Aug 2006

RFCI NEWSLETTER
TAMPA BAY CHAPTER of the RARE FRUIT COUNCIL INTERNATIONAL INC

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

NEXT MEETING: AUG 13

PROGRAM: OUR SPEAKER THIS MONTH WILL BE MICHAEL DUBINOVSKY AND HIS ASSOCIATE , TATIANA ANDERSON. They operate the Top Tropicals Nursery and they will be talking about fragrant flowering and fruiting plants. The nursery may be interesting enough for the Club to take a tour sometime in the future. Michael has an extensive knowledge of tropical fruiting trees and we should find it an interesting presentation.

We will also have our usual raffle, farmers market and unbelievable spread of exotic and delicious dishes.

The meeting will be at the usual Tampa Garden Center on Bayshore at 2:00 pm. See you there.

From the President
Charles Novak

Wae Nelson, publisher of Florida Gardening Magazine, gave a very interesting and enjoyable program last month. We learned a lot about our Florida soil and Wae discussed ways to improve the soil for the growing of tropical fruiting plants.

Over 30 club members went on the club trip to Merritt Island on July 15. We sampled many great tasting mangos and enjoyed good fellowship with the Brevard RFCI. The members who rode with me said they enjoyed the trip and we should schedule field trips more often. If you have a suggestion for a club trip, please let me know.

The speakers for our August 13 meeting will be Tatiana Anderson and Michael Dubinovsky from TopTropicals (fragrant, flowering and fruiting plants). They have a great web site at: http://www.toptropicals.com/. If you have internet connection, I recommend you check out the web site - it includes many great photos of tropical plants.

It is not too soon to get your extra fruiting plants ready for the October Fall USF Botanaical Garden Plant Sale. Remember, we are to sell only fruiting plants at the sale.

Please welcome guests and new members. Thanks for the delicious donations to the tasting table and for the plant donations to the plant exchange. Our members are very generous. The tasting table last month was unbelievable!

There will be a Board meeting after the regular meeting on August 13. Members are welcome and encouraged to attend.

Scheduled programs/speakers:

August 13:	Tatiana Anderson and Michael Dubinovsky, from **TopTropicals** on fragrant, flowering and fruiting plants
September 10:	Maryon Marsh, Herbs
October 14-15:	Fall USF Botanical Garden Plant Festival

WHAT'S HAPPENING
Jul-Aug 2006
by PAUL ZMODA

We are getting a nice crop of tamarinds lately just as the tree is puting on a huge amount of new flowers. The brown pulp inside the pods is sticky and tart/sweet - a natural candy. Ripe tamarind is useful in many recipes: drinks, preserves, curries, jellies, syrups, sauces, chutneys, etc. Unripe pods are green inside and sour. These are added to soups & stews in some countries. Their orchid-like little flowers can be eaten raw in salads or cooked. The tender leaves may be included in soups, salads & curries also. This tree comes to us from the Indian subcontinent where a co-worker of mine was born. He showed me that you can roast (or microwave) the seeds & eat them too! They taste like peanuts; and are legumes as peanuts are, although so hard it is like chewing gravel. One could probably grind them in a mortar to make a tasty flour to top ice cream, cookies or cakes.

The slender, climbing night-blooming cereus cactus have bloomed. In the darkening hours past sunset, these cacti put on a most stunning display of large white flowers. If sufficient, different cultivars bloom simultaneously, you might get cross pollination to occur, and some interesting, edible fruit may result.

I pruned all our citrus and then sprayed them with fish emulsion and epsom salt. Copper fungicide was sprayed on our fruiting mango, grapes and citrus.

Our oldest jaboticaba has fruited well; they don't take long to ripen - only a few weeks from flowering.

All of the sugar apples are setting a very large crop now. In the past, many of those turned black at a small size. This year I am determined to prevent that condition so as to enjoy more full-sized ripe fruit. I don't know what causes some of these fruits to abort, but I plan to spray often with fungicides and fertilizers in hopes of preventing or minimizing our losses.

We are getting plenty of needed rain lately and things are growing well as a result. One type of fruiting tree that fascinates me is wild plum. Our chickasaw plums are absolutely loaded with these tart, flavorful little orbs. I make a sauce with them which we serve over cooked pork or chicken. First, simmer ripe plums (or any tart fruit) in a little water for 5 minutes or until soft. Drain & push the pulp through a colander into a saucepan, discarding seeds & skin. Now add brown sugar, balsamic vinegar & some sweet wine. Gently cook until thickened & serve over grilled meats or top ice cream with it if you so desire.

