



# NEWSLETTER

APRIL 2002

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](http://www.rarefruit.org) (Charles Novak)

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

PROGRAM: THE USF SPRING PLANT FESTIVAL IS SCHEDULED FOR APRIL 13 & 14. CONSEQUENTLY, we will forego our normal monthly meeting on the 2nd Sunday of the month, Apr. 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 \$3.00 for which the Club will reimburse workers & participants in the Sale. This is an interesting affair & well worth the admission. Likewise is it 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 SPRING PLANT FESTIVAL \*

The RFCI will participate in the USF PLANT FESTIVAL on April 13 & 14, 2002. 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, Apr 12, raising tents, setting up tables, arranging plants & posters, til about 6:00 pm.

On Saturday, Apr 13, the Gardens will be open from 7:00 am til 9:00 am for our final preparations. Price for admission is \$3.00, reimbursed by the Club.

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

From 7:00 am to 9:00 am Saturday & Sunday, traffic will be one way, in the front gate & 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 ID cards for RFCI workers. Only those with ID 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 ID card, call Bob Heath @ 813-289-1068 evenings.

## DIRECTIONS TO USF SPRING 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.

Members may supply an unlimited number of small plants smaller than 1 gallon pots. Anything bigger and quantities of more than 4 must be cleared in advance. Call Bob Heath evenings @ 289-1068 or Charles Novak evenings @ 754-1399 for approval. Plants brought for sale must be labeled with the plant name and price and must be accompanied by a completed manifest.

## UNIVERSITY OF TAMPA GREENFEST

The University of Tampa annual Greenfest festivities will take place on April 6 & 7 from 10:00 am to 4:00 pm both days. One of our members, our grow pot lady, has rented a space for selling her pots and has graciously offered club members the opportunity to sell plants at her space. Members who wish to sell plants may do so. All proceeds will belong to the members who sell plants as the club will not be represented as such. Please label all your plants so they will not become mixed up with others as they are sold. Pots must be labeled with your name, plant name and price. Likewise, it is critical that each member selling plants fill out a manifest. Please confine your sale plants to 1 gallon or smaller sizes. We may set up on Friday April 5 or early Saturday morning at 8:00.

## MARCH PLANT EXCHANGE

PLANT	DONOR	WINNER
Surinam Cherry	Sal Russo	John & Niki Hill
" "	"	Janet & Larry Cohen
Papaya	Bob Heath	J. Elliot
Eugenia Confusa	"	?
Red Passion Fruit	"	T. Scott
Yuca	"	Shane Smith
Aloe Vera	"	?
Loquat	"	?
Naranjilla	"	?
Pineapple	"	Jim Burch
Nopales Cactus	"	?
Citrus Seedlings - 6	Lee	?
Tomato Plants - 2	"	?
Loquats - 2	"	Andy Hendrickson
Avocado	"	Nancy McCormack
Cavendish Banana	"	Deven Anthony
Papaya	"	J. Elliot
Aloe Vera	Silvia Nehmad	?
Plant Labels	Charles Novak	Larry & Janet Cohen
" "	"	?
" "	"	?
" "	"	?
" "	"	?
Ice Cream Banana	Andy Hendrickson	Shane Smith
Guava	Pat McGauley	?
Bromeliad	Verna Dickey	Shane Smith
Parsley - Moss Curled	T. Scott	Orioa Vinson
"	"	?
"	"	?
Rosemary	"	Orioa Vinson
Jicama Root	"	R. Terenzi
Mustard Greens	"	?
Royal Helado Cherimoya - 2	"	?
Num Wah Banana	Sharon Pilot	Shane Smith
Carambola Fruit - 2	"	?
Pond Apple - 2	Susan McAveety	?
Ginger in grow pot	Marilyn Weekley	Pat McGauley
Carambola Seedling	"	?
Citrus Assortment	Linda Novak	Sonya Bigelow
Pummelo - 3	"	?
Black Russian Mulberry	Al Roberts	Don Haselwood

## From the President Jimmy Lee

Once again I thank the Board of Directors for their confidence in me and for electing me for a second year as your president. I will do my best to lead the club.

Our March meeting/picnic at the USF Botanical Garden was a success: there was lots of good food and a great time was had by all. Our 'thanks' to Walt Yoblonski for his talk on making wine and beer and for giving us the recipes for making both. Many thanks to everyone who brought food for the tasting table and for the donations of plants and other items to the plant exchange.

