



RFCI

NEWSLETTER

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL INC

JUNE 2009

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

PRESIDENT: PAUL BRANESKY

WEBSITE: www.rarefruit.org (CHARLES NOVAK)

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

NEXT MEETING: JUNE 7

PROGRAM: OUR SPEAKER FOR THE JUNE MEETING WILL BE GEORGE ANDERSON FROM LABELLE, FL. He has a grove of macadamia trees on his farm and will be talking about macadamia trees, their growth, production and care, and how to keep rats and squirrels from filching all the produce. Every good rare fruit garden should have a macadamia tree. The nuts are so good. Come to the meeting, get this information and enjoy our fabulous banquet table, great plant raffle, farmers market and interesting camaraderie.

Welcome to our New Members:

Mark & Laure Frank	Plant City	Randy Myers	Tampa
Damon Vu & Kortni Flynn	Tampa	Elisabeth Payne	Hudson
Bijan Behead	Land O' Lakes	Christine Avant	Valrico
Otto Schweitzer	Clearwater	Dene Deweed	Hudson
Kristina Capo-Johnson	Spring Hill	Michael Hickey	Tampa
Chet & Tina Collins	Brandon	Becky Malo	Riverview
Stephanie Fischetti	Temple Terrace	Sheila Mitchell	Brandon
Denise & Bryon Provencher	Zephyrhills	Julio Piazza	Tampa
Neal Halstead & Celina Bellanceau	Tampa	Pat Samuels	Tampa
Karen Frederick & Joanna McPherson	Brandon	Joe Howden	Tampa
Marilyn Linehan	Land O' Lakes	Masood Tavalla	Mango

TASTING TABLE

MAY 2009

Engelbrecht	Fried rice	Vega	Baked chicken
Coronel	Bibingka	Branesky	Pancit noodles
Newcombe	Waldorf salad	Lee	Cinnamon bread
Johnston	Berry delight	Broccone	Spinich Lasagna
Scott	Green grapes	Musgraves	Lemon crème cake
Rubenstein	Carrot salad aloha	Maranto	Potato salad & brownies
Jorgensen	Cupcakes	Theryo	Sweet potato & banana dessert
Jones	Black beans	Male	Strawberries & bananas
Lohn	Rambutan	Behead	Vegetable dish
Kris Aguirre	Ghiradelli choc. Cookies	Phillos	Chamorrta delight digo
Shigemura	Mango salsa/chips, fruit tarts	Sawada	Japanese shrimp balls
Novak	Coconut macaroons, apple cake, guava-banana nut bread w/Hawaiian spread, Polynesian meatballs, jaboticabas, juices		

THANKS to all the members who donated to the tasting table. Remember to get your free raffle ticket for you donation. *As we have a few members with food allergies, please label your food donations with the Name of the dish and if it contains Mango, Nuts or Shell Fish.

