



RFCI NEWSLETTER

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL INC

NOVEMBER 2008

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

PRESIDENT: FRED ENGELBRECHT

WEBSITE: www.rarefruit.org (CHARLES NOVAK)

MEETINGS ARE HELD THE 2nd SUNDAY OF THE MONTH @ 2:00 PM.
@ THE TAMPA GARDEN CLUB, 2629 BAYSHORE BLVD, TAMPA

NEXT MEETING: NOVEMBER 9

PROGRAM: WINTER IS JUST AROUND THE CORNER AND THIS MONTH AT OUR MEETING AT TAMPA GARDEN CLUB WE WILL BE DISCUSSING FREEZE PROTECTION OF TROPICALS BY OUR OWN CLUB EXPERTS, CHARLES NOVAK AND JIMMIE LEE. Those of us who insist on growing these cold sensitive tropical plants could use a little advice on protecting them during those freezing winter mornings. We will also enjoy our fabulous banquet table, great plant raffle & farmers market, as well as interesting camaraderie. The meeting will begin at 2:00 pm, Sunday, Nov 9.

FOR THE BENEFIT OF NEW MEMBERS, SEE MAP ON PAGE 08-79.

Programs/Speakers:

Nov. 9: Cold Protection
Dec. 14: Holiday Social (Starts at 1 PM)



Welcome New Members:

Kris Aguire	Brandon	Georganne & Derek Baker	Tampa
William Antozzi	Oldsmar	Tim & Raina Collins	Valrico
Mercedes Behm	Clearwater	Maria & Larry Estes	Tampa
LeRoy Crockett	Bowling Green	Larry & Mildred House	Ruskin
Gerald Ferencik	New Port Richey	Tim & Pam Huff	St. Petersburg
Rose Frankland	Balm	Linda Niemi-Wood	Odessa
Daniel Garcia	Temple Terrace	Gloria & James Smith	Lutz
Gine Griffin	Seffner	Ryan Iacovacci	Tampa
Robert Lawson	Tampa	Matt Lowell	Riverview
Carl Mathews	Riverview	James Porter	Tampa
Kenneth Reeves	Tarpon Springs	Alan Shobert	Tampa
Marcin Solowczuk	Holiday	Jesse Suarez	Lutz
Cedric Pabarue	Miami		



Go Green... Collect & Use Rain Water



FROM THE PRESIDENT

Our Fall Plant Sale at USF went very well in spite of the economic crisis which we all are aware of. Many came out to buy plants and enjoy the outdoor weather. There was a large variety of plants, especially mangoes & citrus, and many happy customers carted home their new acquisitions.

We also enrolled 24 new members for the Club, thanks to Rose.

My thanks to all the members who came on Friday, Saturday & Sunday to help out. I would like to see some different members participate in our plant sales, but no new workers signed up to help, leaving the word load for the same ones who always do the work.

The Plant Sales are our way to raise funds for future trips and other expenses.

Our club is successful and full of vitality because most members enjoy the speakers, tasting tables, raffle and friendships.

Enjoy Halloween and see you at the next meeting.

WHAT'S HAPPENING

Oct-Nov 2008

By PAUL ZMODA

I received a request for more seeds of my Blue Lilly Pilly trees from Dr William Castle at the Lake Alfred Citrus Research Station. The seedlings which result will be used in the ongoing citrus canker windbreak research program. Since this disease has been deemed unstoppable, we are dedicated to at least slowing it down as it is spread by wind. Inter planting citrus with Lilly Pilly trees may prove to do just that, I believe.

I got a call from Mixon Fruit Farms in Bradenton in September. It seems that the 'Il Primo' grapevines which I was hired to plant in March are now holding a crop of grapes. Not bad for six months' time!

I am currently making a rose' wine from 80 pounds of Il Primo grapes. I have made some changes to this year's recipe (different strain of yeast, etc.) and am aiming for the State Fair's Wine competition.

