



RFCI NEWSLETTER

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL INC

April 2006

EDITORS: BOB HEATH, PAULA HARDWICK, CHARLES NOVAK, LINDA NOVAK

PRESIDENT: CHARLES NOVAK

WEBSITE: www.rarefruit.org (CHARLES NOVAK)

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

NEXT MEETING: APRIL 8 & 9 @ USF (SEE BELOW)

PROGRAM: THE USF SPRING PLANT FESTIVAL IS SCHEDULED FOR APRIL 8 & 9. Consequently, we will forego our usual monthly meeting which would be on the 2nd Sunday of the month, Apr 9, 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 who participate in the sale. This is an interesting affair and well worth the admission. Likewise it is a social event as well as a money maker for the Club. We will have no tasting table or plant raffle. 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 Apr 8 & 9, 2006. This is an important fund raiser and all members are invited to attend, to assist in the Sale, to sell plants, to enjoy the camaraderie and to visit other groups.

Our participation will begin around 3:00 Friday afternoon, Apr 7, raising tents, setting up tables, arranging plants & posters, till about 6:00 pm.

On Saturday, Apr 8, the Gardens will be open from 7:00 to 9:00 am for our final preparations.

The front gate will close at 8:30 am on Saturday & Sunday, & participants will enter by the side south gate after the front gate closes, on foot, until 9:00. Public will be admitted at 10:00 on both days. Admission is \$3.00.

From 7:00 to 9:00 am on 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. Only after 4:15 on Saturday & 3:40 on Sunday, 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 in the south parking lot.

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. Wear your RFCI T-shirt.

DIRECTIONS TO USF 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. We will be in the southeast corner of the Gardens.



WHAT'S HAPPENING

MAR-APR 2006

by PAUL ZMODA

St Valentine's Day - February 14th - was not very kind to some of our fruit trees at Flatwoods Fruit Farm. Our calibrated thermometer showed 24°F just outside the window at dawn. I can assure you that, out in the open orchard, it was lower than that! The only blessing was that the freeze was brief and the only one we had in a whole year. Those few hours, though, were enough to set back some projects. Our beautiful banana patch is all brown - but not lifeless. All the nonfruiting stalks will keep growing, but all those bearing small unripe fruit were cut down because without leaves, bananas will not ripen properly. We are using the best ones for cooking, however.

The guavas and our towering jakfruit tree are damaged and dropping all their brown leaves. Our poor leafless Key lime had been loaded with hundreds of tiny flower buds. Our budding lychee is all but dead; its brown leaves still cling to dark, cracked branches. This tree was inside a makeshift greenhouse with blankets covering that - to no avail.

Our similarly protected mango tree lost all its flower spikes, but a second crop of buds is rapidly taking their places. I supposed the mango might also be called "the second chance fruit" because it is not unusual to get this second crop.

Our wild plum collection has been putting on a super show of beautiful white blossoms by the thousands and, maybe best of all, the Spanish olive is once again putting out flower buds!

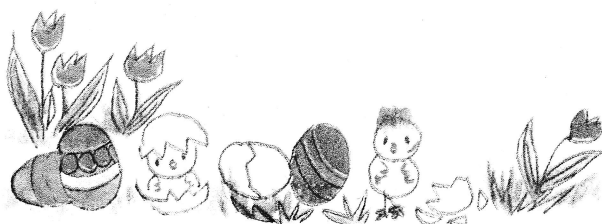
Wild pawpaws in the woods are leafing out.

New plantings: pole beans, lettuce, arugula, fig, papayas, mustards, tomatoes & peppers.