New plantings: pawpaws, cacti.

Tampa Bay RFCI Polo Shirts: The club has polo shirts (dark green or blue) available for purchase by members. The cost is $15 each. Club patches are also available.

pH Soil testing: If you would like your soil's pH tested, obtain soil samples from 6 to 8 sites within the area you want tested. Mix the soil together, put it into a plastic bag and bring to the next meeting. You will need **at least 1 cup of moist soil**.

Membership directories: A new membership directory will be printed in August. Copies will be available at the August and September meetings. If you are unable to attend either meeting and would like a copy of the new membership directory, please contact Charles Novak (813-754-1399) and a copy will be mailed to you.

Improve Your Yield by Improving Your Soil

by WAE NELSON

Wae started his presenation by indicating that he was not a horticulturist by trade. He is an engineer; that was his education; that's the job he did for many years in aerospace and defense, and because of that, he has a little bit different approach to growing plants. Horticulturists spend their time on taxonomy, pruning techniques and that kind of thing. Wae tends to look at plants from an engineer's viewpoint; he looks at things like energy flow, chemistry and things of that nature, and he suggests that's a very beneficial approach because of what we are talking about today, which is soil improvement. We will get a chance to see why certain things work as opposed to instructions of 'just do this', where we sit and wonder why.

The basic fact is that we have bad soil in Florida. This does not come as a shock to us, but the problem is that a lot of p people don't know what to do about it. When we ask people if they are improving their soil, they say, "Sure, I fertilize every month." Wrong answer! What we need to understand is how we can make our soil better. This is a subtle thing. Wae says we have bad soil because of low fertility. He doesn't argue that is is because of low fertility in our soil in Florida, but he says the real problem is water. If plants can't get water, they can't get food. Plants take up all their nutrients in the dissolved form in water. But if you have dry soil, you can fertilize continually and the plant says, "I don't see anything." Water is very important, so what are we concentrating on? We are concentrating on how to keep the soil somewhat moist.

The second problem we have is too much water. The surprising thing is that we live in a desert zone area that happens to get a lot of rain. If you look at the globe, you wil see that there are two bands of desert areas that encircle the globe about equidistant from the equator. We are in one of those bands. West of us is the Great American Desert; east of us is the Sahara Desert, and further on, places like the Gobi Desert. But because we are on a peninsula between the Gulf of Mexico and the Atlantic Ocean, we get winds sweeping back & forth and we get rain. But at times we get very dry conditions. Other times we get rains of 4" or more. Records may show that we get an average rainfall fairly high but that doesn't mean much because we get it in big blobs. When you look at the average, it looks like we get good rains, though we get long periods of drought, separated by deluge. The problem is that when we get that deluge, the water just runs off and our poor soil allows the nutrients to be washed out by the rain.

The second item is the soil microoganisms which Wae feels he's gotten onto really well. He considers this something that is highly underrated by most people and highly critical to our soil. So how we we get great soil? This answer is organic material. Wae grew up in Iowa where in some places the topsoil is 20' deep. These are places where you put a seed in the soil and jump back to get out of its way. This is not a situation we have here. People say Florida must be very geologically recent because Iowa may have 20' of topsoil, but here we have none. So it's not that we haven't had time for the topsoil to build up. What happens here is when organic material, leaves & such, falls to the ground, it lays on top and literally burns up. It slowly oxidizes away in our desert climate. There just isn't time for it to break down and go into the soil. It's estimated that the mud fields lose about a quarter of an inch a year which is due completely to the burning up of the muck. So in light of that, we need to determine how we get good organic material. It comes from anything you can find; newspapers, cardboard boxes, sawdust, clippings from the landfill, any organic material you can get. Wae likes landfill material and advises not to put yard waste in the landfills. A survey has shown between 40 and 70% of material in landfills is yard waste. Most counties have a technique wherein they grind up the yard waste and make it available to the inhabitants as mulch. A very important point about that is that the material is biologically active. Usually by the time you get it, it is partially composted; it will be steaming & hot. It's a fine material and as a gardener when you look at it, you

just want to swim in it. It's gorgeous material for your garden when you get it. It's like black gold. Since we are all growing trees, it's very important because trees have their roots down deeper. We want to get the soil underground if possible. The biggest problem with this kind of thing is that it's big hefty work. You have to be kind of creative in how you handle it. The most common way to incorporate this compost is to rototil. If you have an area you are going to plant and garden, put down about 4 to 6" of mulch on top of the area and rototil it in. If you do that twice a year, after about 3 years, you've got reasonable soil.

