



NEWSLETTER

NOVEMBER 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 AT 2:00 PM.

NEXT MEETING: NOVEMBER 11

PROGRAM: OUR TOPIC THIS MONTH IS "PROTECTING YOUR TROPICAL FRUIT TREES FROM FREEZING WEATHER". With a freeze possible in only a month this is a critical and important topic for all of us who are raising cold sensitive plants. Now is the time to get some highly critical information for protecting our tropicals this winter. The tasting table & raffle are highlights of each meeting so let's see some tasty treats from nature's harvest and nice fruiting plants for the raffle, and a good time will be had by all.

The same program will be presented at the USF Gardens on Saturday Nov. 17 starting at 10:00 AM for anyone who can't make our RFCI meeting on Nov 11. For further information call 974-2329 at U.S.F. Gardens and invite a friend.

PASSION FRUIT

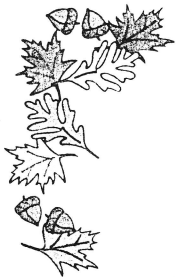
by Bob Heath

Passiflora edulis, var. *flavicarpa*

The *Passiflora edulis* is but one of a genus of an estimated 500 species. Within this species there are two distinct forms, the standard purple and the yellow, differing not only in color but in certain other features as well. It is a rapid growing, woody, perennial vine, climbing by means of tendrils, suitable for ornamental or fruiting purposes. A single fragrant flower, 2 to 3" wide, is borne at each node on the new growth. The bloom consists of five greenish white sepals, five white petals, a fringelike corona of straight white-tipped rays, rich purple at the base, five stamens, large anthers and the ovary forming a prominent central structure. The round fruit 2 to 3" wide has a tough rind, smooth and waxy and ranging in hue from dark purple with faint fine white specks, to light yellow. Within in a cavity filled with an orangish, gelatinous but juicy aromatic pulp containing many small hard seeds. The purple form has black seeds, the yellow, brown seeds. The flavor is appealing, musky, guava like, sub-acid to acid. Cut the fruit in half after it begins to wrinkle and with the addition of a little sugar, the pulp may be eaten directly from the shell with a spoon. Do not bother to remove the seed but eat the pulp as it is, seed and all.

The purple passion fruit is native to southern Brazil and Paraguay to northern Argentina. The yellow form is of unknown origin, perhaps native to the Amazon region of Brazil or a hybrid between *P. edulis* and *P. ligularis*. The yellow form is both wilt and nematode resistant. The yellow form has a more vigorous vine but the pulp of the purple is less acid, richer in aroma and flavor and has a higher proportion of juice. The juice is high in Vitamin C and may be used for drinks and jellies.

Blooming may occur anywhere from April to mid November with the heaviest blooming late in the year. The flowers are self compatible in the purple form but are self incompatible in the yellow. The passion fruit is subtropical or near tropical. Passion fruit vines are usually grown from seed but cuttings and layers are frequently used.



From the President Jimmy Lee

A huge **THANK YOU** to all the club members who helped with the Fall USF Botanical Garden Plant Sale. Even though we did not have as large a turnout as usual we had a great time and met many new and interesting people-including the thirteen new memberships from the sale.

Please plan to attend the November 11 meeting. The topic will be protecting your tropical plants from the upcoming cold weather. Also, invite your friends and neighbors who could benefit from this information.

Again, we thank Dr. and Mrs. Burns Creighton for their generosity in inviting the club to have the December Holiday Social at their beautiful home. You do not want to miss this special event. The location in Lithia is beautiful, the food is great and a wonderful time is always had by all. As usual everyone gets a free ticket for the plant/gift exchange. It would be nice if everyone wins a plant or gift; so please be generous with your donations.

As many of you know, our dear friend and longtime club member *Janet Conard* recently underwent surgery and is dealing with a very serious medical condition. It was wonderful to see her at her usual place (selling her jellies) at the Oct. USF Sale. She looked good (as always) and was her usual happy, upbeat self. Though she tires easily she didn't want to disappoint the many people who look forward to purchasing one (often several) of her jars of delicious, homemade jelly. Janet should be an inspiration to all of us. Please, let's all keep Janet in our hearts and prayers. Hang in there, Janet - we love you.

