use caution with bamboo. There are clumping and running types. The latter will be invasive. Plant only in an open area where access is afforded to cut off unwanted sprouts.) Hue also has excess bananas which he wishes to sell (fruit lovers always have to introduce different cultivars!)

Hue & Raffina have a huge yard of

interesting plantings, combining both the utilitarian fruits and the beautiful flowering plants, including many butterfly attractants. Of course, there's nothing so beautiful as a persimmon loaded with orange fruit or a pommelo with those ridiculous huge orbs!

There are so many things to discuss when visiting such a planting & I appreciate the opportunity to share ideas.

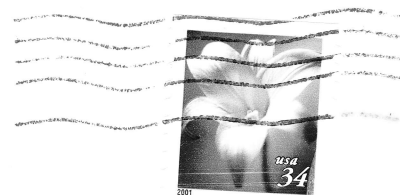
Thank you so very much, my friends, for showing me your inspiring garden.

* * * *

New Members: Granville Liles
David Gollobin
Joann Fielder

Casselberry, FL
Lakeland, FL
Plant City, FL

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