



RFCI

NEWSLETTER

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL INC

Oct 2006

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

NEXT MEETING: OCT 14 & 15 @ USF (SEE BELOW)

PROGRAM: THE USF FALL PLANT FESTIVAL IS SCHEDULED FOR OCT. 14 & 15. Consequently, we will forego our usual monthly meeting which would be on the 2nd Sunday of the month, Oct 8, 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 FALL PLANT FESTIVAL

The RFCI will participate in the USF Plant Festival on Oct. 14 & 15, 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, Oct. 13, raising tents, setting up tables, arranging plants and posters, till about 6:00 p.m.

On Saturday, Oct. 14, the Gardens will be open from 7:00 to 9:00 a.m. for our final preparations.

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

From 7:00 to 9:00 a.m. on Saturday & Sunday, traffic will be one way, in the front gate & out the side gate. The Festival will end at 4:00 p.m. on Saturday & 3:00 p.m. 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 bring 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.

SEPTEMBER PLANT EXCHANGE

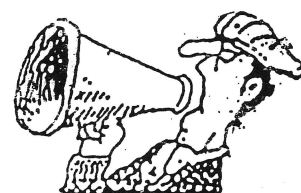
Plant	Donor	Winner
Cabeluda	Bob Heath	Fred Engelbrecht
Pink Guava	"	Vega
Surinam Cherry	"	Fred Engelbrecht
Pineapple	"	Harris
Cuban Oregano	"	Tony Ferreira
Papaya	"	?
Carissa	"	T. Ferreira
Loquat	"	?
Chaya Spinach	"	Dene DeWood
Passion Fruit	"	James Davis
Kei Apple Jam	Bob Heath	Sal Russo
Cardamon Variegated	Charles Novak	?
Cardamon Variegated	"	?
Silver Yucca	Joe Okdie	?
European Chestnut	"	J.H. Ritter
Banana Ice Cream	Paul Branesky	Roberta Harris
Passion Fruit Box	Linda Novak	Lori Maranto
Carambola Bag	"	Niki Hill
Carambola Bag	"	Michael Nizan
Carambola Bag	Linda Novak	?
Nopale Cactus	Zmoda	?
Nopale Cactus	"	?
Mango Seedling	Mike Brandt	?
Mango Seedling	"	?
Loquat	"	?
Lychee	Mike Brandt	Michael Nizan
Avocado Bag	Vega	Michael Nizan
Avocado Bag	"	Paul Branesky
Inga	E. Musgrave	Jim Tuckerman
Inga	"	Ernie
Inga	"	?
Plant Tags	Ed Musgrave	?
Sunflower Tree	B. Vosburgh	Bev Millar
Agave	C. Storch	?
Lychee	Tony Ferreira	Cimafranca
Sugar Apple	"	James Davis
4 Ornamental Pineapple Plants	John Gibson	?
Neem	McGauley	Mike Brandt
Guava	"	?
Passion Fruit	"	Mary Lohn
Papaya	"	?
Malay Tamarind	McGauley	?
Aclepias Butterfly Plant	Reddicliffe	?
Tabebuia Ipe Tree	"	?
Mango	Carol Gamboni	?
Guava	Vic Gamboni	?

Scheduled programs/speakers:

October 14-15: Fall USF Botanical Garden Plant Festival
November 12: Tentative: Erik Tietig from Pine Island Nursery
December 10: Holiday Social at the Tampa Garden Club

Members' Corner:

Wanted: Cutting of Yuzu citrus, Turpentine mangos, and 1 gallon pots.
 Charles Novak at (813) 754-1399



AN INTRODUCTION TO HERBS by Monica Brandies

Monica began her discussion by expressing her gratitude to her friends at the Rare Fruit Council. Coming from up north, she said the first meeting she went to was like listening to a foreign language. She didn't know what anyone was talking about, but little by little, it settled in. She said without the RFCI, she never would have adjusted to Florida to begin with, let alone written books about it. She said she has written 2 books on herbs; one for Ortho, even though she doesn't believe in using poisons, and after she learned about gardening in the deep south, she wrote a couple of books on Florida gardening. At first she felt like she'd never learn all about fruiting trees and Florida gardening, but over the years, one does learn eventually.