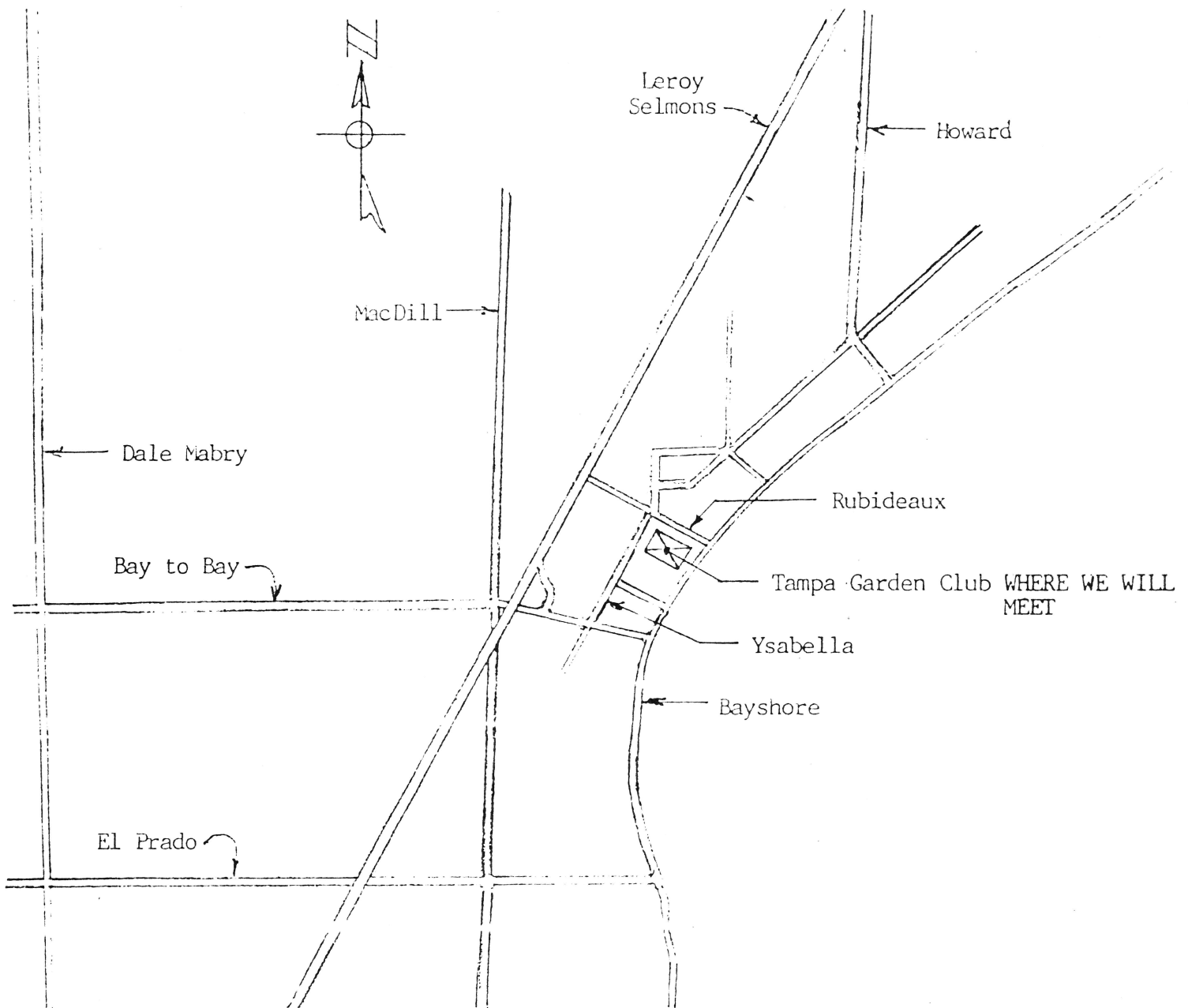
The Keel and Curley Winery in Plant City held their first annual "Grape Stomp" in August. This was a juice making contest for their visitors. My Il Primo grapes were featured as the "stompees"; I felt quite honored and photographed the event.

All the contestants had a great time and some fabulous prizes were awarded the top 3 finishers.

