



RFCI

NEWSLETTER

TAMPA BAY CHAPTER of the

RARE FRUIT COUNCIL INTERNATIONAL INC

JULY 2009

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

NEXT MEETING: JULY 12

PROGRAM: THE MEETING AT THE TAMPA GARDEN CLUB WILL BE A WORKSHOP, A CLASS ON PROPAGATION, GRAFTING, AIR LAYERING, SEED GERMINATION, STARTING PLANT CUTTINGS & SETTING UP A MISTING BED, with a question & answer session. If you need root stock or bud wood for the workshop, please call Charles Novak @ 813-754-1399 or Bob Heath @ 813-289-1068. We will also enjoy our fabulous tasting table, plant raffle and farmers market. Come and enjoy the camaraderie and what should be a very educational and fun meeting.

WHAT'S HAPPENING

June-July 2009

By PAUL ZMODA

What a difference the rains have made! Trees once struggling to survive are now making new growth. Our pitomba bush flowered heavily for the first time, but no fruit was set.

Two red ilama trees pushed out lots of new leaves as well as many dark red flowers with the coming of the rains, but despite my hand-pollinating, no fruits set yet again. I'm really aching to taste a full-ripe ilama again. They are like a warm strawberry milkshake, as I remember.

We ended up with only one, perfectly formed, cherimoya fruit. It is enlarging rapidly, bumpy and green. I wrapped it carefully with some nylon mosquito netting and placed some rubber snakes among the branches for good measure. I don't want any creatures messing with one of the most delicious fruits known.

The cactus collection has been opening many wonderful displays of flowers – especially at night – blooming seleocereus climbers.

We enjoyed our “Flordaprince” peaches and dozens upon dozens of “Guthrie” plums. These easily beat anything found at supermarkets; soft, scented and squirting with juice.

Mango boughs are heavily laden and bending down from the weight.

Jaboticabas suddenly surprised us with white blooms and, then soon after, delicious, shiny, black fruit. These ripen so quickly that you have to be vigilant – “If you snooze, you lose” them to the animals at night.

I had grafted our poor, frozen white sapote's new sprouts with a good variety using a chipbud method. Currently, the bud's new growth is over two feet and growing fast, thanks to the large root system of the damaged tree.

Our bluebirds have nested yet again and have their third clutch of five eggs.

New plantings: yard-long beans and red okra.

Programs/Events:

July 12: Propagation Workshop

July 25: Bus trip to Merritt Island

Tasting Table June 2009

Beeker/Cimafranca	Cheesecake	Branesky	Lime cake
Johnston	Lemon & key lime bars	Coronel	Bibingka
Frankland	Green tea (2 gal)	Ritter	Pink stuff
Phillos	Chamoriritad digo sushi	Lohn	Chips/salsa
Dickey	Guava preserves w/crackers	Ferreira	Macaroni salad
Vega	Chicken fricase w/rice	Anderson	Macadamia nuts
La Valette	Curry rice, noodles	Terenzi	Vanilla cake
Woolheater	Irish cream brownies	Sweet	Brownies
Lee	Brownies, coffee cake	Frank	Chia surprise
Dickson	Semolina cookies	Oliver	Lychees
McCormack	Caramel cookies	Baker	Pecan ring
Sawada	Yaki soba with shrimp and pork		
Shigemura	Cheesecake w/mandarin orange & raspberries, Hotdogs w/3 sauces, Pasta curry salad w/fruit		
Novak	Wild rice w/mango, pineapple, ham, Lemon nut bread, Key lime cookies, Jaboticabas, dried Jakfruit, juices		

and other delicious foods not listed on the sign-up sheet. **Thanks** to all the members who contributed to the Tasting Table. Remember to ask for your free raffle ticket.

Welcome New Members:

George Anderson	Reddington Shores	LeAnn & Charlie Fellmeth	Venice
Lowell & Freda Dexter	St. Petersburg	Robert Messineo	Odessa
Annette Gause	Orlando		

Bus Trip to Merritt Island, Saturday, July 25: Members taking the bus will meet at the Sheriffs Office, on N. Falkenburg Rd., Brandon. The bus will leave at 8:30 A.M. so please arrive early. For those members driving to Merritt Island-directions will be available at the July meeting. If you have a club shirt please wear it. Tampa Bay RFCI Polo Shirts and T-shirts will be available at the July meeting. If you have questions or need information contact Sally Lee at (813) 982-9359 or Linda Novak (813) 754-1399.

MEMBERS' CORNER:

Wanted: About 50 feet of Welded Wire Mesh Fencing for my grape arbor!
Charles Novak (813) 754-1399

Wanted: Once again, Mango seeds needed for rootstock (to use at propagation demonstrations). Please save your mango seeds, bring them to the club meeting and give them to Charles Novak.