Please plan to help at the USF Botanical Garden Spring Plant Festival, April 13 & 14. We will need members to help Friday the 12<sup>th</sup>, 2 P.M., set up tents and unload plants. Then on Saturday and Sunday we will need members to help with the sale (9 A.M. – 4 P.M.).

I am also the Program Chairman; so if you know of a speaker or would like a program on a certain topic, please contact me at (813)982-9359.

### Scheduled Programs:

April 13 & 14:	USF Botanical Garden Spring Plant Festival
April 20:	Saturday – Grafting Workshop presented by club members at the USF Botanical Garden. For more information contact the Garden at (813)974-2329
May 12:	Gene Joyner of Unbelievable Acres Botanic Garden
June 9:	Monica Brandies - Herbs

## ELECTION OF BOARD OF DIRECTORS, OFFICERS & COMMITTEES

The following were elected to the Board of Directors at the March meeting:

Bob Heath	Paul Branesky	Judy Cimafranco
Jim Lee	Sally Lee	Jim Stout
Charles Novak	Linda Novak	Jon Kolb
Marilyn Weekley	Verna Dickey	Jerry Amyot
Susan McAveety	Thom Scott	Walt Yoblonski
Neil Leonard		

Board Officers:	President:	Jim Lee
	Vice Presidents:	Bob Heath, Charles Novak, Jerry Amyot
	Secretary:	Linda Novak
	Treasurer:	Susan McAveety

Committees:	Newsletter:	Bob Heath, Theresa Heath, Jim Lee, Sally Lee, Charles Novak, Linda Novak
	Membership:	Charles Novak
	Program:	Jim Lee
	Seeds:	Charles Novak
	Research:	Bob Heath
	Librarian:	Jerry Springer
	Plant Raffle:	Sally Lee

### New Members:

Lisa Duncan	Riverview, FL	Wilburn Rushing	Seminole, FL
Teofila Talacay	Tampa, FL	Shaukat Chowdhari	Tampa, FL
Lennie & Marjorie Smith	Seffner, FL		

A warm welcome to our new members!

## A NEW ROOT CROP

In our garden this spring we are trying a root crop that is new to us. It is the Yacon or Bolivian Sun Root (see below). We planted roots with eyes on March 12 and new little sprouts are just now beginning to peep thru the mulch. We obtained the roots from Nichols Garden Nursery but it will be fall before we find out how they produce, at which time we will advise the club. If any of our members have grown Yacon or Bolivian Sun Root, please give me a call. Bob Heath 289-1068.

### Yacon or Bolivian Sun Root

*An Andean Foodplant Related to Dahlias and Sunflowers*

ALAN M KAPULER PhD, PEACE SEEDS, 01-11-01

The Andes mountains in western South America have given humanity several of its treasured foodplants. These include solanaceous potatoes, capsicum peppers and maxima winter squash. These are not the only interesting foodplants that have been developed by the native people of that bioregion. Others, predominantly roots, have been staple crops for thousands of years, yet are relatively unknown outside of their local areas of cultivation and use. These include the tuberous rooted *Nasturtium* called Mashua, the tuberous rooted *Oxalis* called Oca, the tuberous rooted *Lepidium* called Maca and the tuberous rooted relative of sunflowers, Dahlias and Jerusalem Artichokes called Yacon. Yacon is also known as the Bolivian Sunroot.

Yacon is a remarkable annual crop for the temperate zone. It is distinguished by two kinds of tubers. The largest are lateral tubers that have no eyes & are excellent to eat. They are large nutrient storage organs for the plant and contain inulin, a fructose polymer as well as minerals and free amino acids. As these food tubers age, they sweeten since the fructose polymer (of 30-40 units with a terminal glucose) is broken down to the single sugar units, fructose, or fruit sugar. The largest I have seen is 2 pounds. A single plant can produce a five gallon bucket of tubers in Oregon, and a wheelbarrow full in Southern California. Plants grow from 2-3' tall to 10'. The stems are fuzzy and herbaceous, the leaves soft to the touch; flowers when present come after 4-6 months of growth and are 1" across with bright orange petals somewhat like a *Sanvitalia procumbens*, the creeping Zinnia. Occasionally fertile seeds are set. Mostly, the plants are propagated from the other kind of tuber. This is the central crown of the plant from which spring new growths. A crown has many eyes, each of which will grow a productive plant. The larger the crown, the bigger the plant and the more lateral tubers for food that are produced. Crowns are easily divided to make more plants. While the plants are tolerant of frosts, they are killed by freezes. We lift the crowns and bring them into a greenhouse with a minimum night temperature of 40F. This carries them well over the winter. In spring we replant the crowns, dividing the larger ones to make several plants. We plant in April-May when frosts are mild and the ground can be worked in good tilth. Yacon accepts many soils and we have grown it for many years in a clay-loam soil without fertilization. These plants thrive where sunflowers like to grow.