For herbs, she said that Maryon Marsh, our herb lady, has been her mentor. She called Maryon the most amazing person. When she's not in the hospital, she's out there working twice as hard as anyone she's ever met. Maryon knows all about herbs. Monica thought she's really going to be in trouble when Maryon reads her book; she could never know as much about herbs as Maryon knows. But instead Maryon has recommended Monica's books highly.

Monica's definition of an herb is any plant that has additional uses beyond being ornamental or edible. So we all grow herbs. Citrus is an herb. It's ornamental, edible and is used for a lot of other things. Many herbs are herbs because they are used medicinally. Other fruit that are herbs are elderberries, loquats; the leaves of loquats are used as a medicine; and papayas which are very good for digestion, and the leaves are good for tenderizing meat. Herbs are a lot of fun to use. Monica puts her bananas & strawberries in a bag in the freezer with mint & lemon balm right in the bag. When she makes a milkshake, everything is already there waiting.

Herbs are some of the easiest plants to grow. For our membership, growing herbs should be a piece of cake. But here at the end of summer, some of our people may have had trouble with some of the herbs. There are about 15 herbs that are summer sensitive and do not like our long hot summers. Unfortunately they are some of the most popular ones, such as parsley, thyme and several others that are almost impossible to keep through the summer. But now that we're approaching fall, almost any of them will grow through fall and winter till June when the rains start again. Now is the ideal time to start almost any herb. Her list of herbs to plant now include bay, basil, aloe and borage and a few others on her short list. She suggests we

make a list of herbs that will be bothered by frost so when the time comes, we won't forget any that should not be left outside.

Container gardening works very well with herbs because in the summer, most herbs like a little less sun than we have here, so you can move them out of the direct sun under a fruit tree.

Monica wanted to advise the members that she's having open house Nov. 11 & Nov. 18, which are the second & third Saturdays in November. She will have books and herb plants for sale, but you don't have to buy anything. You can walk around and enjoy yourself and talk with her visitors. She will also have plants marked that we can take cuttings and some marked that we can dig up and take home. When she first thought about this, she suggested to her husband, "Wouldn't it be fun if we got the garden really spruced up and invited everyone to come?" When she got her master gardener certified yard, people said they really enjoyed her yard. But remember, you can spiff up your garden but it is never perfect. Monica says her isn't perfect and don't feel bad if yours isn't. She lives in Brandon and hopes a lot of us will come. The time on both days will be from 10:00 a.m. till 1:00 p.m. because she tends to collapse about 1:15. So she invited us to her house to get some chaya. Take pieces of chaya and throw it anywhere and it will grow. It will grow in sun or shade, has pretty flowers that attract butterflies, and the leaves are edible if you cook them. You probably shouldn't eat them raw because they do have some toxins, which are destroyed when they're cooked. They are cold hardy down to the freezing point.

Monica said she likes to have edible things growing in her yard even if she doesn't eat them. Herbs are very easy to grow to use. But don't make a big deal out of herbs and spend a lot of time on herb crafts and herb weddings and all sorts of herb things; there are a lot of easy things you can do with herbs. In the first place, you don't even have to use them if you don't want to. You can just walk by, brush against them and smell them and that's good enough for Monica. A lot of people use them in cooking, but Monica says she doesn't use them that much. As a matter of fact, after having 9 kids, she'd like to not cook at all if she could avoid it. But she loves to eat, so there she is. She likes to plant herbs where she can rub against them and smell them. She has lantana growing where the car brushes against it and she can smell its sweet smell.

Some of the herbs also have beautiful flowers. If she's making a bouquet to give someone and it has nothing that smells good, she'll put in some mint or pineapple sage or whatever she's got that smells good.

Monica mentioned potpourri. She doesn't set out to make potpourri, but whenever she has a cutting, she pulls some of the leaves off and puts them in a container she keeps on top of the refrigerator where they dry over time, so eventually she has a big container of potpourri.

Many herbs are excellent for making teas and also very healthful for drinking. If have herbs to make a healthy tea but it doesn't taste good, just add some mint or neem. Neem is a wonderful herb for curing everything and it's easy to grow.