On my recent trip to Philadelphia, I collected some ripe fruit from Korean Dogwood trees planted around our hotel. Very heavily laden, these trees (*Cornus kousa*) were very attractive – even more so than the nearby flowering dogwoods (*Cornus florida*). The taste of the pretty pinkish fruits was not unpleasant, although somewhat mealy. They were surprisingly sweet, but with not much pulp to eat. I decided they are "survival food".

This season we have had no attacks by twig girdling beetles. The females chew off branches of pecans, persimmons, oaks and others after laying their eggs within. They can really disfigure young trees. Damage is tolerable on older trees, though. Affected branches should be destroyed; female beetles can be spotted clinging to the fallen branches and likewise should be eliminated.

New plantings: purple pole beans, lettuce, carrots & amaranth.



Directions to the Tampa Garden Club: 2629 Bayshore Blvd., Tampa

FROM NORTHEAST:

Take I-275 to Armenia Ave/Howard Ave exit (Exit 42).
 Take Armenia south to West Swann Ave (1.2 miles).
 Turn Left (east) on W. Swann Ave. Go 0.1 mile to first light (South Howard Ave).
 Turn Right (south) on S. Howard, go 0.8 mile to Bayshore Blvd.
 Turn Right (west) on Bayshore Blvd. Go 0.4 mile to the Tampa Garden Club.
 Parking is in the rear. PARKING DIRECTIONS: Turn Right (north) on West Rubideaux St., go one block to Ysabella Ave. Turn Left (west) on Ysabella. Enter parking lot at the second gate on left side of street.

FROM NORTHWEST OR SOUTH:

Take Dale Mabry or MacDill, turn East on Bay to Bay Blvd.
 Pass under Leroy Selmon Expressway.
 Turn Left (North) on Ysabella.
 Enter Tampa Garden Club after Barcelona, before Rubideaux St.

Collecting and storing

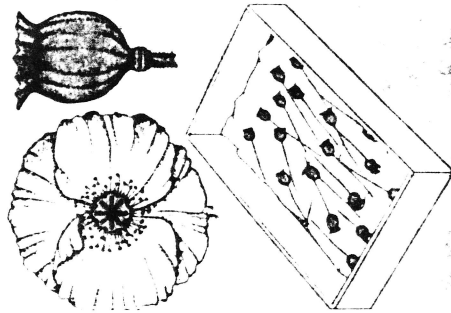
Although it is usual to buy seeds it is often quite possible for the gardener to collect, extract and store his own seeds. This is especially satisfactory with seeds from trees and shrubs, which are dealt with separately on pages 28-32.

It is important to label each stock of seed at all stages. Unidentifiable seeds will be of little use, so write a nonperishable label and make sure it accompanies the seed lot brought to packing and sowing.

Annual bedding plants are selected strains that have been line-bred to come true from seed. The problem in collecting seed to come true is that a plant may have been chance-pollinated by a different variety or species, and so hybrid, atypical plants will be produced. Commercially, the seed is kept true to type by growing the parent plants in large isolated blocks. Certain plants, such as pansies, are self-pollinating and their seed can be collected with confidence that they will come true.

Collecting and drying flower seeds

Except for those seeds that are collected and sown "green," such as snowdrops and anemones, the majority of herbaceous plants are collected, dried and extracted, and stored. Their seeds should be collected as they become ripe and before they are dispersed.



Spread fleshy capsules on paper in a tray or box. Leave to dry in the sun until the seeds can be extracted.

This requires careful observation. If they are enclosed in some form of fruit, the job becomes much easier, because the seed is actually completed before the fruit matures to a stage of dispersal. The only problem then is to separate the seeds from the fruit. In most cases this involves drying, either in the sun, in a dry atmosphere or in an airing cabinet.

If fruits are collected individually, they should be broken open and then spread on tissue paper in a shallow box or tray and left to dry. If whole flower heads are collected, bunch a few stems together and hang them up to dry with their heads enclosed in a brown paper bag that is lightly tied round the stems. As they dry, occasionally shake the bag so the seeds drop into it. With small flower heads leave the neck of the brown paper bag open. Place them in a warm (21 C 70 F) environment.