The second way to do it if you have an area to cover, is disking. For that you need a tractor, and as Wae says, not too many of us have disks laying around in the back yard. But there are people you can hire to do it and it's not too expensive. The third way to get the soil underground is trenching. One time Wae was thinking about putting in a lychee grove but he came face to face with the fact that he didn't have very good soil. The idea he came up with to improve the soil was to rent a trencher. He dug trenches on 3' centers in both directions to make a grid. Make a grid of trenches, fill them up with compost and cover them up, and you have a nice pattern of mulch throughout the area. Wae at that point quoted the old saying, "Never put a $10 tree in a $5 hole," which is merely saying what we're talking about; when you plant a tree, enrich the hole. But modern research shows that this is wrong. The logic is that what happens when you build a nice rich hole for your tree for the roots to grow in; what are they going to do when they get to the edge of that nice rich hole? They're going to turn around and go back in, they're not going out in that stuff. The current thinking is that you plant your tree in the soil it's going to be growing in, then improve the soil out beyond that and encourage the roots to climb out of that hole rather than stay in it, which is one of the reasons for the idea of trenching. It will give you an even pattern so the roots can spread around.

So what do you do when you have a tree that's already been planted? Dig some more trenches. Wae says he's had marvelous success with it. He uses a very narrow shovel a trenching shovel. He starts maybe half way to the drip line and goes about 10' beyond the drip line depending on the tree size. He digs the trenches like spokes so he gets about 8 trenches around the tree. Another thing you can do is dig a bunch of holes with a post hole digger and put mulch in them. He makes the post holes about 8" deep and the trenches 6 or 8" also. Wae says this is an important concept for tree people, to build up the quality of the soil in a relatively large area. The last thing he

The last thing he wanted to discuss in making great soil is urea. Urea is a direct analog for the material you get out of stable bedding. Go out to the stable and the horses are eating hay. You pick it up and get great stuff for your garden. Unfortunately there are not as many horses nearby as there used to be so they now make urea synthetically. Some organic registration people accept urea as one of the materials you can use in making your organic certification, but some do not, and the ones who do not, do it only because it's synthetic. As far as using it in the ground, it is the same as if you were using stable bedding. The plants cannot get anything directly from the urea. It's not the same as using fertilizer. You put down fertilizer, the plants grab it and grow. They can't absorb urea. When you put down urea, what you're really doing is feeding the soil microorganisms and they in turn feed the plants. So where do you get urea? In the old days we had feed & seed stores, which are called feed stores today. All the feed stores have facilities where they can go out and get seeds and lawn chemicals and that kind of stuff. So you can go to a feed store and order it. It It comes in 40 or 50 lb. bags. It's a fine white pebble material about the size of an okra seed. It dissolves very readily. Put it down very lightly but often. Water it in; it waters in quickly: fabulous material.

Wae emphasized above that soil is alive. If we leave with one thing, this is the most important concept we must have. Forget about soil as an inanimate thing to support your plants and have some of those nutrients like calcium, phosphorus and potassium in it. Soil is much more than that; it is a living entity. It is

full of algae; it is full of bacteria, it's full of fungus; it's full of nematodes, good & bad ones. If you get the concept in your head that soil is a living entity and you work toward improving that entity, all of a sudden a significant number of the bad problems go away. Fungus causes dampoff, a very serious problem with planting seeds. When you have a very active biological soil, the good fungus will take care of the dampoff fufngus, which eliminates the dampoff.

