



# NEWSLETTER

FEBRUARY 2006

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

EDITORS: BOB HEATH, PAULA HARDWICK, CHARLES NOVAK, LINDA NOVAK, JIM LEE, SALLY LEE

PRESIDENT: CHARLES NOVAK

WEBSITE: [www.rarefruit.org](http://www.rarefruit.org) (CHARLES NOVAK)

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

NEXT MEETING: FEB. 12 (SEE BELOW)

PROGRAM: OUR PROGRAM FOR SUNDAY FEB. 12 WILL BE OUR PARTICIPATION IN THE FLORIDA STATE FAIR where we will conduct a CITRUS FRUIT TASTING CELEBRATION. This is an important, critical affair for the Club, where our expertise will be exposed to the scrutiny of thousands of people. If we do a good job, we will show what a great organization the Rare Fruit Council is and develop in people the importance of growing unusual fruit that we consider so interesting. On Saturday, Feb. 11, we will be picking and cleaning fruit at George & Elaine Riegler's residence. For more information, see comments below in Citrus Tasting Event at Florida State Fair. FOR DIRECTIONS TO THE RIEGLERS', SEE PAGE 06-09.

## **CITRUS TASTING EVENT AT THE FLORIDA STATE FAIR** **Sunday, February 12, 8:30A.M. - 4PM**

We are busy making preparations for this event. Arrangements are being made to have available as many varieties of citrus as we can obtain. If you would like to donate some of your extra citrus fruit please contact Charles Novak (813) 754-1399, Walt Yoblonski (813) 633-7754 or Bob Heath (813) 289-1068. We will need members to help pick citrus, cut up fruit in sample size pieces on Sunday, answer questions from the public, and to help wherever needed. **Thanks** to the members who have signed up to help with this event. If you would like to volunteer (and we do need a few more volunteers) please call one of the above phone numbers.

**Saturday - February 11, 9 A.M., Pick fruit at George & Elaine Riegler's:** Members who signed up to help pick fruit at George's should meet at his place at 9 A.M. (See Map). Bring your clippers, chairs, old towels for drying fruit, buckets, plastic grocery bags, cardboard boxes and any citrus fruit you are donating. Hamburgers, hotdogs, chips and drinks will be provided. Members may bring a side dish or a dessert to share. For questions, directions or more information call Charles Novak (813) 754-1399 or Bob Heath (813) 289-1068.

**Sunday - February 12, 8:30 A.M. - 4 P.M., Citrus Tasting at the Florida State Fair:** Members who are helping with the Citrus Tasting should plan to be at the Family Living Center Building at **8:30 A.M.** We will be very busy as we start offering samples to the public at 10 A.M. Members who have signed up to help with this event will receive their free fair admission tickets in the mail. Also, if you have some extra fruit to donate, want to volunteer or have any questions please call one of the phone numbers in the previous paragraphs.

**Florida State Fair Horticulture Display: February 9 - 20.** If you would like to help man our exhibit please contact Charles Novak (813) 754-1399. Free fair admission tickets will be given to members who donate a few hours of their time to talk with the public about growing rare and tropical fruit. Club member Jené VanButzel (Jené's Tropicals) in St. Petersburg is providing plants for the club's exhibit again this year. Thank You, Jené!!

## From the President

Charles Novak

If you missed the January meeting then you missed me doing a tap dance. Not really- but the planned program using the club projector didn't happen. The projector would not work. I hope members weren't too disappointed. *Thanks* to the members who spoke on topics of interest.

It's hard to believe it's Citrus Tasting time at the Florida State Fair again. This event is on Sunday, February 12. We need your help to make this event a success. If you haven't signed up to help please contact me so I can add your name to the list. We also need members to man our horticulture display; February 9 - 20. We receive many questions and comments from the public and you will enjoy your time talking with them about growing rare and tropical fruit. If you are asked questions you cannot answer you may refer them to our club web site where they can e-mail their questions and receive an answer.

Due to Citrus Canker and Citrus greening, this may be our last State Fair Citrus Tasting. We may not be able to obtain the citrus fruit we need for this event. Citrus canker has spread too far to control and we will have to live with it.