After drying, break up the seed capsules to free all the seed and clean the seed lot, depending on its size it can be picked over, put through a sieve, or winnowed in a breeze.

Large fleshy seeds such as those from cyclamen, lilies and hellebores will not usually respond well to drying, and it is better to allow them to mature on the plant and collect them just before dispersal.



Bunch flower stems together before hanging them to dry with their heads enclosed in a brown paper bag.

Tie the neck of the bag and leave it in a dry, airy place. Shake occasionally so the seeds drop into it.

Storing seeds

The longer a seed is stored the more food is used in its survival; thus less food is available for the embryo at germination, and so germination becomes progressively less vigorous. Storage conditions should keep activity to a minimum.

Seeds should be stored dry in linen bags, paper bags or packets, or cellophane envelopes; plastics such as polyethylene are not advisable for flower and vegetable seeds as they tend to conserve dampness if it is present. For storage of seeds from trees and shrubs see page 32.

Always keep seeds dry and store them in a cool place such as a loft, cellar or possibly a refrigerator. If there is a danger of dampness from the environment, place the packets in a polyethylene bag for protection.

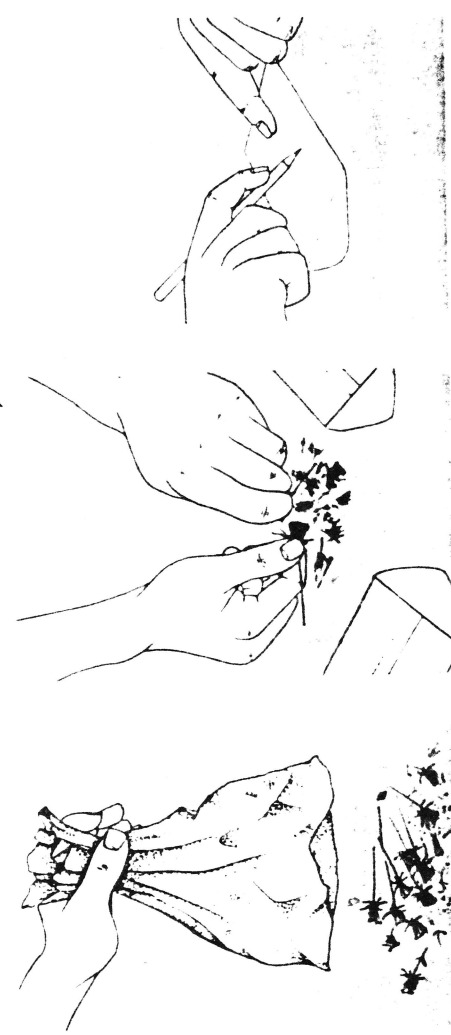
If properly dried, most flower and vegetable seeds can be stored for two or three years at least, because they store their foods as carbohydrates. Fleshy seeds, however, store their foods as oils or fats and are, therefore, short-lived even under the best conditions; do not expect them to survive for more than twelve months. It is probably best to store these seeds at the moisture content at which they are dispersed, so place them in a polyethylene bag in a refrigerator.

GENETICS

Plants grown from the seed of species or stable variants will come "true," that is be similar to the parents. If, however, one parent is unstable or normally propagated vegetatively, then the offspring will in all probability be of the normal forms of species and not of the variant.

In plant breeding there is much use of the technique known as F_1 hybridization. This is an involved process in which two true-breeding species, or stable variants of the species, are crossed to produce a hybrid generation (the first filial or F_1 generation). The advantage of these hybrids is that they are often more vigorous than their parents and may have characteristics of height, form and color that make them more desirable.

If these F_1 hybrids cross, then their offspring, the F_2 generation, will not be like the F_1 hybrids but will revert to many characteristics of the original true-breeding parents. Hence the F_2 generation will not possess all the desirable characteristics that were present in the F_1 generation and it is therefore necessary to produce F_1 seed afresh each year.



Break up dried seed capsules. Clean seed lot by sieving, winnowing or picking over the detritus.

Collect small seed heads when nearly dry. Place in an open brown paper bag and leave to dry further.

Place properly dried seed in linen bags or paper packets. Label clearly. Store in a dry cool area.