PLANT	DONOR	WINNER
Jewels of Opar	Bob Heath	Rose Frankland
Papaya	"	Logan Randolph
Red Passion Fruit	"	Carol Gamboni
Cabelluda	"	Lohn
Chaya Spinach	"	M.A. Jorgensen
Chaya Spinach	"	?
Carissa	"	Laura Massie
Pineapple	"	M.A. Jorgensen
Pineapple	"	M.A. Jorgensen
Sapadilla	Bob Heath	Fred Engelbrecht
Neem	Paul Branesky	Drexel Jackson
Neem	"	Elisabeth Payne
Neem	"	Denise Prorencher
Maringa	"	Stephanie Fischetti
Lufa	"	Lori Maranto
Lufa	"	Denise Prorencher
Lufa	"	Maria Theryo
Bean Vine	"	Elisabeth Payne
Bean Vine	"	Karen Frederick
Bean Vine	"	Stephanie Fischetti
Bean Vine	"	Nancy McCormack
Bean Vine	"	Logan Randolph
Black Pepper	Novak	Logan Randolph
Sugar Apple	"	Drexel Jackson
Sugar Apple	"	?
Cavendish Banana	Coronel	Mary Lohn
Cavendish Banana	"	Kathleen Johnston
Cavendish Banana	"	Lohn
Alde	Steve & Mary Lohn	?
Shell Ginger	Lori Maranto	Logan Randolph
Shell Ginger	"	M.Lohn
Shell Ginger	"	?
Abaca Pineapple	Stephanie Fischetti	Vega
Abaca Pineapple	"	Vega
Dewberry	Zmoda	K.Frederick
Dewberry	"	J.A. Oliver
Dewberry	"	Stephanie Fischetti
White Sapote	"	Laura Massie
Pink Guava	Andrew Hendrickson	Denise Provencher
Java Plum	"	Vic Gamboni
Java Plum	"	Ron Shigemura
Ceylon Gooseberry	"	B.A. Sheno
Red Okra	Logan Randolph	?
Mixed Eggplant	"	?
Datura	"	Drexel Jackson
Datura	"	?
Apron	Mary Ann J.	?
Golden Finger Banana 3	Rose Frankland	?
Honey Murcott Seedling	Nancy McCormack	Teddy Theryo
Dragon Fruit	Elisabeth Payne	Laura Massie
Dragon Fruit	"	?

May-June 2009
by PAUL ZMODA

April showers bring May flowers? We had no showers in April, but quite a few of our fruiting trees are flowering nonetheless. Of our annonaceas trees, the cherimoya flowered quite heavily. I religiously hand pollinated daily and have not much to show for it – maybe one or two small fruit. The ilamas are slowly coming out of dormancy and are flowering sporadically, but no fruit just yet. One pawpaw had 3 flowers, but no fruitset this year, it seems.

Zebra swallowtail butterflies have been visiting and laying eggs on the pawpaws and larvae are evident. A large Opuntia cactus has made 6 large flower bulbs. This one was grown from seeds gathered from a local market many years ago.

Speaking of cactus, we have been enjoying many delicious meals made from the tender new pads of our spineless Nopales cactus. If you search online for Nopales recipes, you will find lots of nutritious dishes featuring this easy to grow, drought resistant plant, which is a good source of vitamin C and A, as well as iron.

Our bluebird babies, having grown up, are everywhere, flying from perch to perch; meanwhile, the mother bird has laid a new clutch of 5 eggs.

We have sprayed our peaches and plums with *Bacillus thurengiensis*, a biological caterpillar control.

I top grafted Delta Valencia orange and Honey murcott onto established trees.

I had been irrigating just to keep some trees alive, but with this recent fortuitous rainy spell, I was able to put out a little fertilizer.

New plantings: basil, yardlong beans, red okra.

FIFTH FRUIT PHOTO CONTEST:

Judging Guidelines:

- *Submitted photos will be exhibited and club members will vote for the best photo.
- *Images should emphasize composition, design and color esthetic value.
- *People, hands, rulers, animals, and other extraneous objects are undesirable.
- *Pictures of fruit, flowers or foliage attached to plants are preferred in lieu of cut and displayed artificially.
- *Fruits, buds, flowers, roots or any vegetative plant parts are suitable subjects, but all should be recognizable as a source of edible produce.
- *Pictures of plants grown strictly for aroma, animal feed or as ornamentals are inappropriate.

General Rules:

1. All entries become Tampa Bay RFCI property and will not be returned.
2. Only color prints will be accepted – no digital images.
3. By submitting entries, the entrants warrant that they are the originators, and grant to the RFCI the right of reproduction with credit to the originators.
4. Winning photos will be determined by a vote of the general membership at the September 13 club meeting.
5. Entrants will be limited to a maximum of 5 prints.
6. Include your name and a brief description with each photo; write this information on a sticky label and attach to the back of the photo.
7. Photos must be received by August 31, 2009.
8. Address all entries to: Linda Novak
Secretary – Tampa Bay RFCI
2812 N. Wilder Rd.
Plant City, FL 33565-2669
9. Photos may also be given to Linda at the June, July and August club meetings. Any member of the Tampa Bay RFCI may enter.