The edible tubers of Yacon are delicious both raw and cooked. The flesh is crunchy, sweet and thirst-quenching. It is reminiscent of water chestnuts and jicama. Harvested tubers can be stored for up to 6 months at above freezing to room temperature. Sweetness increases with storage time. The crunchy sweetness is maintained after cooking. As a vegetable in stir fries and soups, it is excellent. When baked, it is superb.

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JOKES . . .

Where has Mombin? Looking for Pawpaw!

A skunk believed in reincarnation. When he died, he came back as a muskmelon!

I think I have some ill trees. A horticulturist told me a have a horse chestnut and a sycamore!





## WHAT'S HAPPENING

MAR-APR 2002

by Paul Zinoda

We have passed the frost-free date (3/15) and are well on our way towards a productive growing year.

Our 'Julie' mangoes are kidney bean size and looking great as a second flush of blooms is forming. Surinam cherries are setting fruit extremely heavily.

We had a problem with gray foxes and armadillos digging up our vegetable garden every night to eat beetle grubs in the rich soil. I treated the area with insecticide to kill the grubs and then sprinkled ground black pepper all over the beds. After this I sprayed hot, red pepper sauce around the perimeter for extra protection. No further digging occurred. I was then able to transplant artichoke seedlings into the beds. Our carrots are the best ever this year thanks to all the horse manure previously applied. The many varieties of lettuce are really nice also. The manure really worked wonders on those citrus trees which had been sickly and yellow. Now they are greening up and growing.

New plantings: Date palm, Macadamia nut, 'Lee' mandarin, pink tangelo, 'Leccino' olive, jakfruit, Kona coffee, Chilean guava, avocados, pitomba, white sapote, Malaysian "olive".

Trees repotted: Pond apple, Kwai muk, soursops, guavas, chinquapins, wild plums, spice bush.

Cuttings potted: Figs, olives, Chinese mulberry.

Cuttings made: Figs, olives, pistachios, pomegranates.

Top-work grafts: Pomelos, loquats, plums.

Bench grafts: Pomelos, persimmons, oranges.

Seeds planted: Native plums, Norway plums, pawpaws, coontie cycads, yaupon holly.

Air layers: Tea, olive.

I made two bluebird boxes out of cedar and put them out in the orchard. Screech owls apparently have a new brood of young in their box. We put many different bird houses out to encourage these pest eaters.

Correction: Our E-mail address should be: LIR1123@aol.com

## GRAFTING CLASS AT USF GARDENS

On April 20 the Rare Fruit Council will hold a class on grafting at U S F Botanical Gardens as a part of their weekend gardener workshops. The time will be from 10:00 to 11:15 am. If you are interested please call to reserve your spot as seating is limited in the greenhouse. The work shop is free but grafting kits will be available for \$20.00 each.

For more information please call 813-974-2329.

## WINEMAKING IN THE HOUSATONIC VALLEY, CT

by Walter Yobionski

I grew up in a family of 5 boys and 5 girls. As children our only soft drink was root beer, home made. Every farm in the valley made wine, cider, beer and root beer. Our family was no exception. Mom was always making root beer for the kids and beer for dad and the hired help. Dad oversaw the making of the wine although Mom did most of the work. I was particularly fond of Uncle Joe during my young married life. He had a soda fountain booth and table in his kitchen. Every time I'd visit him, he'd lift the cousined seat and remove a different kind of wine. He kept his main stash in the cellar but always had a few bottles in the cousined. My wife didn't particularly like Uncle Joe but I held him in the highest regard because at that time I couldn't afford to drink and he was always there with a laugh and a glass of cheer. My wife and I had a commercial winery in the area for several years and sold wine and cider locally. A spring fed brook ran through our property with sweet water and native brook trout. The name of the brook was the Naromiyocknowhusunkatankshunk, which in Indian means "You fish on your side of the brook and I'll fish on my side." So we made this the name of our winery. Certainly a most distinctive name for a winery but somewhat difficult when answering the telephone.