Growing Macadamia Nut Trees in Southern Florida

A Talk by George Anderson

Ask any Floridian on the street where macadamia nuts grow and, most likely, he/she will reply, "Hawaii." Clearly, the average Floridian does not know about George Anderson and his 10-acre farm, Anderson Macadamia Nursery and Grove, located in Labelle, Florida.

Hobbyist to Commercial Grower

In his interesting talk last month, George shared the story of how he went from a backyard macadamia nut tree hobbyist in Pinellas County to a commercial grower outside of Labelle (near Ft. Meyers) in Hendry County—defying the expert opinion of "horticulturists at the University of Florida who reportedly said that macadamia trees weren't a viable commercial proposition in the State." Anderson's secret? Treating the soil with sulfuric acid.

During his speech, George described how he set up his grove by first installing an irrigation pipe. He planted the seedlings he propagated approximately 15' apart in rows approximately 20' apart. Each bed runs approximately 40' long. Beds are separated by a swell (or ditch). Around the perimeter of the entire 10 acres, George dug a permanent moat. This keeps the squirrels out and provides a convenient water supply. He waters his trees twice a day and says that may be why his nuts have thin shells.

When he started, George said that there were three types of macadamia nut trees available in Florida: Dana White, Beaumont and Arkin Papershell.

Here's what ECHO (Education Concerns for Hunger Organization) says about each type:

- "Dana White - the most prolific bearer in Florida; developed in Homestead. When blooming, the tree is nearly white with blossoms. It may be one of the more cold hardy varieties for Florida use. The nut tastes the same as the Arkin variety but is contained in a very hard shell.
- Beaumont - a well-known recommended dooryard variety; has spiny leaves, attractive red young growth, and pink blossoms. The tree produces favorably and holds nuts on the tree well. Although Beaumont trees may bear alternately, the harvest period can last over 6 months.
- Arkin Papershell - bears almost as well as Dana White, but its claim to fame is that each nut has a blemish or small crack somewhere on the shell and, if properly struck with a hammer, the shell will crack open readily."

George has since propagated approximately 30 varieties himself that he calls the "Florida" series. He's even developed one variety called the Queen Anne, which is named after his wife, Anne.

Why Macadamia Nut Trees?

George sings the praises of macadamia nut trees because they are:

- Fast growers
- Environmentally friendly
- Disease resistant (they survived the Ice Age)
- Practically harvest themselves (The nuts fall to the ground. Harvest time is August to November.)
- Live up to 300 or 400 years

The Power of Macadamia Nuts

According to nutritionist, Melody Rhodes of Holistic Nutrition, "macadamia nuts contain:

- Antioxidants
- Fiber
- Phytochemicals
- Protein
- Minerals
- Monounsaturated fats
- Vitamins

They are high in heart-friendly monounsaturated fat, which contains oleic fatty acid as well as palmitoleic fatty acid (also present in fish oils). Macadamias come in tops for containing the highest amount of monounsaturated fatty acids in a natural food.

Macadamia nuts have a rich, buttery flavor that makes them unbeatable. They can be eaten raw or roasted, whole or chopped. The nuts are used in different menu items, ranging from macadamia nut coffee, to macadamia nut pesto to macadamia nut butter. Favorite snacks include chocolate-covered macadamia nuts or white chocolate macadamia nut cookies."

According to the Center for Healing Arts, "Macadamia nut oil contains the highest level of palmitoleic acid of any plant oil. This is found in human sebum among the young, but the level dramatically drops in mature skin. The oil penetrates the skin very quickly and can help tone aged or dry skin. Macadamia's fatty acids are also helpful in maintaining the skin's critical water barrier functions" (which keeps the skin smooth and moist).



References

Center for Healing Arts; copied June 26, 2009 from <http://www.center4thehealingarts.com/products.htm>

ECHO (Education Concerns for Hunger Organization); copied June 26, 2009 from http://www.echotech.org/mambo/index.php?option=com_content&task=view&id=100&Itemid=132

Rhodes, Melody, "Macadamia Nut Health Benefits World's Finest Nuts--Heart-Friendly Snacks That Reduce Cholesterol" Copied June 27, 2009 from http://holistic-nutrition.suite101.com/article.cfm/macadamia_nut_health_benefits#ixzz0JffCniQJ&C