Fruits that do Well in Florida by Gene Joyner

If you haven't heard Gene speak, you probably wouldn't know that he was a walking encyclopedia when it comes to fruit trees that do well in Florida. As has been his habit the last few years, Gene spends the Mother's Day holiday speaking to our club, and this year was no exception.

Gene started his talk with an extensive discussion of banana trees that thrive in Florida. In general, he said that banana trees can be grown in Florida, however, they might freeze. If they do, they will come back.

Worldwide, Gene said that there are approximately 5000 species of bananas. He listed a number of varieties that he likes, including:

- Ice cream - ornamental
- Red Jamaican - red skins
- Apple banana - light taste
- Praying hands - share skin; fruit is fused together
- Beer can - best baked or fried
- Plantains - higher starch content; can be fried, baked, or made into chips

Next, Gene described the Barbados Cherry with its pink flowers and bright red fruit. This tree makes a great hedge. Its cherries are the highest in vitamin C.

The Black Sapote is another favorite of Gene's with its delicious chocolate pudding consistency that you can eat with a spoon.

Star Fruit or Carambola was the next pick on Gene's list because it is one of the most productive of all fruit trees. It bears its distinctive star-shaped fruit at least 6 months a year. Star Fruit are good for pies, wine, and juice, as pickles or just eating fresh from the tree.

Another tree that Gene mentioned is the Canistel or "egg fruit," which almost looks like a mango. Its pumpkin-colored fruit grows to the size of an orange or a grapefruit, and the seeds can be used for crafts. This tree can grow to 40 or 50' high.

Guava is another tree on Gene's list. The fruit, which is yellow, when mature makes great jams, jellies and pastries. Gene likes the guava because it's a fast grower - approximately 3 to 4' each year. It can fruit up to 10 months a year.

The Jaboticaba, originally from Brazil, can grow up to 20' tall, but can also do well in a container. The distinctive blooms, which grow directly on the branch, all open at once. In 24 days, they turn into fruit that looks like Muscadine grapes, but taste much better. Unfortunately, you have to wait 7 to 10 years for your jaboticaba to bear fruit; however, after that it will produce 6 or 7 crops a year.

The Lychee, from China, is a handsome tree that bears fruit that looks like strawberries in mid-May to June. The Emperor is the largest variety. Gene suggests trimming them to approximately 18' tall.

The Longan bears fruit in the summer that looks like bronze grapes. They are similar in flavor to the lychee, but have a stronger, more full bodied taste than the lychee. Gene's favorite variety is the Kohala variety. These trees do well as an 18 to 20' hedge or smaller.

Once mature, Papaya can continuously bear fruit. Fruit ripen from the bottom up, and the seeds are edible. This is a fast growing tree. It takes less than a year to go from seed to maturity.

Did you know that there are over 300 of varieties of Avocadoes grown in Florida? The Mexican are black; the Guatemalan are red, and the West Indian are green (and the most cold-sensitive). There are varieties that can be grown all over the State of Florida. From seed, it takes the trees 3 to 5 years to fruit.

There are approximately 400 types of Mangoes grown in the state, and the Florida varieties are considered the best in the world. Eighty percent of them bear fruit in spring and summer, and they tolerate flooding. You can use mangoes in chutneys, ice cream or juice. You can pickle them and eat them fresh from the tree.

When the fruit of the Macadamia Nut tree is ripe, it falls to the ground. You need a special nut cracker to open the golfball-sized fruit. These trees bear fruit in late fall or winter, however, they are not heavy producers in Florida.