Mycorrhizae is one of the important things we've learned about plants during the last 50 years. Mycorrhizae is a good fungus which inhabits the roots of plants,almost like a parasite. But it's a good parasite. Researchers have found that a lot of times when they measure the mass of plants, 50% or more turn out to be mycorrhizae. Mycorrhizae feeds on sugar, which is generated by plants and it picks up nutrients from the soil and feeds it back to the plant. It is really a symbionic relationship. Another thing that is interesting about mycorrhizae is that it is very similar to innoculating legumes. When you're planting beans, you put a little of the powder on them to make them grow better, but with legumes, there is a specific innoculant for every different kind of legume plant. Every single type of legume has its own innoculant. In the case of mycorrhizae, of which there are only about 5 or 6 known types, all plants that use mycorrhizae on their roots use a type called endomycorrhizae in place of ectomycorrhizae. Endo means within and ecto means outside. Any agency that plants trees uses mycorrhizae. Just as you wouldn't plant a tree without watering it, agents always use mycorrhizae. The nice thing about it is that it only requires a small amount. It's a living organism. You just have to get it started. In the case of trees already planted, take a heavy steel bar like a rebar, push it down in the root zone as far as you can, wiggle it around and pull it out. Put no more than half a teaspoon of mycorrhizae in the hole. Do the same in the 4 corners of the tree and you have innoculated the tree with mycorrhizae.

Now, to get back to mulching and composting. Actually there are 2 types of composting. The first is the classic style where you build your pile, put the right stuff in it, keep it wet, turn it over and it composts. It's called the indore method from India. Never put garbage, things like orange peel, banana peels, eggshells into a garbage can: it's too valuable. You paid good money for your banana and the peel is probably as valuable as the pulp. So what do you do with them? First of all, you've got to mulch in Florida. The 3 secrets to gardening in Florida are mulch, mulch & mulch. Just bury your garbage under your mulch and it will go on and disappear. <u>But never use meat products</u>. A lot of people think when they put down red cypress mulch, they have mulched. What have they accomplished? If you want your area to look nice, put down concrete and color it whatever color you want. But if you want things to grow, you've got to consider the materials which are biologically active in the soil. The book says there are 3 reasons to mulch. You conserve moisture, you keep down weeds and you build up the soil. In Florida there's a 4th reason. We mulch to keep the ground cool. Plants do not know where they live by the temperature of their leaves, but rather the temperature of their roots. If we keep the roots cool, the plant will think it's growing further north than it is. Plants actually live in 3 or 4" of the topsoil. If you go out in the sun and touch the soil, you can't put your hand on it: it's too hot. How could anything live in that temperature? But that's what we ask plants to do. Put the mulch on very thick to keep the roots cool. People think ½" or so of mulch and they've done the job. No way. Lastly, the mulch is feeding the soil microoganisms.

Wae said that behind his house he has piled a bunch of the shreddings left over from the last hurricane which the city was selling. He bought 2 truckloads. In a large area he spread the woodchips about 6" deep. The stuff was nothing but wood products, no leaves, no grass clippings, nothing but wood shaving. The books tell you this is bad. It's high carbonaceous material which means it has a lot of carbon and very little nitrogen. As it breaks down, the books say, it will suck nitrogen out of the soil and starve all your plants for nitrogen. Wae planted that area with a plant that normally grows about 8' tall. It grew to 16'. There was also a white crape myrtle in the area that

bloomed very nicely in past years This year it looked like it was covered with cotton. But the book said it doesn't have any nitrogen. What did it? Microorganisms did it. Wae says if you put your effort into building those microorganisms, encourage them to grow, you can just about forget about fertilizer. This does not apply to citrus trees and to bougainvillea, 2 plants he says we should not grow in Florida, yet do very well here. Both of them are what are called Mediterranean type plants. If you've ever been to San Diego in California driving down the freeway, you'll see massive quantities of bougainvillea, absolutely gorgeous when in bloom. Now San Diego is right on the verge of desert. They don't water or fertilize it and it does marvelous. Citrus is the same way. Why do they do well here? Both plants have leaves that can handle our climate, but since we have such dry soil, they think they're in a semi arid or desert climate. With citrus & bougainvillea, you never want to mulch them or enrich their soil; they're happy with what we've got.

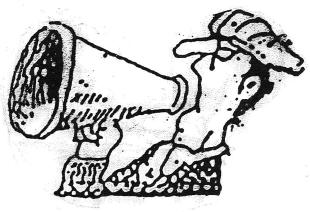
There is also a lot of talk in the books about the trace minerals you've got to put out there. This is hardly ever the case. If you build the soil with organic material, you'll be getting trace minerals with it and it takes so little to satisfy their needs. In the process of building up the soil with mircoorganisms, you'll get the micro nutrients.