Scheduled Programs:

November 11: Protecting your tropical fruit trees from freezing temperatures

December 9: Holiday Social

JANUARY 13: JIM MERCER ON PERSIMMONS

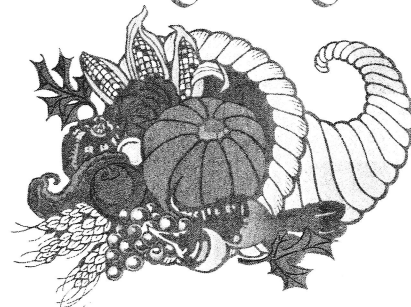
NEW MEMBERS:

Gladys Alarcon	Plant City
Dan Barravecchio	Tampa
Carole Brannock	Riverview
Robert Childers	St. Petersburg
Bob & Caryl Courtney	Lithia
Greg Cowden	Tampa
Nik & Emily Fingar	Tampa
Orion, Laurin & Nathan Vinson	Tampa
Joaquin Fiol	Riverview
Jack & Kate Johnson	Plant City
Ching Kuo	Valrico
Jose Sanjurjo	Tampa
Linda & Bob Seal	Englewood
Marva Shortridge	Tampa
Kathy Zoumberos	Odessa

A warm welcome to our newest members and we hope to see you at the November 11 meeting.



Warmest wishes
for a
Blessed
Thanksgiving



The Market Stand: PAPAYA

Family: Caricaceae

Genus: Carica

The papaya is a fast growing, tropical, herbacious plant that will usually fruit from seed in 12 months or less in warm growing conditions. They are damaged by light frost. A papaya plant may be male, female, hermaphrodite (bisexual/complete/perfect), monoecious (having both male & female flowers) or other combinations. They may change sex during their life cycle. A male or hermaphrodite may change to female after being beheaded (severe topping). The fruit of bisexual plants is often preferred to those of females because they have a smaller seed cavity and a firmer, thicker wall of flesh. The progeny from self-pollinated perfect flowers are 2/3 bisexual and 1/3 female - bags are tied over such blossoms to ensure self-pollination. Whereas a male-female cross gives 1/2 male & 1/2 female; and a male-bisexual cross yields 1/3 male, 1/3 female & 1/3 bisexual. In practice, however, a home gardener may simply put in several plants to guarantee pollination and let nature take its course.

Papaya plants may live for several years but fruit quality declines with age. That fact plus their sensitivity to cold and disease suggests they are best treated as an annual crop in central Florida. One possible strategy for successful annual cultivation in central Florida requires: germination in the fall in pots, whereby they can be protected from cold weather; transplanted to the garden in spring; and harvested in summer or fall. Care must be taken not to damage the roots when setting them out. Large pots (3 gal.) should be used so they need to be transplanted only once. It is possible for papayas to fruit anytime in central Florida, however flavor quality is considered best when ripening occurs from July-October. Papayas need adequate irrigation and frequent fertilization. Standing water or poor drainage will kill them. They are susceptible to a wide variety of pests and diseases in Florida. Clean cultural practices should be followed.

The size and yield of fruit is highly variable. Average yields on healthy stock are said to be 75 lbs. per year. Papayas are rich in Vitamin C and are a good source of A & B vitamins. Papaya latex from plants or green fruit contains the proteolytic enzymes papain and chymopapain. Papain is similar in action to pepsin, a digestive enzyme in humans responsible for the catabolism of protein. Papain is used primarily as a meat tenderizer; other common uses include digestive aids, medicinal preparations and detergents. Unripe papayas are not eaten raw due to their latex content. They are cooked as a green vegetable. Ripe papayas are often eaten fresh, usually in salads; cooked in pies; made into sauce which is added to desserts; juiced; pickled; and preserved in chutney or jam. The seeds are edible; they have a spicy flavor suggestive of mustard, sometimes found in India as an adulterant of black pepper. They can be used as a substitute for capers or as a flavorant in many sauces and dressings.

Considering the amount of fruit that can be grown in a relatively small space in a year or less and the versatility of its multiple uses, shouldn't you plant a papaya today?