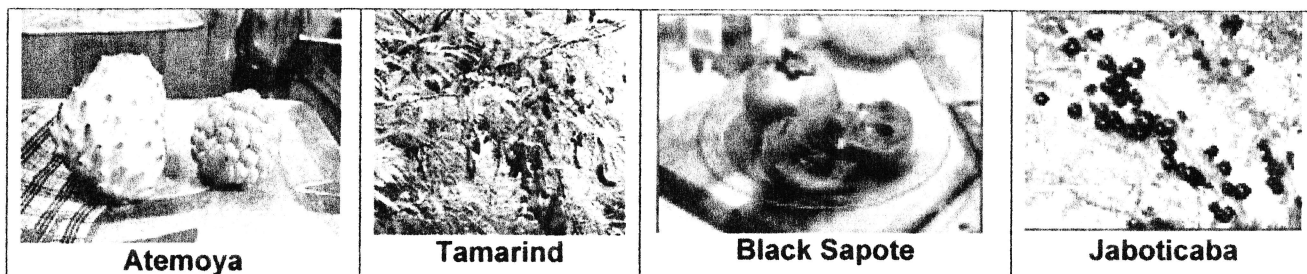
In late spring or summer, the Tamarind produces pods approximately 6" to 8" long. The fruit has a sweet/sour flavor. There are some varieties that are sweet. You can use the juice for cooking.

The Sugar Apple produces fruit in summer and spring. Since the fruit falls when it's ripe, you will have most success if you pick the fruit hard and let it mature on your counter. You can get up to 100 lbs. of fruit per tree. The Atemoya is a variety of sugar apple that Gene prefers since it has fewer seeds than the sugar apple itself.

About Gene Joyner

Gene is owner and operator of Unbelievable Acres Botanic Gardens located in West Palm Beach, Florida. It is hard to believe that this reproduction of a manmade tropical rainforest, which is now home to over 160 types of tropical trees, including 85 varieties of citrus, was once an empty cow pasture with only two pine trees.

Gene's unique garden is open to the public one afternoon a month and by appointment. The best time to visit is from July to September. For more information, call 561-242-1686.



CROSSWORD PUZZLE CONTEST

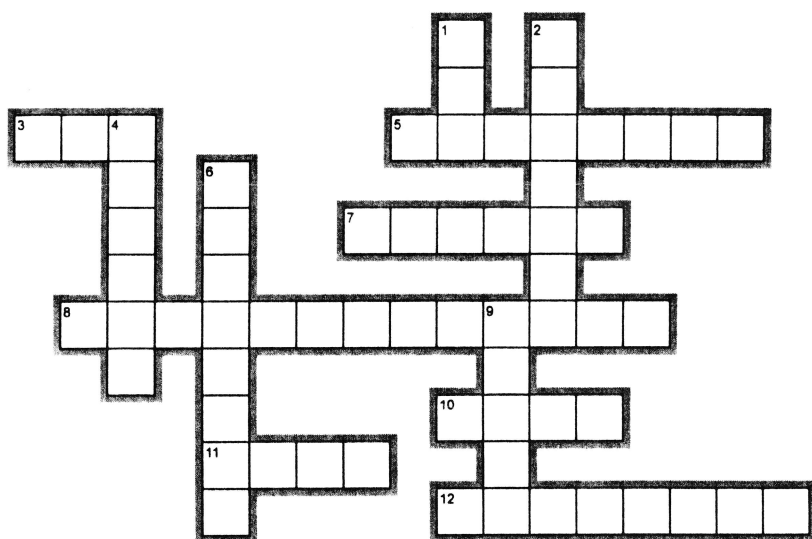
Our Club is holding another Crossword Puzzle Contest. The winner will receive a free plant at the June meeting! You will find the puzzle here in this issue. This puzzle is based on Dr. Thomas Spreen's talk on Citrus greening to our members at the March meeting and the article can be found in the April newsletter.

To enter the contest, mail your completed entry to our Treasurer, Susan McAveety at 8621 Foxtall Court, Tampa, 33647.

The winner will be determined by a random drawing of all correct entries received no later than Saturday, June 13th at the above address. Only one entry per membership.