Two members have volunteered to be seed chairpersons. Please help by donating your extra seeds to the seed program. If you know where our seed chairpersons can obtain seeds, please bring the information to the March meeting.

Our Board of Directors will be elected at the March meeting. Please consider volunteering to serve on the Board.

### Scheduled Speakers/Events:

<b>February 11:</b>	Pick Citrus at George & Elaine Riegler's
<b>February 12:</b>	Citrus Tasting at the Florida State Fair
<b>March 13:</b>	Dr. Douglas Graham: The nutritional value of fruits and fruit as a part of our natural diet
<b>April 8 &amp; 9:</b>	Spring USF Botanical Garden Plant Festival

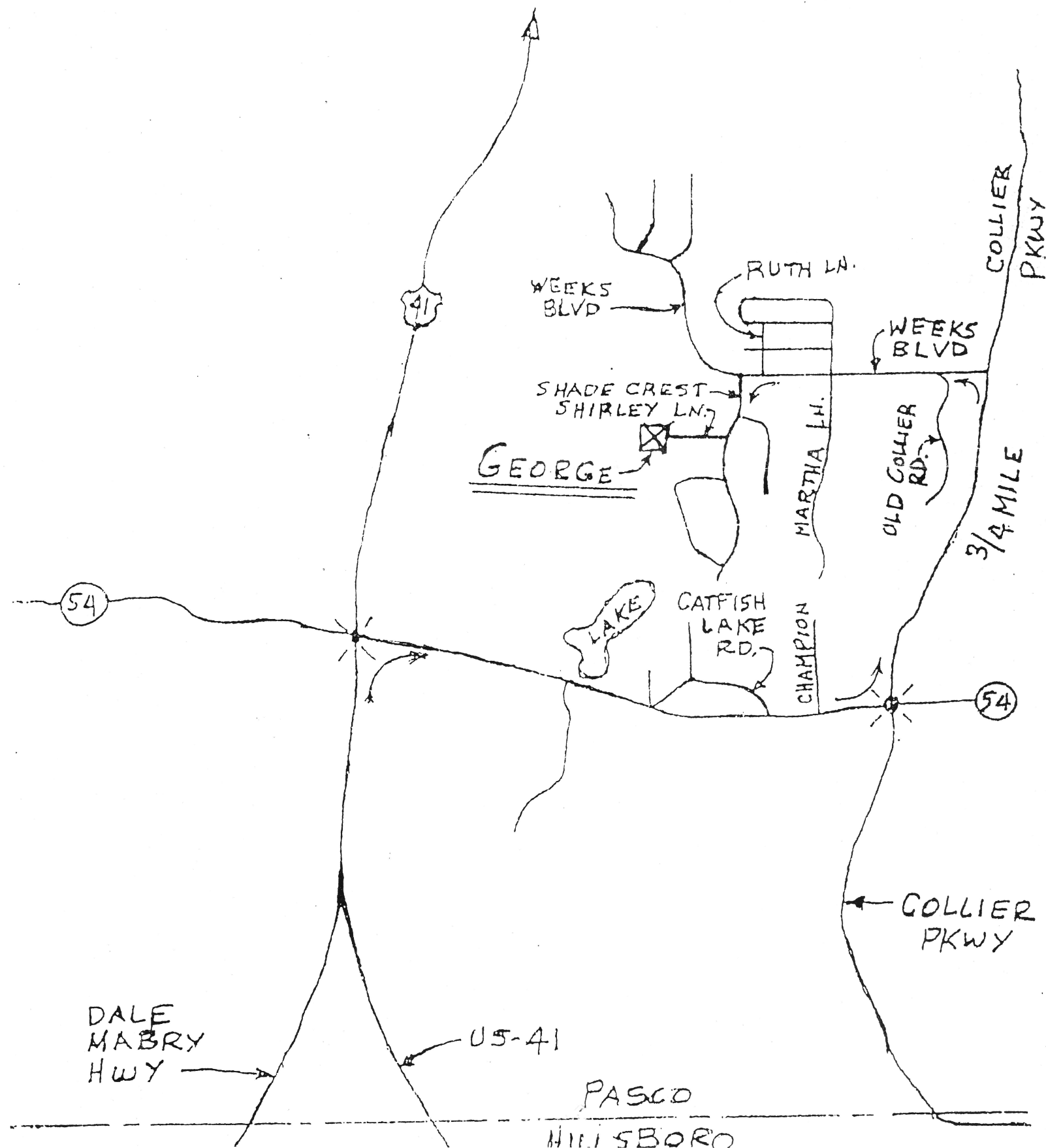
<b>2005 PHOTO CONTEST:</b>	First Place:	Terri Worsham	Blue Crown Passion Flower
	Second Place:	Roberta Harris	American Beautyberry
	Honorable Mention:	Sharon Pilot	Praying Hands Banana
		Shari Safer	Mysore Banana