SAPODILLA

by GENE JOYNER

The Sapodilla "Manilkara zapotilla" is a large evergreen tropical tree native to Central America and Mexico. Although it is slow growing with a dense spreading canopy it is preferred as a large shade tree in many areas because of its high resistance to breakage and uprooting by strong winds. It has a very high degree of salt tolerance and is often used for seaside plantings.

Trees are adapted for a wide range of growing conditions and soil types. However, young trees will be injured by temperatures near 30°F and large ones will be injured by temperatures of 26° or lower. Trees are quite drought tolerant once well established and can also withstand short periods of flooding with no ill effects. Young trees should be fertilized about every other month with a citrus or fruit tree type fertilizer and after the first year, trees only need fertilizing 2 to 3 times a year.

Landscape nurseries offer Sapodillas for sale in south Florida. However, many of these are propagated from seed and may be inferior in fruit quality and productivity. When selecting for fruit characteristics it is more desirable to either graft or air layer trees. Small inconspicuous 3/8" flowers are borne throughout the year and the large 2 to 4", round, egg shaped, brown skinned fruit matures primarily during the warm months although some fruit can also mature during the winter. The flesh is light yellowish brown with a smooth to granular texture and a sweet pleasant flavor. There may be no seeds or as many as 8 to 10 hard shiny, black, flat 3/4" seeds. When fruit reaches maximum size on the tree, they are normally picked and allowed to ripen off the tree. If you allow them to ripen on the tree and fall, much of the fruit may be destroyed hitting the ground.

Fruit can be used in a variety of ways as fresh fruit, however because of the latex in the fruit, it is not good for any type of use that would require cooking. There are a number of varieties of Sapodillas available. Varieties include the Prolific, Brown Sugar, Modello, Russell, Martin and several others. There are also a number of seedling trees around south Florida that are not named that produce good quality fruit and of course, trees that are good quality can be propagated by grafting if you wish a particular variety that you can't find at nurseries.

Sapodillas have very few pest problems, however, mature fruit is attacked by the Caribbean fruit fly and it's important that the fruit be picked and not allowed to get over mature on the tree, or the fruit may be bagged to prevent fruit fly damage.

Bob's Grapefruit Salad

This recipe doesn't sound very appealing but we have found it very good as a side dish at our dinner meal or as a snack.

- 1 cup Wesson Oil
- 1 tsp salt
- 1 tablespoon Worcestershire sauce
- 1/3 cup chili sauce
- 1/4 cup vinegar
- 1/2 onion (minced)

Beat together thoroughly and serve over fresh grapefruit or pummelo sections.

FAMILY - PASSIFLORACEAE146. *Passiflora edulis* - Passion fruit

A vigorous, evergreen vine, native to Brazil. Its dark green, three-lobed leaves are up to 8 inches in length. Vines are supported by tendrils that coil around trellises, wire netting and other structures. Purple and white flowers are up to 3 inches across. Roundish, mature fruit is dull purple in color. Yellow-orange flesh is eaten fresh or used in jellies. But it is used mostly for flavoring beverages and desserts. New plants are started by seed, cuttings or by grafting.

147. *Passiflora edulis*, var. *flavicarpa* - Yellow passion fruit

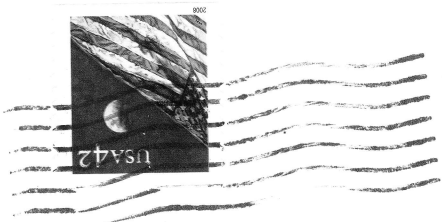
Evergreen vine, native to Brazil. Leaves are dark green and three-lobed. Flowers are purple and require cross pollination to produce fruit. Its round, yellow fruit has a diameter up to 4 inches. The yellow flesh is used in jellies and as a flavoring in beverages and desserts. Plants are started by seed, cuttings and grafting.

148. *Passiflora incarnata* - May pop

Vine native to the southeastern United States. Flowers are purple in color. Small, round, yellow fruit up to 3 inches in size. Flesh may be used for jellies and flavoring drinks. New plants are easily started by seed.

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FIRST CLASS MAIL



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