Strewing herbs. Monica doesn't use them much anymore but when she lived in the north with her whole family of kids on a little farm, the kids came in the back door with smelly stuff on their shoes. She'd strew herbs on the floor so when they came in, they would step on the herbs and release the fragrance. They had a fold-out bed and whenever she'd fold it up, she'd put some strewing herbs in it. Now she puts strewing herbs in the cooler when she empties it, and in coat pockets when she hangs the coats away for the summer. Just a few herbs and they smell good. So there's a lot of places to use strewing herbs.

In the old days they put herbs on the floor so it wouldn't smell too bad and when housewives took up the rugs for spring cleaning, they put herbs under the rugs when they put them back down.

Herbs can also be used to repel bugs such as moths for wool clothing, some that repel mosquitoes, and some are very good for attracting butterflies.

Garnishes. Whatever you're serving, you can garnish it with herbs and it looks so much more appetizing. Monica said if she had a restaurant, the first thing she'd do is plant a bunch of herbs out in front so it would look like they used them even if they didn't.

The flowers of some herbs can be frozen in ice cubes, like pineapple sage or other edible flowers, to make pretty ice cubes when you're serving, which we should do because it's not hard. And you can add herbs in vinegars and oils, which is an easy way to use them in cooking.

Monica says common sense is the most important rule for anyone who uses herbs for remedies, that proper identification is important in all herbs used. She never recommends using herbs instead of going to the doctor when the doctor is required. However, for itching, mosquito bites, rashes, abrasions and minor burns, use aloe. One woman she knew with 3rd degree burns used aloe gel on the way to the hospital, which gave her considerable relief from the pain and she apparently healed faster than expected. She said if she could only have one herb, it would have to be an aloe plant. She suggested we plant our aloe where we know where it is and can get to it at night because disasters always seem to happen at night.

The advantage of a home medicine garden is that you always have something that will help and if it doesn't cure you, at least it may make you feel better, and to use them you don't have to wait to get a doctor's appointment. About one third of our medicines either contain plant parts or properties of plants that have been produced synthetically so we may be using herbs and don't even know it. Comfrey is used for a lot of things and it's safe to eat and makes good tea. Parsley is noted for freshening your breath even if you've had garlic for lunch. Basil is good for warts. Her kids had a lot of warts when they were children. Now they say if you put fresh basil on a wart and cover it with a bandaid and keep it on for a week, it'll take the wart off.

Aloe. If you use aloe, cut off a leaf, trim the thorns along the edges, split it in half lengthwise to expose the gel, and rub the gel on the affected area. Also, the leaf can be hung up after it's split or peeled, to let the bitterness drain out. It's good for ulcers. Actually, it's bad for the ulcer; it's good for curing ulcers when eaten.

Borage. The borage plant has beautiful flowers and makes an excellent tea. It's good to pep you up when you have that old tired feeling and can't go on, and it does well in a hanging basket. Monica says she's going to grow a lot of borage and dry the leaves for making tea because without it, she runs down about 2:00 in the afternoon.

Put your dried herbs in little bags and be sure to label them and store in a dark place. They'll keep for a long time once they're dried. Most herbs can be frozen too, which in some cases, may be the better way, but there again, be sure to label the sealed freezer bags.

Another plant Monica has is jewels of opar or talinum, which is good for cut flowers using the little purple flowers as a filler. If you plant it once, you've got it forever. When a lady on the east coast told her it's good for flu and colds, and you should eat a leaf a day, Monica thought, "well, a leaf a day isn't going to kill anyone," so she started trying to eat a leaf a day. But first she tasted it. It tasted like spinach. After about a year she met another lady who confirmed the same thing, which had been recommended by her doctor, who had actually given her a plant. So in 2 years Monica has had no colds, no flu: the only 2 years of her life she's been cold free. It's easy to grow and it loves sun or shade.

Another plant she recently heard the benefits of is Dawn Dewa. It is purported to lower cholesterol and ease indigestion. With it, you eat 3 leaves a day in salad or right off the plant. It tends to spread pretty rapidly but if you get too much, just pull some of it out and throw it in the compost pile.