Photos were also submitted by Gina Watkins, Roberto San Luis, Fred Engelbrecht, R.N. Rao, Paul Zmoda and Steve Lohn. *Thanks* to everyone for the wonderful photographs.

**Board of Directors Election at the March meeting:** Members who are interested in serving on the Board of Directors please contact Walt Yoblonski (813) 633-7754 or Charles Novak (813) 754-1399. The Board of Directors is responsible for the policies, finances and direction of this RFCI chapter. The list of candidates will be published in the March newsletter and will be presented at the March meeting. Additional nominations may be presented from the floor. The Board of Directors will be elected at the March meeting by a majority vote of the general membership present and voting. Directors serve a one-year term and will assume their respective offices immediately after the March meeting. The Board meets monthly or at such times deemed necessary.

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

TO BROOKSVILLE



## JANUARY PLANT EXCHANGE

PLANT	DONOR	WINNER
Loquat	Bob Heath	M Brandt
Surinam Cherry	"	Chris Knight
Cabeluda	"	?
Rangpur Red Lime	"	Terry Lee
Papaya	"	Freedman
Rose Apple	"	Erika Perez
Yellow Passion Fruit	"	Lori Maranto
Eugenia Confusa	"	Erika Perez
Rangoon Creeper	"	Pat McGauley
Sugar Apple	Bob Heath	M Brandt
Basket Citrus	Novak	G Campani
Box Citrus	"	Rose Kalajian
Bag Citrus	"	Terry Lee
Box Kumquats	"	?
Basket Starfruit	Novak	D Campani
Orangequats	C Knight	Liz Dalbo
Carambolas	"	Jeremiah Van Horn
Pink Pommelo	Pat McGauley	Scott Hendrickson
Melons	Tom Schaefer	Liz Dalbo
Loquat	Rose Kalajian	Ian Greig
Crimson Red Angel Lily	Beth Reddicliffe	Tom Schaefer
"	"	"
"	"	Lonnie D.
"	"	Jocarol Smith
"	"	?
Red Kalanchoe	Beth Reddicliffe	Jan Dixon
"	"	Lily Iskandar
Shooting Star	"	B J Vosburgh
Indian River Red Grapefruit	"	Mary Lohn
"	"	?
Oranges	Vega	Steve Lohn
Tangerines	"	Chris Knight
Small Loquat	Jeremiah Van Horn	Bill Vega
Grape	?	M Brandt
Surinam Cherry	Angela Dixon	B J Vosburgh

## TASTING TABLE - JANUARY 2006

Lohn	Cake, papaya	Yoblonski	Yellow rice w/chicken & pepperoni
Vega	Papaya dessert	Helveston	Beef & broccoli combo w/pineapple
Branesky	Pancit	Davis	Guava & cheese empanadas
Golden	Waldorf salad	Dalbo	Spaghetti squash salad
McCormack	Lemon creme cookies	Parker	Meatloaf, fruit
Estes	Deviled eggs	Maranto	Crab/pasta salad
McGauley	Satsumas, passionfruit	White/Castellans	Tuna/linguine salad
Reddicliffe	Tropical ambrosia salad	Newcombe	Carambola/cottage cheese
Cimafranca	Caramel apple pie		
Novak	Wild rice & mango salad, passionfruit squares, fruit & cheese spread w/crackers, apple cake, juices		

and many other items not listed on the sign up sheet. The tasting table was well supplied with a wide variety of delicious foods. Members are invited to bring a dish, fresh fruit, juice, etc., to share with other members. Members receive a free plant exchange ticket for their food donation.