RECIPES: Root beer: For making root beer we dug up the roots of the sassafras tree, washed and scrubbed them and allowed them to air dry for a couple of hours. With a knife we scraped off the bark and the cambian layer and allowed the roots to dry. We made a nice amber colored tea in a 5 gallon bucket as the base for our root beer. Today however, and down here in central Florida, you can buy the chips for making root beer. Follow the directions for making the tea, add 3 packages of brewers yeast and 5 cups of cane sugar to 5 gallons of tea. Stir to dissolve, put in a cool, dark, dry place, cover with cheesecloth and allow to ferment for 14 to 18 days, always keeping the bucket filled to the top with fresh warm, not hot, water. After fermentation has stopped, bottle in clean bottles, add 1/8 of a spoonful of corn syrup to each bottle. Warm the bottles of root beer in

an oven set at 150°, then cap and allow to cool after capping. This produces a negative pressure in the bottles after they cool down to allow the carbon dioxide to develop without blowing the caps. Also it behooves you to place the bottles in a covered box because sometimes one can't take the pressure and explodes.

Light or dark beer: To a 5 gallon container add a 32 oz. can of Blue Ribbon malt, light or dark, or equivalent, 2 packages of brewers yeast and 4 cups of sugar. Add warm water, approximately 100° to top off the pail. Cover with cheesecloth and place the container in a cool dark place to allow to ferment. Each evening scrape the scum off the top and add water if necessary to keep the liquid level at the top of the pail. Under no conditions stir the liquor; the solids need to settle to the bottom to produce a clear beer. Allow it to ferment for 14 to 21 days til fermentation stops. You will know it's done when no more crud comes through the cover. When fermentation is complete, fill bottles to within 2" of the top, add 1/8 teaspoon of sugar and cap. After 2 to 3 weeks in the bottle, cautiously open 1 bottle. If it acts like champagne and fizzes all over the place, it was bottled too soon before fermentation was complete. It is recommended that one log activities and processes so you know what to do the next time.

Apple cider: 1 bushel of apples makes 2½ gallons of cider. Use Winesap, Jonathan, Russet or any late apple. Walter indicated that you need 20 bushels of apples and a 50 gal. barrel. The editor suggests that if you want to make 5 gallons, you should call Walter and get the recipe for 5 gallons in lieu of 50.

Peach wine: Approximately 3 bushels of ripe peaches will make 5 gallons of wine. Wash peaches and pit them, run through Squeezeo and press through burlap with wine press. Add to 5 gallon water jug. Add 5 lbs. of sugar, 2 packages of brewers yeast and 1 pint can of unsweetened pineapple juice. Top off 5 gal. water jug with water, insert a plug with airlock and allow to ferment for 28

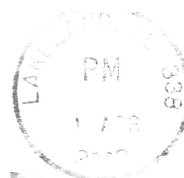
to 30 days. When fermentation stops (airlock quits releasing bubbles), rack off the clear liquid, which means to siphon it off without siphoning any of the sediment at the bottom, into a clean 5 gallon vessel. Let it rest for 3 months in a dark location and rack again into bottles and cork. Store neck down for 2 years, after which time the wine is ready. Remember it is even better after 5 years.

Tomato wine: Wash 10 gallons of very ripe tomatoes and run thru Squeezeo. Put liquid into five 1 gallon jars and allow to stand in the refrigerator for 24 hours. In 24 hours most of the solids will rise to the top. Siphon the clear liquid from

the bottom of the jars into a 5 gallon bucket. Liquid will be clear or slightly yellow colored. Don't use any red juice. To the liquid in the 5 gallon bucket, add 2 packages of brewers yeast and 2 pounds of sugar. Add enough water to top off the 5 gallon pail. Cover with cheesecloth and keep in a cool dark place, removing the scum from the top daily. After 14 to 21 days rack the clear liquid and place in a 5 gallon water jug with airlock. In 3 months rack off liquid, wash the jug and return the liquid to the jug. Rack off again after 1 year and again after 2 years, at which time you will have a fine wine.



RFCI Tampa Bay Chapter  
4109 DeLeon St  
Tampa FL 33609



*First Class Mail*



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

33617-4144 08