Another issue is the pH. PH is the amount of acidity in the soil. Normally adding a lot of organic material will modify the pH. Most of our plants like to be just a little on the acid side, neutral being 7. Some plants want it more acid, azaleas & blueberries for instance. But most of our soils in Florida are on the acid side. If your soil is too acid, you may add lime; it will neutralize the acidity in the soil. It's easy to overfertilize your plants, you can burn them up, but with lime, it is hard to overdo it. What it will do is neutralize the acid, but if there's no acid, it just sits there. If you need to acidify your soil, common procedure is to use sulphur. Wae doesn't normally recommend using it unless you have very basic soil. And he wanted to add, if you put chemicals in the soil, for instance, you might need some potash in the soil: so you might add potassium chlorate. What you're adding is a salt. Calcium carbonate, ammonium nitrate, all these chemicals are salts. We should find some way to get around it and not add the chemicals which are salts. For potash, you can add green sand, which is a naturally occurring chemical.

So what's the result of all this talk? High yield, more disease & pest resistance. Wae compares the disease & insects in Florida to the predators in Africa. The diseases & pests have a job to do, namely they take down the weak and sick to keep the breed strong. That's what disease & insects do on our plants. The problem is that our soil here is so bad that everything is diseased & sick. You think the problem is the magnitude of bugs and diseases that run rampant here. The problem is we have weak plants. Wae says now things grow lush and green in his garden. It's just a real nice way to grow things. When you have stronger plants, they take the cold & heat better. So there it is, it's a little bit of work, to work with this stuff; it's bulky & heavy. But what it does when you really get into it and work at it, all of a sudden it's over. All that spraying, all that fertilizing and stuff is all gone. You can sit back and enjoy it. The worst problem you've got is you do have to prune more often because everything is growing like the dickens.

Members' Corner:

For Sale: Large picnic table with 2 benches, excellent condition.
Marilyn Chavez (813) 932-9077



Tasting Table July 2006

Harris	Mango/Blueberry salad	Parker	Baked beans
Weekley	Mango-Pineapple chutney	Heath	Lemon bars
Musgraves	Blueberry cheese streudel	Mann	Fruit
Terenzi	Butterscotch rum cake	Reddicliffe	Potato salad
Szron	Smoked fish spread & celery	Dixon	Apple crisp
McGauley	Fruity garam masala	Zmoda	Soursop puree
Branesky	Mango juice, minudo	McAveety	Chinese slaw salad
Wallace	Papaya, cantelope, pineapple tray	Estes	Baked beans
Theryo	South Asia mango dip	Russo	Birthday cake
Lamour	Cod fish with rice & vegetables	Tuckerman	Cowboy beans
Galbreath	Red cole slaw	Dorsett	Confetti rice
Jones	Whale fruit salad	Chavez	pound cake
Shigemura	Tiramisu cheesecake, Lemonade cake, White choc. cherry mousse cake	Sawada	Fruit with chili lime
Novak	Polynesian meatballs, passion fruit squares, Blueberry cheesecake, Guava jam with crackers, Juices		

and many other fabulous dishes not listed on the signup sheet. Thanks for all the donations to the tasting table! Remember to ask for your free plant exchange ticket.

The Nutritional & Medicinal Value of Rare (and Some Less Rare) Fruit

Is there anything better than a sweet, juicy piece of fruit on a hot day? Even on a gray day, the bright, sunny flavor of tropical fruit can make you feel better with one bite. Not only does fruit taste good, it's good for you. Most tropical fruit is high in vitamins, especially A and C, minerals like potassium, and fiber. But beyond its nutritional value, fruit often has medicinal value. And it's not just the fruit itself. In some cases the leaves, bark, roots or flowers are used. Following is a tiny "taste" of some of the benefits that eating fruit provides. As Hippocrates once said,

Let food be your medicine
and medicine be your food!

Apple. Lowers cholesterol and the risk of cancer. Has mild antibacterial, anti-viral, anti-inflammatory activity. High in fiber, helps avoid constipation, suppresses appetite.