TASTING TABLE

MARCH 2006

Branesky	Strawberries & Pomegranate juice	Campani	Macaroni salad
Coronel	Fried rice, bibingka, coconut tarts	Golden	Bean salad
Brandt	Cherry coffee cake	Sinclair	Durian
Musgraves	Passion fruit drink	Baker	Pizza
Reddicliffe	Tropical Ambrosia salad	Estes	Potato salad
Jones	Vegetable salad	Parker	Bread pudding
Maranto	Asian slaw	Newcombe	Carambola
Kirby	Green papaya dessert, green plantain	Topping	Noodle salad
Saceda-Bigelow	Meatballs	Theryo	Fried bananas
Murgado	Orange Chiffon cake	McAveety	Grapefruit juice
Palis	Mango/papaya salsa	Sawada	Cupcakes
Shigemura	Strawberry mousse tarts, apple upside down cake, chicken loaf w/spicy strawberry BBQ sauce		
Novak	Tropical chicken salad, guava jam and papaya jam w/crackers, passion fruit cheesecake, fresh fruit platter, juices		



NUTRITION

by Dr Douglas Graham

Dr Graham gave us a rambling account of his life experiences and how he arrived at the diet that he lives by. He indicated that it was a real pleasure to be speaking to us; he likes to give his presentation to the Rare Fruit Council; it is something he has been a part of and had an interest in for over 20 years, since he moved to Florida where he now lives in the Keys. He has consistently grown a large part of his food, and in the Keys where there is no soil, that is a real challenge. He indicated that he has built a foot of soil on his property down there over the years, using compost, yard waste and seaweed. When he was in college, he and some friends decided life would be beautiful if they could go live on an island.

After he graduated from college, working in Atlanta, he saw an ad for a medical practice for sale down in Marathon in the Keys. He went down and looked, liked what he saw, put his house and practice up for sale in Atlanta and moved to the Keys. He planted fruiting trees and opened a health club in the area. After growing what we call rare fruits, which actually are very popular in other parts of the world and not exactly rare, he thought he could give us another reason to appreciate all the varied fruits we grow and in a way that makes a little more sense.

When Dr Graham was in the 7th grade, his physical education teacher said, "You know you athletes need to eat your fruits & vegetables." And in high school his PE coach said, "You have to eat your fruits and vegetables." In college he was a health major and everyone thought of fruits and vegetables as health food; so it's not news to anybody - fruits and vegetables are health food. He indicated that he's been studying nutrition since the days he was in college and hasn't stopped his love affair with pursuing more knowledge about nutrition. From an early age, since his mother belonged to Weight Watchers, he has been looking at nutrition from a standpoint of weight control. But he didn't want to approach nutrition as a diet; he didn't want to weigh out his food; that didn't seem to be

the way to do it. And there wasn't a real model about the way to eat. A lot of people were talking about nutrition back then and a lot of information turned out not to be sound. The idea of complete protein in a diet is a false idea in the first place, but people are still teaching the idea of complete protein and it's not real. You don't need to get every protein that's available in food. Your body has a store of available protein if you need it. We have been fed a line of goods in our approach to nutrition, and basically that line of goods is that more is better. But the idea of more is not what nutrition is all about. Nutrition is like buying shoes; do we really want the biggest shoes we can find, or a pair that fit? Good nutrition is like exercise, and there again, it's a matter of too much is not better. The best form of exercise has to meet your requirements, your needs. Almost all nutritional diseases, certainly more than 99%, are diseases of excess, not diseases of deficiency. If you look in a medical dictionary for the term "protein deficiency", you will find there is no word for "protein deficiency". People who teach this low protein thing have a vested interest in people eating their specific foods. Our entire mind set is literally controlled by the media and society. Dr Graham indicated that he approaches nutrition differently than everyone else, and if that makes him crazy, so be it. He says he was willing to do things differently than everyone else to a point where he was a health major in college, studying nutrition and teaching that fruits & vegetables are health food. He's trying to teach young people to have pride in themselves and that they deserve to be healthy, that they deserve to be well, that they deserve to get the good things in life. How to develop their own self esteem requires taking care of themselves.

Dr Graham has made little changes in his diet; he eats honey instead of refined sugar, drinks milk instead of Coca Cola, carob candies instead of chocolate. He started eating fruit for breakfast & found it makes a very good breakfast.