Honeysuckle. If you have it, go out and pick those honeysuckle flowers. You can dry them and they're antiviral. If you get a cold or the flu, make a tea with the dried flowers, drink a couple of cups each day, and it'll be better than a flu shot. However, honeysuckle is on the invasive plant list, which means it just takes over everything; so when you're near, don't turn your back on it. Honeysuckle smells real good and has white flowers that turn yellow. The best place to dry the flowers and other herbs is on top of the refrigerator because the rising hot air tends to dry them out.

A GUIDE TO TROPICAL FRUIT TREES & VINES

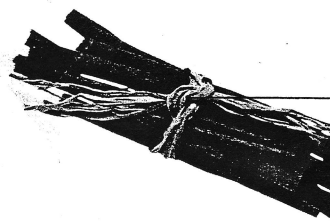
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106. *Brostium alicastrum* - Maya breadfruit

Large evergreen tree to 100 feet, native to Mexico and Central America. Sap is milky and the bark is gray. Leaves are about 7 inches long. The round orange fruit is about 1 inch in diameter; pulp is eaten fresh. Single seed is roasted and eaten. Propagated by seed or cuttings.

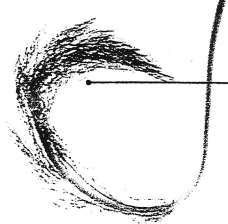
107. *Ficus carica* - Fig

Deciduous tree to 30 feet, native to Asia. Sap milky. Thick, 3 to 5 lobed leaves are hairy on underside. Fruit 2 to 3 inches in diameter and of various colors according to fruit variety. Outer color may be green, yellow, brown, purple or red. White, yellow or pink flesh has many tiny seeds. Fruit eaten fresh, dried, or used in jams and cookies. Propagated by cuttings, grafting or layering.



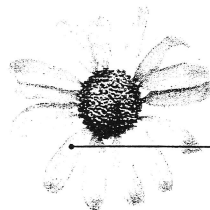
CINNAMON

For colds or traveler's diarrhea. Simmer 5 sticks in 6 cups of water for 15 minutes. Remove from heat, add 6 regular tea bags, steep for 5 minutes. Chill and sip as needed.



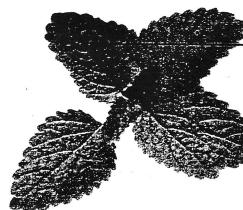
FENNEL

Acts as an antacid and improves digestion. Combine 4 cups water, 1/2 cup honey, and 1 tablespoon fennel seeds. Bring to boiling. Remove from heat, add 4 regular tea bags and the juice of 2 lemons. Steep for 5 minutes. Strain the tea through a fine sieve. Chill, covered.



CHAMOMILE

Its flowers have been used for centuries to treat colic, mild insomnia, and stomach aches.



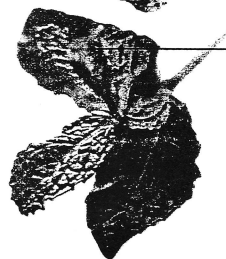
PEPPERMINT

Stimulating, invigorating peppermint can renew your energy and hone your concentration.



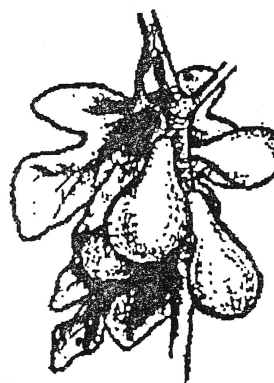
GINGER

Excellent for preventing motion sickness, and easing menstrual cramps. Chop a 2-inch piece of fresh root, simmer in 4 cups water for 15 minutes. Chill and sip.



LEMON BALM

Herbalists recommend this herb for minor anxiety, insomnia, and tension headaches. Combine it with equal parts chamomile tea to ease you to sleep. Lemon balm tea bags are available in most health food stores.



Fig

WHAT'S HAPPENING

Sept-Oct 2006

by PAUL ZMODA

Sugar apples are in season - green ones, red ones and purple ones. Whether you call them sugar apples, anon, atis, sita, custard apples or the Latin, *Annona squamosa*, everybody seems to enjoy them. I know I do. One question I frequently hear is, "how do I tell when they are ripe?" As they approach tennis ball size, check on them every day if possible. One day you will notice a lighter color beginning to show between the bumps (carpels) on the fruits' surface. With experience, you will clip the stem at such a stage that the fruit will be at its maximum size and showing plenty of lighter color between the carpels, but just before or when the fruit tries to split and fall from the tree. Finger pressure will show the fruit compressing slightly.