- Thom Scott

JANET CONARD

A long time member of the RFCI (involved in 3 chapters) is gravely ill. She has been an active participant in all our club activities, a member of the board, the plant raffle monitor, the jelly lady at our sales and with Al Roberts, donating plants for the plant raffle and hosting our Christmas party for several years. Now she needs our help and our prayers. We need to be there with her now in her hour of need, remembering the good times, her pleasant demeanor and her smiles and laughter.

ANOTHER HAPPY ENDING . . .

We received this interesting note from a former member which we thought would be an incentive for our members to gamble a little.

"I was a member of the Rare Fruit Council a few years ago, but my lack of available time basically made my attendance at meetings impossible. In any case, about 8 years ago I planted a Jackfruit tree in my back yard that I obtained at one of the plant sales. It is now about 40 ft. tall and has 8 fruit on it varying from over 12 to 24 inches long and about 8 to 10 inches in diameter. Finally my patience paid off. Best of luck to you all." Mark Bennett

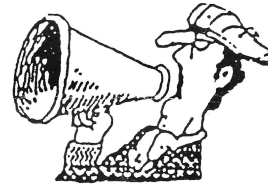
Note: If you have not received your newsletter by the Friday before the scheduled meeting, please contact Charles Novak (813) 754-1399. Occasionally the addresses on one or two newsletters are mangled or lost (during processing at the post office) and the newsletters are returned as 'not deliverable'. *Thanks.*

Grafting knives and Parafilm are still available to club members who are interested in obtaining these items. Contact Charles Novak or see him at the November meeting.

RFCI T-Shirts: If you worked at the October USF Plant Sale and have not received a t-shirt, please see Linda Novak at the November meeting.

MEMBER'S CORNER:

Wanted: 1 Gallon pots. Charles Novak (813) 754 -1399



* * * * *

Jerusalem Artichoke or Sunchoke (*Helianthus tuberosus*): Plant the tubers in late March. They sprout in late March or April. The small daisy-like sunflower blooms in the fall just before the plants die back for the winter. The edible tubers will keep in the ground until spring or may be dug in the fall and washed and scoured with a brush. Then place in plastic bags and store in the refrigerator until needed. Do not freeze. They must not be allowed to dehydrate either. This plant is originally a native of Kansas and Oklahoma and were cultivated by the Indians of that region. The plants will not thrive in poor sandy soil. The soil must be enriched with peat, compost, manure or whatever in order to build up the humus content. Plant the tubers about one to two inches deep and at least 30 inches apart. They will make twiggy bushes to 7 feet or more **with** a spread of 2 to 3 feet. They are brittle and need support. Fertilize monthly and mulching is recommended. Problems are caterpillars and powdery mildew which will attack late in the season. Benomyl is one control for powdery mildew.

Sunchokes are a low calorie food, low in starch and high in fructose. It has potential as an alcohol crop, 500 gallons to the acre, twice the production from corn. The tubers can be used in any way that a water chestnut or potato is used. They are good raw (but will produce a lot of gas!). Try in soups and stews. They make excellent pickles, too. Try diced and added to scrambled eggs and bacon for breakfast. For lunch, slice and add to salads. For dinner, dice, bake, boil, fry, or mash. Use creamed en casserole, or as a tasty extender in meat loaf. Raw, sliced or diced, they may be added to most any other vegetable, as for instance, cooked carrots, string beans, peas or spinach.

WHAT'S HAPPENING

Oct-Nov 2001

by PAUL ZMODA

Hurricane Gabrielle treated our established vegetable gardens badly - what wasn't whipped to death by the wind was drowned in over 8" of rain. I had just seeded broccoli, cabbage, mustard, five kinds of lettuce. All these were tiny sprouts, yet all these new seedlings survived the storm unscathed. I had simply placed large plastic bread trays over the seedling beds before the storm hit; it was a successful strategy.

A couple of fruit trees toppled over but I pulled them back upright and tied them to sections of 8 foot iron rebar which I hammered into the ground beside the rescued tree trunks.

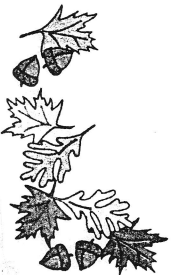
This year I vowed to prevent those nasty twig-girdling beetles from ruining my persimmons and especially our young 'Moreland' pecan which was disfigured last season. The beetles attack nice, thick, upright shoots and chew through the wood in such a fashion that the limbs snap off. These pieces also serve as the nursery for their young since the female beetle lays her eggs inside the branch tissues first.