Back when he was 25, the authorities were saying, "Eat health food, fruits & vegetables." He wondered what would happen if he ate more of what they were saying to eat. He started eating fruit for breakfast & surprisingly, found it was a good breakfast & that there were a ton of issues. One of the issues was satiation. People who eat in restaurants are guaranteed by the restaurant not to be satiated. But when you push back from the table at the end of the meal, you say "I couldn't eat another bite; I'm stuffed." Then the waitress comes over & says "Would you like dessert?" "Well, I couldn't eat another bite of that meal but I do have room for dessert." You've got room for something sweet, which signifies the end of the meal. Think about fruit. You know we use more senses to notice fruit than we do for anything else on the planet, except maybe the opposite sex. Fruit fits in the palm of your hand; it's ergonomically designed. Now, a cow isn't ergonomically designed; try taking a bite out of a cow. Bananas, apples, papayas, they're all ergonomically designed, built to scale for human consumption, except maybe a jakfruit. Beef is not ergonomically designed, but fruit comes in individual size servings. It's so amazing, looks pretty, smells good, has texture, has color & flavor. People who try fruit for breakfast say "It doesn't work because in an hour I'm hungry again." That's because we're used to eating a certain amount of food for breakfast, but that volume of food has been dehydrated; it's been concentrated. When we cook it, it's concentrated. The moisture has been driven out. When you dry up the water, you concentrate the flavor of the food. But if you concentrate it too much, take all the water out, then you've lost all the flavor. The taste buds can't taste something unless it has moisture in it. A sugar cube doesn't taste sweet until it dissolves; salt isn't salty until it dissolves. So people get fooled; they eat a little fruit & the blood sugar level goes up rather quickly because fruit gets into your system rapidly, which is one of its beauties. You feel satiated. But an hour later you're hungry again. Well, you didn't eat enough. We are literally going to have to relearn how to eat when we have fruit for breakfast if it's going to work for us.

Dr Graham found that eating fruit for breakfast worked well; it left him feeling good, it left him hydrated, energized for the day. In college he ate fruit for

breakfast but for lunch he'd have a sandwich. Being a vegetarian, it was a vegetarian kind of sandwich. On a hot August day in Atlanta, he had this kind of pasta thing for lunch and wondered, "What would happen if I had fruit for lunch?" After thinking about it several times, he finally sat down & had fruit for lunch. Amazing things happened & scary things too, because his friends would say, "That's not going to work. You might feel good in the short run but eventually you're going to fall apart." Back in the 70's, he was the health nut, but in the 80's he became the health expert. And in the 90's he became the health connoisseur. Now he's the health coach. He still tells people to eat fruit & vegetables. How much fruit & vegetables? Well, just more!

People couldn't believe how much fruit he ate. When he grocery cart was full of fruit & vegetables, especially when he told them it was just for this week for him & his wife, they didn't believe it. People actually seem to deny that fruit is food, but we've known it is since we were babies. He found that eating fruit & vegetables for breakfast & lunch was working very well. But he decided that cooking his food wasn't his best choice, which put him out on the fringe of society, because if you don't cook, there's something wrong with you. He sold his stove to the junkman in 1986 and replaced it with cabinets. The interesting thing is that there are no living creatures out there cooking their food; only man, & he wondered what that is telling us. All the mammals in the world eat fruit. He wondered if they're telling us something too. We're mammals. Every creature that's anatomically, physiologically similar to us will thrive on similar food without exception, and the animals most similar to us eat fruit. He tried living on papayas for a while & then bananas, then mangoes, canistel & sapodillas. He's tried this several times & the same thing always happened: for the first time in his life he felt satiated. We're all fruit eaters here in the Rare Fruit Council, by why do you think we like fruit so much? We cultivate it, we talk about it, make it pretty. we are set up that way; all of our survival functions are designed for the pleasure of eating fruit, or we wouldn't be doing it. The minerals & sugars in fruit require almost no digestion; it's almost ready to be absorbed. So he made us a promise. If we will try the same experiment, eating fruit

for 3 months, 6 months or a year, eat all the fruit you want for breakfast, all you want for lunch, & at the beginning of your dinner meal, eat all the fruit you want, and if at the end of the experiment,

you're not satisfied, you can always go back to the old way. But if you are satisfied, why would you want to go back?

From the President
Charles Novak

The program by Dr. Douglas Graham on the nutritional value of fruits and fruit as a part of our natural diet was very informative. I know I should eat more fruits and vegetables, but I love sweets. Chocolate comes from a fruit (cacao). More chocolate, please!