Allow your sugar apples to further ripen indoors just as you would a perfect tomato. Both of these are climacteric fruit - those which ripen further after picking. In short order they will get softer. Cut them open and scoop out the flesh and enjoy, discarding the skin and seeds unless you wish to start new plants with the seeds, which should remain viable for up to a year or more if dried and stored in a cool place.

At our August meeting some mango budwood was available for grafting. I top worked 'Springfield' and 'Cambodiana' onto our old 'Julia' mango. This host tree now has 5 varieties growing upon it.

Florida State authorities have all but given up on eradicating citrus canker. One interesting approach is to slow down the spread of this disease by interplanting blocks of citrus with windbreak trees. Windbreaks can slow air speeds down by 20 mph or more so the disease may be slowed down. Dr William S Castle is coordinating this research at the Citrus Research and Eradication Center in Lake Alfred, FL.

I shipped seeds of a great windbreak tree, *Syzygium coolminianum*, the Australian Blue Lilly Pilly, to him and he is now working with it. This tree has grown for me, from seed, to a height of over 25 feet and a trunk diameter of over 12 inches in only 8 years! As it is evergreen and freeze resistant, I feel it should be a worthy contender in his project.

New plantings: blueberries, hibiscus, coleus.

Tasting Table September 2006

Coronel	Maja Blanca Mais	Lohn	Pistachio cake
Okdie	Rambutan stuffed w/pineapple	Hill	Cherry pies (2)
Engelbrecht	Blackeyed peas, rice & ham	Branesky	Maringa pasta
Harris	Key lime bars	Sawad	Waldorf pasta salad
Sinclair	Spiced pecans	Page	Fruit tart
Newcombe	Sliced carambola	Ritter	Blackeyed peas
Tuckerman	Yellow rice	Theryo	Star fruit
Gamboni	Peanut butter-choc. chip cookies	Mann	Ambrosia
McAveety	Italian green beans	Nizan	Orange juice cake
Musgraves	Carambola, fresh pineapple	Storch	Cookies
Vosburg	Cucumbers with sour cream	J. Smith	Italian cookies
Reddicliffe	Cookies & cream cake	Vaisey	Deviled eggs
McGauley	Fruit/nut bread	Ferreira	Fresh mango
Smoleny	Pumpkin walnut squares	Vega	Fresh pineapple
Maranto	Chicken salad sandwiches, cupcakes		
Shigemura	Mango cupcakes, kumquat pie, fruit cinnamon rolls		
Novak	Tropical chicken salad w/crackers, coconut macaroon cookies, guava-banana nut bread, key lime squares, sliced carambola & kiwi, fruit juices		

Thanks to everyone who donated to the tasting table!!

From the President
Charles Novak

I'm sure everyone enjoyed and learned a lot from Monica Brandies' program last month. We are very fortunate to have Monica as a member of our club.

The Fall USF Botanical Garden Plant Sale will be October 14 & 15. **(No club meeting in October)**. If you haven't been to one of these plant festivals, you will be amazed at the many different plants and trees that will be available for purchase by the public. You will enjoy talking with people about the joys and rewards of growing rare and tropical fruits. Many of our new members join at the plant sales. Also, this is an opportunity for members to sell their extra fruiting plants. We will need several members on Friday, Oct. 13, 2:45 P.M., to help unload plants. On Saturday and Sunday we need members to help with the sale and to load plants on Sunday at 3 P.M. Please plan to help with this event.

I want to thank the club and board for the Certificate and Life Membership in our club. It is an honor and I really appreciate the award. At the August meeting Bob Heath and George Riegler were also presented with a Tampa Bay RFCI Life Membership. Bob Heath is a founding member of the Tampa Bay RFCI and George Riegler has been a member for many years. Both Bob and George have done so much for our club and truly deserve the recognition and award.