Avocado. Benefits circulation, lowers cholesterol, dilates blood vessels. Its main fat, monounsaturated oleic acid (also concentrated in olive oil), acts as an antioxidant to block artery-destroying bad-type-LDL cholesterol. Is one of the richest sources of glutathione, a powerful antioxidant shown to block 30 different carcinogens and the proliferation of the AIDS virus in test tube experiments.

Banana & Plantain. Soothes the stomach. Good for dyspepsia (upset stomach). Strengthens the stomach lining against acid and ulcers. Has antibiotic activity. Plantain leaves are used today for diabetics and appear to help regulate blood sugar levels. Banana peels are good for removing stubborn splinters. Use surgical tape to attach a piece of fresh, ripe banana peel--skin-side up, pulp-side down--over the splinter before you go to bed, and leave it on overnight. Enzymes in the banana peel produce a drawing action that pulls splinters out of your skin.

Citrus Peel. Flavanoids found in citrus peel lower blood plasma levels of LDL, very-low-density lipoprotein (VLDL) cholesterol, and triglycerides by 30-40 percent.

Coffee. Most, but not all, of coffee's pharmacological impact comes from its high concentration of caffeine. In addition to improving mental performance, being a mood elevator and mental energizer in some (not all!), the caffeine in coffee is an emergency remedy for asthma, dilating bronchial passages.

Cranberry. Has strong antibiotic properties with an unusual ability to prevent infectious bacteria from sticking to the cells lining the bladder and urinary tract. Thus, it helps prevent recurring urinary tract (bladder) infections. Also has antiviral activity.

Date. High in natural aspirin. Has laxative effect. Dried fruits, including dates, are linked to lower rates of certain types of cancer, especially pancreatic cancer.

Fig. Helps prevent cancer. Both an extract of figs and the fig compound, benzaidehyde, help shrink tumors in humans, according to Japanese tests. Also has laxative, anti-ulcer, antibacterial and antiparasitic activity.

Grape. Rich in antioxidant compounds. Red grapes (but not white or green grapes) are high in the antioxidant quercetin. Grape skins contain resveratrol, which has been shown to inhibit blood-platelet clumping (and consequently, blood clot formation). Boosts good-type HDL cholesterol. Red grapes are antibacterial and antiviral in test tubes. Grape seed oil also raises good-type HDL cholesterol.

Grapefruit. The pulp contains a unique pectin found in the membranes and juice sacs lowers blood cholesterol and reverses atherosclerosis (clogged arteries) in animals. Has anticancer activity, and appears particularly protective against stomach and pancreatic cancer. The juice is antiviral and high in various antioxidants, especially vitamin C.

Jujube. Cures coughing. Used in the treatment of asthma and respiratory problems. The dried fruit is an effective tranquilizer and is cancer protective (as are probably most fruits). Relieves fever and is used as a pain killer. Prevents bleeding and aids digestion. Helps with night sweats. Used to regulate heartbeat, treat exhaustion and depression. Useful in the treatment of digestive disorders, kidney disorders and inflammation, as well as in the treatment of nervous problems. In China, jujube is extensively used for the treatment of burns. What doesn't it do?

Kiwi Fruit. Commonly prescribed in Chinese traditional medicine to treat stomach and breast cancer. High in vitamin C.

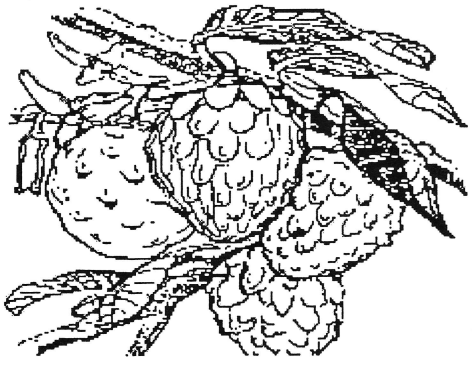
Lemon. This citrus fruit ranks very high in its medicinal value, having many therapeutic uses. Lemon juice is a natural antiseptic that can be safely applied to cuts, bruises and infections. Lemon juice is good for asthma, headaches, pneumonia, and arthritis. It is a good general blood and body purifier and a mild diuretic. The juice also aids in the removal of old drug residues (poisons) from the body.

Mango. Fruits contain a compound called mangiferin, which is useful in promoting the action of the heart and excretion of urine, calming inflammation, treating diabetes, and as an antioxidant. Fruits contain gallic acid and quercetine, which are anti-viral. An extract from the bark of the tree has been shown to protect against diarrhea. Powdered seeds are antimicrobial.