I want to *thank* the Board for electing me *president* again. Also, *thanks* to the membership for all the help in making this a great club. The events in which the club participates would not be a success without the time and effort donated by our members.

We need your help at the USF Botanical Garden Spring Plant Festival (April 8 & 9). Please help on at least one of the following days: Friday (3PM) - help unload plants and set up, Saturday (9AM-4PM) and Sunday (9AM-4PM) - help where needed during the sale and help load plants after the sale.

If you have not been to one of these plant festivals, you will be amazed at the many different plants and trees that will be available for purchase. You will enjoy talking with the public about the joys and rewards of growing rare and tropical fruits. Many of our new members join at the plant sales. This is the perfect opportunity for you to sell your extra fruiting plants and to purchase new plants.

I would like to thank the club members who donate plants and fruit for the plant exchange and contribute the delicious items to the tasting table. It is greatly appreciated.

If you know of someone who might present a program of interest to club members, please contact me at (813) 754-1399. Also, if you have any suggestions concerning field trips, other activities, the newsletter, etc., please contact any of the Board members and we will discuss it.

Note: If your membership expired in March and you haven't renewed yet, please do so soon. You wouldn't want to miss the interesting and informative programs and speakers, our newsletter or the fun times we have.

Scheduled programs/speakers:

April 8 & 9:	USF Botanical Garden Spring Plant Festival
May 14:	Gene Joyner-Unbelievable Acres Botanic Garden in West Palm Beach

Board of Directors:	Charles Novak-President	Thom Scott	Fred Engelbrecht
	Bob Heath-V. President	Steve Brosh	Terry Lee
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	Susan McAveety-Treasurer	Paul Branesky	
	Linda Novak-Secretary	Judith Cimafranca	



New Members:	Carolyn Fisher	Tampa	James Oliver	Valrico
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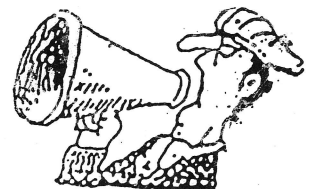
Event of Interest: Manatee RFCI Annual Fruit Tree Sale, May 21, Manatee Convention Center, 1 Haben Blvd., Palmetto. www.mrfc.org.

MARCH PLANT EXCHANGE

PLANT	DONOR	WINNER
Surinam Cherry	Bob Heath	S Worsham
Surinam Cherry	"	Teddy Theryo
Papaya	"	Zmoda
Beauty Berry	"	Sonia Saceda Bigelow
Carissa	"	W Rushing
Loquat	"	Lauren Hendrickson
Loquat	"	Skigeharv Sawada
Red Passion Fruit	"	?
Cabeluda	"	Ed Musgrave
Rangpur Red Lime	Bob Heath	?
White Sapote	Charles Novak	Vic Gambuni
White Sapote	"	Sal Russo
Aloe Vera	Paul Branesky	?
Aloe Vera	"	?
Chestnut Malabar	Vega	Bobbie Parker
Chestnut Malabar	"	Nancy McCormack
Palm	"	Ed Walsh
Palm	"	Ed Musgrave
Palm	"	Judy Cimafranca
Ylang Ylang	Judy Cimafranca	?
Mamey Americana	"	Scott Hendrickson
Bag of Oranges	"	?
Guava	Sal Russo	Michael McDuffie
Italian Fig	"	Bob Heath
Dracaena Marginata	Mike Brandt	?
Kalanches	Beth Reddicliffe	?
Kalanches	"	?
Coral Plant	"	?
Shooting Star	"	?
Indian River Red Grapefruit 1 bag	"	?
" " " "	"	?
Loquat Seedling	Nancy McCormack	Teddy Theryo
Kava Kava	Nikolas Fingar	Michael McDuffie
White Jam D. Alata	Ed Musgrave	Nikolas Fingar
Tree Spinach	"	?
Amarylis	Drexel Jackson	Anna Murgado
Stopper	Zmoda	Travis Bailey
"	"	Sal Russo
Bag Citrus	L. Novak	G. Campani
Citrus Asst.	"	Teri Worsham
" "	"	"
Bag Citrus	"	?
" "	"	?
Grapefruit	Vega	?
"	"	?
Kava Kava	Nikolas Fingar	Lauren Hendrickson
Lemons	Yuko Topping	James Oliver
Hurado Buntan Pomelo	Sonia Bigelow	?