## ADVERTISEMENTS

Are you looking for organic food, neem tea or neem fruit? Do you want the advantage of eating organic? See Patti Mcgauley at ORGANIC EDIBLES NURSERY, 5307 David St, Lakeland FL, or call 863-646-1130. You can also find her at patti.mcgauley@verizon.net  
Eat smart, eat organic.

\* \* \* \*

**Yams Aren't Sweet Potatoes**

Yams and sweet potatoes have little in common according to the North Carolina Sweetpotato Commission, which used to be the Yam Commission. (The U.S. Dept. of Agriculture designates sweetpotato as one word to avoid confusion with white potatoes.)

The sweet potato, a native of South America, is a dicot, meaning it has multiple growing points. But the yam, a native of Africa, the Commission says, has only one growing point and is called a monocot tropical root. Agriculturists at the University of Florida said years ago that in the United States, yams grow only in Florida.

**Health-Boosting Mushrooms**

Common button mushrooms may help lower cholesterol and prevent chronic diseases, according to new research. Penn State food scientists, using a new assay for examining fungi, found mushrooms to be the highest source of the powerful antioxidant ergothioneine. Ergothioneine, present in many foods in smaller amounts, may help fight off chronic inflammatory diseases and, as one study suggests, may even protect cells from the destructive beta-amyloid plaques that develop in Alzheimer's disease. White button mushrooms have four

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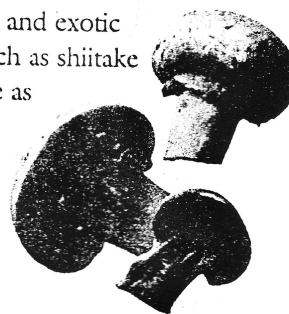
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\* \* \* \*

times more ergothioneine than chicken liver, once considered the highest source, and exotic mushrooms such as shiitake and oyster have as much as three times more of the antioxidant than common mushroom varieties.

**Members' Corner:**

**Wanted:** 1 gallon pots. Charles Novak (813) 754-1399. If you have extra 1 gallon pots please bring them to the March meeting or I can arrange to pick them up. *Thanks.*

I sharpened all my pruning tools and got to work on all deciduous trees and grapevines. I shaped and removed dead wood from citrus trees. All citrus received 10-10-10 fertilizer. I sprayed the mango and figs with copper. Sprayed all citrus with micronutrients. Sprayed all deciduous fruit trees with malathion plus horticultural oil.

Our citrus trees are providing a very nice crop this season. Orlando tangelos are so numerous and heavy that branches are cracking from the weight. They are an excellent source of fresh juice. Beautiful, large, perfect Meyer lemons stand ready to provide juice for anything we want: fish dishes, tea, salad dressing or lemonade. Our Sanguinelli blood oranges have a good, red speckled appearance and great flavor. Sweet Siam pummelos are the best out of several types we grow, but as the other trees mature, I expect their quality to rival or beat it for our eating pleasure.

I continue to plant, weed, water and fertilize our veggie gardens. They are producing wonderfully complex salads. For example: shredded gourmet lettuces, broccoletto (raab) tender leaves, daikon radish shavings, sliced pac choi stems and a sprinkling of finely chopped chives and fennel leaves. Wait, there's more. Add some sliced, fully vine-ripened Celebrity tomatoes; shredded, various mustard leaves, immature pea pods, sliced white and red scallions, cilantro leaves and Chinese broccoli heads. Now add olives, cubed cheeses and bean sprouts. Top with your favorite salad dressing and I promise, you'll want to skip the main course. This is the best time of year to grow your best ever salads.

New plantings: arugula, lettuces, garden cress, raab, pac choi, chard & daikon radishes.

PAUL ZMODA  
JAN FEB 2006  
TAMPA FL 33609

FIRST CLASS MAIL



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