(to be continued)

July Plant Exchange

PLANT	DONOR	WINNER
Fig	Bob Heath	Joy Jones
Cabeluda	"	?
Surinam Cherry	"	?
Loquat	"	James Oliver
Papaya	"	?
Carissa	"	?
Pineapple	"	?
Guava	"	Maria Thery
Yellow Passion Fruit	"	Pete Dixon
Red Passion Fruit	Bob Heath	?
Basket of Passion Fruit	Novak	?
Timor Black Bamboo	John Okdie	?
Giant Bamboo	"	Mike Brandt
Lotus Banana	"	?
Pomegranate	"	James Oliver
Timor Black Bamboo	"	Susan Swan
Timor Black Bamboo	"	R. Harris
Giant Bamboo	"	Alan Male
Pomegranate	"	?
Lotus Banana	"	Pete Dixon
Biriba	Pat McGauley	?
Pink Guava	"	?
Neem	"	?
Purple Speck. Passion	"	?
Aclepias Butterfly Plant	B. Reddicliffe	?
Shooting Star	"	?
Coral Plant	"	John Okdie
Papaya Trees (3)	Mike Brandt	Marv Hymes
Cherry of the Rio Grande	Charles Novak	Terry Lee
Cherry of the Rio Grande	"	?
Black Pepper	"	Marv Hymes
Black Pepper		Scott Hendrickson
Vanilla Ice Cream Bean	Ed Musgrave	Zmoda
Vanilla Ice Cream Bean	"	?
Ornamental Red Banana	Andrew Hendrickson	Ed Andrews
Ornamental Red Banana	"	?
Yellow Passion Fruit	Dale Wallace	Pete Dixon
Yellow Passion Fruit	"	Judy Maynard
Loofah	Deane Wallace	?
Brazilian Banana	Chris Knight	Matt Jones
Tropical Spinach	Nancy McCormack	?



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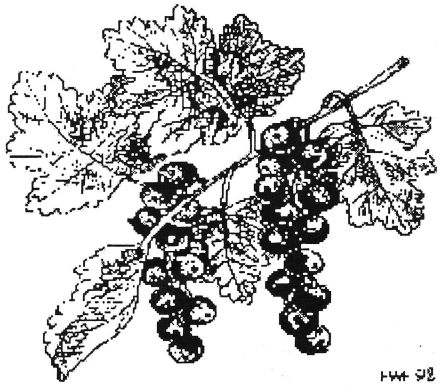


Currants

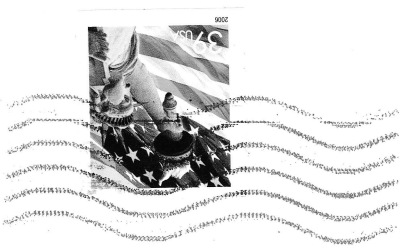
TRIP TO MERRITT ISLAND

The sun was up, just clearing the trees in the east at 7:30, as we headed toward Charles & Linda's residence. This was the designated place to meet for the trip to Merritt Island for a picnic with the RFCI members there. We loaded up vans and cars with about 30 members and headed east. The 2 hour- plus trip afforded many opportunities to discuss fruiting trees and other important things. When we arrived at Toppy's 40 acres, preparations were underway for an interesting picnic. Covered dishes were being set out on tables, barbecue grills for hot dogs & hamburgers were heating up, volunteers were hard at it peeling mangos and slicing them up into 9 bowls for our selection and voting on the mot delicious. A long line let everyone sample the 9 different selections which filled every plate. After the voting, the concensus seemed to be that mangos taste good.

Toppy led a tour (consisting mostly of the Tampa Bay members) of his extensive planting of mangos, avocados, lychees and other delicious fruit trees. Toppy and others who had more mangos than they could eat, offered them for sale to our membership at reasonable prices. After a delicious meal, we all sat around and talked, renewed old acquaintances and made new ones, before proceeding over to Jerry Hunt's gardens to tour his plantings and see the beautiful goldfish in the small natural lake behind his house.

About 3:00 we bid goodbye and headed west with some memories and stomachs full of mangos and other goodies.

FIRST CLASS MAIL



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