My protective approach is to wrap aluminum foil around all likely target limbs in September. I plan to leave them wrapped through November. The beetle did attack the very last day of our fall USF sale, Oct. 14. She clipped off five unprotected branches before I found and squashed her. The aluminum foil wrapping method seems to be working.

New plantings: Native plum, Doyle blackberry, onions, herbs.

MEMBERSHIP DIRECTORY: These people joined after the Membership Directory was printed in July. You might like to make a copy to add to your directory.

Joe Chiefari	3591 Fairway Forest Dr.	Palm Harbor, FL 34685	(727)789-3192
Sophia Gaponiuk	3311 Stonebridge Trail	Valrico, FL 33594-9249	(813)655-5740
		Day	604-7191
Goldie & Larry Nieckarz	2051 Karen Dr.	Lutz, FL 33558-5131	(813)948-0422
Gregorio Macaraeg	1715 Needles Lane E.	Largo, FL 33771-3963	(727)536-3187
Liles Granville	799 Spanish Moss Dr.	Casselberry, FL 32707	(407)736-5928
David Gollobin	2164 Malachite Dr.	Lakeland, FL 33810	(863)859-7750
Joann Fielder	3059 Sutton Woods Dr.	Plant City, FL 33567	(813)719-1997
Gladys Alarcon	4205 Stanley Rd.	Plant City, FL 33565	(813)986-9683
Dan Barravecchio	5128 Gainsville Dr.	Tampa, FL 33617	(813)987-9178
Carole Brannock	8113 Revels Rd.	Riverview, FL 33569	(813)677-5103
Robert Childers	2620 29 th Ave. N.	St. Petersburg, FL 33713	(727)327-5094
Bob & Caryl Courtney	6031 Hammock Hill Ave.	Lithia, FL 33547	(813)571-1856
Greg Cowden	3110 Pearl Ave.	Tampa, FL 33611	(813)837-5976
Nik & Emily Fingar	109 W. Jean Street	Tampa, FL 33604	(813)234-7434
Jack & Kate Johnson	P.O. Box 3597	Plant City, FL 33566	(813)737-5903
Jose Sanjurjo	1011 E. Holland	Tampa, FL 33612	(813)971-7960
Linda & Bob Seal	280 Oxford Dr. S.	Englewood, FL 34223	(941)474-6192
Mavra Shortridge	12605 Trucious Place	Tampa, FL 33625	(813)961-5541
Orion, Laurin & Nathan Vinson	11145 Indian Oaks Dr.	Tampa, FL 33625	(813)264-1851
Kathy Zoumberos	11601 Innfields Dr.	Odessa, FL 33556	(813)920-7822
Joaquin Fiol	7127 Colonial Lake Dr.	Riverview, FL 33569	(813)671-7101
Ching Kuo	2713 Falling Leaves Dr.	Valrico, FL 33594	(813)653-2104



FAMILY - COMBRETACEAE50. *Terminalia catappa* - Tropical almond

A large semi-deciduous tree from the Pacific Islands and Southeast Asia. Its stiff leaves may reach a length of 12 inches and turn deep red before falling during a dry season. Flowers are greenish-white, followed by reddish-brown, flattened fruit measuring 2 inches long. The two angled, winged seeds are eaten raw or roasted and have good flavor. The plant is propagated from seed and trees are useful as ornamentals.

FAMILY - COMMELINACEAE51. *Polia sorzogonensts* - Pollia

A creeping plant from Asia, often used as an ornamental. Leaves have light and dark green stripes. Fruit is edible. Plants are grown in South Florida and are propagated from seed or cuttings.

FAMILY - EBENACEAE53. *Diospyros discolor* - Velvet apple, Butter fruit

A Philippine tree reaching a height of 45 feet. Leathery leaves are hairy beneath and up to 10 inches long. Male flowers are whitish and in clusters while female flowers are single. Roundish fruit is purplish to orange in color and flesh white to yellowish. Pulp is eaten fresh or preserved. It is sweet and aromatic. Propagated primarily from seed.

RFCI Tampa Bay Chapter
4109 DeLeon St
Tampa FL 33609



FIRST CLASS MAIL

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