MEMBERS CORNER

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GARDENING MADE EASY

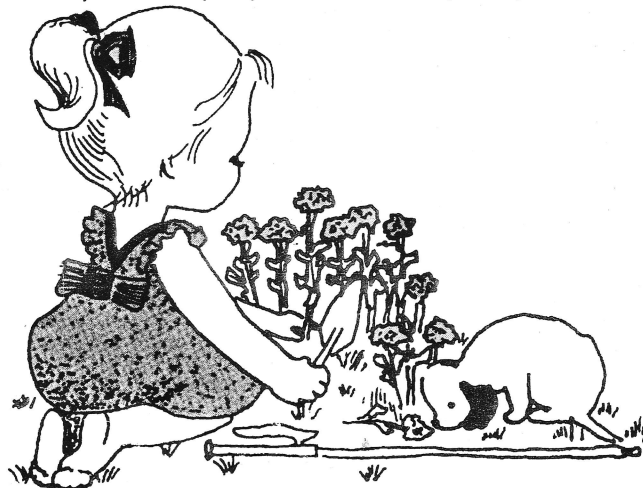
- * The best way to garden is to put on a wide brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig.
 - * When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.
 - * A weed is a plant that has mastered every survival skill except for learning how to grow in rows.
 - * Any self-respecting rock will break at least one shovel before accepting its new home.
 - * Gardening requires a lot of water most of it in the form of perspiration.
 - * Persimmons teach patience.
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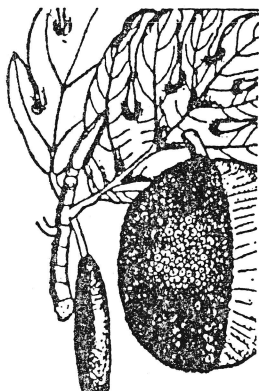
You Know You're A Master Gardener When:

10. You rejoice in rain...even after 10 straight days of it.
9. You have pride in how bad your hands look.
8. You have a decorative compost container on your kitchen counter.
7. You can give away plants easily, but compost is another thing.
6. Soil test results actually mean something.
5. IPM rules!
4. You'd rather go to a nursery to shop than a clothes store.
3. You look for gardens open to the public whenever you go on vacation.
2. Your non-gardening spouse is actually getting involved with your garden endeavors...digging ponds, building bird houses, watering, pruning, turning compost piles, planting...

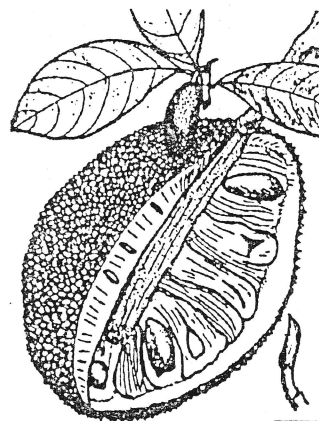
And you definitely know your a Master Gardener when...

1. You are surrounded by terrific people who share your passion!



FAMILY - MORACEAE104. *Artocarpus altiss* - Breadfruit

Evergreen tree to 60 feet or more, native to Southeast Asia. Pinnate lobed leaves, up to 2 feet long, are dark green, shiny, thick and leathery. Flowers are yellowish and the roundish, yellow fruit is about 5 inches in diameter. White or pale yellow pulp is baked, boiled, roasted, fried or preserved. The flavor is starchy. Propagation is by cuttings or layering. Plants started from seed tend to produce seedy fruit.

105. *Artocarpus integrifolia* (*heterophyllus*) - Jackfruit

Evergreen tree to 60 feet, native to South-east Asia. Dark green leaves up to 8 inches long. The juice of this tree is milky. Male and female flowers are produced on separate spikes. Round, yellow-orange fruit are produced on the trunk or larger limbs and may weigh 10 to 14 pounds. Yellow pulp is eaten fresh, preserved or cooked with other foods. Seeds are roasted and eaten. Propagation is by seed, cuttings or grafting.

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