For our November 12 meeting I have asked Erik Tietig, Vice President of Pine Island Nursery, to be our speaker. I should know soon if he will be available on that date. If not, then I will definitely invite him to give a presentation at a later date. The following is just a sample of the fruiting plants that Pine Island Nursery has available:

Mango Varieties:

'Anderson' 'Bailey's Marvel' 'Beverly' 'Bombay' 'Brahm Kai Meu' 'Carrie' 'Choc-anon' 'Cogshall' 'Cushman' 'Dot' 'Edward' 'Fairchild' 'Florigon' 'Glenn' 'Golden Nugget' 'Graham' 'Haden' 'Ice Cream' 'Irwin' 'Jakarta' 'Julie' 'Keitt' 'Kent' 'Lancetilla' 'Mallika' 'Nam Doc Mai' 'Okrun' 'Philippine' 'Po Pyu Kalay' 'Springfels' 'Tommy Atkins' 'Valencia Pride' 'Van Dyke' 'Zill'

Lychee Varieties:

'Mauritius' 'Brewster' 'Bengal' 'Emperor' 'Hak Ip' 'No Mai Tze' 'Sweet Heart'

Bark Inversion

“The Lazy Man’s Way to Dwarf Fruit Trees”

by Terry Lee

tampa-terry@tampabay.rr.com

You won't find a lot about it on the Internet, but there is a “new” way to dwarf fruit trees. It's called “Bark Inversion.” Bark Inversion involves removing a ring or a strip of bark and replacing it in an inverted (upside down) position. The inverted polarity of the phloem temporarily slows vegetative growth and promotes flowering (Sax, 1957).

Bark Inversion can be utilized on almost any young tree that needs to be kept small or possibly in a pot. It should be done during the normal period for fruit bud differentiation. Even though the best time to do bark inversion is supposed to be in June or July, it should be possible to invert the bark whenever the bark is slipping freely.

Why and how does it work? Well, when the bark is inverted, sap is prevented from descending normally. Growth is slowed because the roots do not get enough nourishment. During photosynthesis, plant-growth fluids are manufactured in the leaves. It is this condition of growth above that explains earlier bearing and larger fruits.

There are variables. The broader the band inverted, the greater the dwarfing effect. Dr. Sax has done bark inversions that measured 6 inches. When pulling off the bark, some cambium (a layer of plant tissue found between the bark and the wood) adheres to the bark and some to the wood. To extend the time the tree stays dwarfed, scrape the wood before replacing the bark. The cambium that adheres to the wood carries the original polarity and will soon begin producing new phloem cells, which wipes out the effects of the inversion. And for even faster results, two bands of bark can be inverted, one above the other.

How long does the dwarfing from Bark Inversion last? I've seen between 4 and 15 years reported.

If anyone turns up more information on dwarfing fruit trees using the Bark Inversion method, or if you decide to experiment with the procedure, please be sure to share with the membership!

THIRD FRUIT PHOTO CONTEST

The following are the rules for our third fruit photo contest:

In this third fruit photo contest, we are offering 2 prizes.

1st Place Prize: a two-year membership in the Tampa Bay Chapter RFCI

2nd Place Prize: a one-year membership in the Tampa Bay Chapter RFCI

The top 10 photos will be featured on our club board and on our web site.

Judging Guidelines

Judges will look for images emphasizing composition, design and color esthetic images, as opposed to those that merely document or convey information. People, hands, rulers or other extraneous objects are undesirable unless they add esthetic value.

Pictures of fruit, flowers or foliage attached to a live plant are preferable to showing them cut and displayed artificially.

It is essential that the photo be in sharp focus. Unfocused images are discouraged except in unusual cases, for a desired effect.

Fruits, buds, flowers, roots or any vegetative plant parts are suitable subjects, but all plants or plant parts displayed should be recognizable as a source of produce edible by humans. Pictures of plants grown strictly as ornamentals or for aroma, wood, animal feed, soil conservation or general landscaping are inappropriate.