Citrus Greening in Florida by Dr. Thomas Spreen

Susan McAveety



EclipseCrossword.com

As a Result of a Powerful Antioxidant
In a Rare Red Fruit Called *Goji*
My Family Is Experiencing

- Improvement in The Immune System
- Increased Energy Level
- Less Stress
- Better Health

For a free sample taste call Maria Theryo
727 - 724 - 1939
www.HimalayanRedBerry.FreeLife.com

Across

3. Abbreviation for Huanglongbing
5. More likely to see greening when trees are in this state
7. In 2003, greening had spread to this major orange juice producing country
8. Another name for the Citrus Greening disease
10. Trees should be scouted this many times a year by looking at leaves
11. County in Florida in which greening was first found in 2005
12. Citrus greening is caused by this

Down

1. Can be this many years before mature tree exhibits symptoms
2. Psyllids are good at this
4. Fruit from an infected tree has this taste
6. Citrus greening is spread by these
9. Psyllids are repelled by this from the Asian guava

Programs/Events:

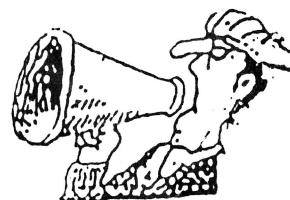
June 14: Program: Macadamia Nuts by George Anderson

July 12: Program: To be announced

July 25: Event: Brevard RFCI picnic, Merritt Island, FL

CLUB COOKBOOK: The club is collecting recipes using rare and tropical fruits for publication in a Cookbook. Please mail your recipes to Verna Dickey: 2114 Fairfield Ave. Brandon, FL 33510. Recipes may also be given to Verna or Linda Novak at the June meeting.

MEMBERS' CORNER: Sally Lee is looking for blackberry cuttings, rooted or otherwise. If you have bearing blackberry vines where she can get a cutting, please call Sally @ 813-982-9359 or on her cell phone @ 813-935-1021.



PICNIC at KIWANIS ISLAND PARK on MERRITT ISLAND, JULY 25

This trip to Merritt Island is on schedule. (See details in the May newsletter.) We have chartered a bus and the seating schedule is full. Anyone who has not signed up to go on the bus, but would still like to make the trip, will have to drive their own vehicle. The fee for riding the bus is \$10.00 and must be paid no later than the June meeting, to Sally Lee. Members who are going to drive their own vehicle, please advise Sally at the June meeting or call her at 813-982-9359

Fathers' Day Quotes

A man's children and his garden both reflect the amount of weeding done during the growing season. Anon.

What Is A Dad?

A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.

A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.

A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...

Author unknown.

A father is a banker provided by nature. French proverb

Any man can be a father. It takes someone special to be a Dad. Anon.

The greatest gift I ever had came from God, and I call him Dad. Anon.

A father is a guy who has snapshots in his wallet where his money used to be. Unknown

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.
Charles Wadsworth

It doesn't matter who my father was; it matters who I remember he was. Anne Sexton

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around, but when I got to be 21, I was astonished at how much the old man had learned in 7 years. Mark Twain

RECIPE: LEMON SNAPS

2-1/2 cups flour
 1-1/2 cups sugar
 2 tsp. baking soda
 1/4 tsp. salt
 2 Tbs. lemon zest, grated
 3/4 cup vegetable oil
 1/2 cup fresh lemon juice
 2 tsp vanilla extract

Preheat oven to 350°.

Place all ingredients in a food processor or mixer and process or mix by hand until well blended. Drop by teaspoonful onto greased cookie sheets about 2" apart.

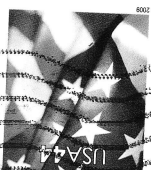
Bake about 10 minutes or until edges of cookies are golden brown.
 Cool on racks and store in an airtight container.



33617+4143

P. JUDSON NEWCOMBE
 314 DEER PARK AVE.
 TEMPLE TERRACE, FL 33617

FIRST CLASS MAIL



TAMPA FL 335
 SAINT PETERSBURG FL
 JUN 2009 PM 1 T

RFCI TAMPA BAY
 4109 DeLeon
 Tampa FL 33609