General Rules

1. Any member of the Tampa Bay RFCI may enter.
2. No purchase is required.
3. All entries become Tampa Bay RFCI property and cannot be returned.
4. Only color prints will be accepted-no digital images for this contest.
5. By submitting each entry, the entrant warrants that he/she is the creator of the image and grants to the Tampa Bay RFCI the right to reproduce the image on our web site and elsewhere, with credit to the originator. The Tampa Bay RFCI will duly consider each image for the prizes listed above and, if it is judged a winner, will award a prize to the entrant.
6. Winning photos will be determined by a vote of the general membership at the next club meeting after the January 31, 2007, deadline.

Print Rules

1. Only color photos (prints) will be accepted, and will not be returned. There is no limit to the number of prints that can be submitted.
2. Include your name and a brief description with each photo (identification of the subject is sufficient). Please do not write on the front of photos. Do not write directly on the back of the photos. Use self-stick labels.
3. Photos must be received by January 31, 2007.

Jewels of Opar[®]

Monica Brandies' Leaf-a-day plant

Jewels of Opar, Fame Flower, and Waterleaf are some of the common names for *Talinum paniculatum* or other *Talinum* species. This is very easy to grow, and new information about it has me very excited. It has been growing in my garden from seeds planted over ten years ago and it reseeds and naturalizes easily without being a pest. It seems to prefer sun but tolerates light shade and loves to grow in flower pots, though it grows well in the ground as well. I first planted it as a cut flower. The blooms that shoot up about two feet provide large, airy decorative panicles which are masses of buds, little pink or lavender flowers, and small, shiny, round red seedpods, each smaller than a BB. When I found a cultivar with variegated leaves and yellow fruits, I begged a cuttings and now have that, too. Both withstand heat, drought, and neglect.

Over a year ago an older gardening friend told me of someone who had gone to an "expensive" doctor and was given one of these plants and told to eat a leaf a day for the rest of her life. My friend had taken up the practice, and I came home and ate quite a few leaves myself before I forgot. Then another young gardener told me that her grandmother had similar advice, was told that the leaves were rich in iron and good for anemia. So both my husband and I have taken to eating a leaf a day, are feeling less stiff, and we have survived the winter without colds or flu though we got no flu shots. The tender stems & leaves, boiled or steamed, make an excellent substitute for cooked spinach.

You can find seeds in the catalogs of J.L. Hudson, who also mentions that they are edible both raw and parboiled, and of Thompson and Morgan. I suspect that the green variety would be best for leaf eating and it is also the quickest growing. When I started digging up plants for my friends, I found that they have tuberous roots, some even in clumps like dahlias, though not as large. They are members of the Purslane family.

Dawn Dewa: *Gynura nepalensis*, also known as, Leaves of the Gods, Poor Man's gingseng, and Mollucan spinach, is purported to lower high cholesterol and ease indigestion. It is a hardy, fast growing plant of the composite or daisy family, a native of Nepal that roots easily from cuttings. Suggested use: three leaves a day in salad or right off the plant.

But Gerald Tanoue of Hawaii believes it is a cure for high cholesterol. "I've given it to 500 people, and all 500 people tell me it works. So it must work," said Tanoue, who has advised his customers, friends and family to eat the raw leaves. But he has not found scientific data to support the medicinal claim.

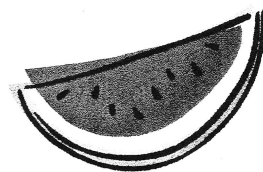
The Nutritional & Medicinal Value of Rare (and Some Less Rare) Fruit

(Continued from Sept. Newsletter)

Strawberry. Anti-viral, anti-cancer activity. Often eaten by people less likely to develop all types of cancer. Better to eat organically grown because strawberries have the highest amount of pesticide contaminates.

Tomato. (Yes, it's really a fruit!) A major source of lycopene, an antioxidant and anti-cancer agent that short-circuits free-radical damage. Tomatoes are linked in particular to lower rates of pancreatic cancer and cervical cancer.

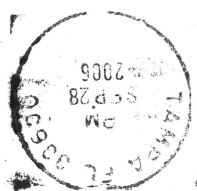
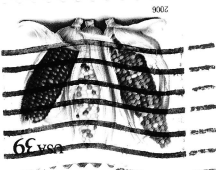
Watermelon. Has high amounts of lycopene and glutathione, an antioxidant and anti-cancer compound. Also has mild anti-bacterial, anti-coagulant activity.



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