JUNE PLANT EXCHANGE

PLANT	DONOR	WINNER
Pineapple	Bob Heath	Judy Cimafranca
Pineapple	"	?
Chaya Spinach	"	?
Chaya Spinach	"	Dickson
Surinam Cherry	"	?
Surinam Cherry	"	?
Carissa	"	U. Schultz
Red Sugar Apple	"	?
Yellow Jaboticaba	"	Verna Dickey
Orange Berry	Bob Heath	?
Sugar Apple	Charles Novak	Jennifer Hunt
Sugar Apple	"	?
Coffee	"	Mark Frank
Citrus unknown	Vega	Rose Frankland
Citrus "	"	?
Palm	"	?
Citrus unknown	"	Charlie Fellmeth
Palm	"	B. Provender
Palm	"	B. Provender
Palm	Vega	?
Cactus	Meredith Foltarz	?
Passion Fruit	Mark Foltarz Ritley	?
Pear Citrus	Meredith Ritley	B. Provender
Pear Citrus	"	?
Ube Purple Yam	Paul Branesky	R. Shigemura
Ube Purple Yam	"	Jennifer Hunt
Ube Purple Yam	"	B. Provender
Red Papaya	"	L. Frank
Ube Purple Yam	"	B. Reddicliffe
Red Papaya	"	Kathy Johnston
Jack Fruit	"	?
Rambutan	Paul Branesky	Ron Shigemura
Kings Mantal	Rose Frankland	?
Gold Finger Banana	"	?
Avocado	Jim Lee	Millie Beeker
Fig (Alma)	Tony Ferreira	?
Jack Fruit	"	Judy Cimafranca
Plumbago	Sally Lavalette	Kris Aguire
Crown of Thorns	"	?
Angel Trumpet	"	Vega
Avocado	Freda Dexter	Teri Worsham
Ceylon Gooseberry	Andrew Hendrickson	?
Blackberry Jam	"	James Oliver
Loquat	B. Reddicliffe	Rose Frankland
Beauty Berry	"	Marilyn Whitfield
Tabebuia Tree	"	?

ARE YOU A ? - PLEASE SIGN FOR YOUR PLANT.

Trees and shrubs 2

take a long time, or has to attempt to overcome the problem artificially, which may be difficult and complex.

In woody plants there are three different kinds of dormancy.

The simplest is that caused by the seed coat, which has thickened and hardened during the maturation of the seed. Its hardness stops water being taken up by the seed; therefore the embryo cannot imbibe and germination is prevented. In nature, this kind of dormancy is gradually reduced by bacteria and fungi in the soil decomposing the seed coat until it is no longer effective and water can be taken up.

Dormancy may also be caused by an immature embryo, which requires a warm temperature in which to develop to a stage where germination can proceed.

The commonest form of dormancy in the seeds of plants from temperate climates is a chemical inhibition to the embryo development. In nature, this dormancy is broken by normal exposure of a seed in the soil to winter's cold. This initiates a chain of events

that neutralizes the inhibitor chemical and so allows germination to proceed as soon as environmental conditions are suitable.

If only one of these kinds of dormancy occurred in a seed then overcoming it, although a problem, would be comparatively simple. Many plants, however, exhibit combinations of these dormancy controls so that overcoming them is complicated and time-consuming (see pages 32-3).

Seeds that are obtained from sources other than the gardener's own collections are almost invariably dried; the process of ripening is fully complete and all the dormancy controls are inbuilt, so germination cannot proceed until these problems have been eliminated.

However, for the gardener who is collecting his own seed it is possible to avoid the development of dormancy by collecting immature seed and preventing further drying. To do this, collect the seed when it is green to yellow to buff colored, and fruit as it just turns yellow. At this stage the seed coat and fruit are beginning to dry out and so develop

into the condition suitable for dispersal. It would appear that the dormancy controls develop at this stage.

By collecting the seed when it is anatomically complete with its food reserves finished but before dormancy becomes built in, the hard seed coat is avoided and the chilling requirement is at a minimum (just enough to prevent germination until the spring). Thus for germination to occur in spring, the fruits of *Daphne mezereum* should be collected not in September but in early June, when they are small, hard and green. Complicated dormancy patterns which take a long time to overcome or require a complex artificial procedure can then be avoided. However, it is easy to gather seed that is too immature, which will prove disastrous.

Once dormancy conditions are removed, the seed will germinate, provided that suitable conditions are maintained. A change in conditions, such as excessive heat or drying or a continued shortage of oxygen, will cause the development of secondary dormancy, which is extremely difficult to break down.

DORMANCY TABLES

Seeds with a hard seed coat

Acacia
Caragana
Colutea
Cytisus
Gleditsia
Koelerutaria
Laburnum
Robinia
Ulex
Wisteria

Seeds requiring chilling

Alder (*Alnus*)
Apple and Pear
Barberry (*Berberis*)
Beech (*Fagus*)
Cherry and Plum
Clematis

Euonymus
Horse chestnut (*Aesculus*)
Maples—Norway and Sycamore
Oak (*Quercus*)
Sweet chestnut (*Castanea*)
Vines (*Ampelopsis*; *Parthenocissus*; *Vitis*)
Walnut (*Juglans*)

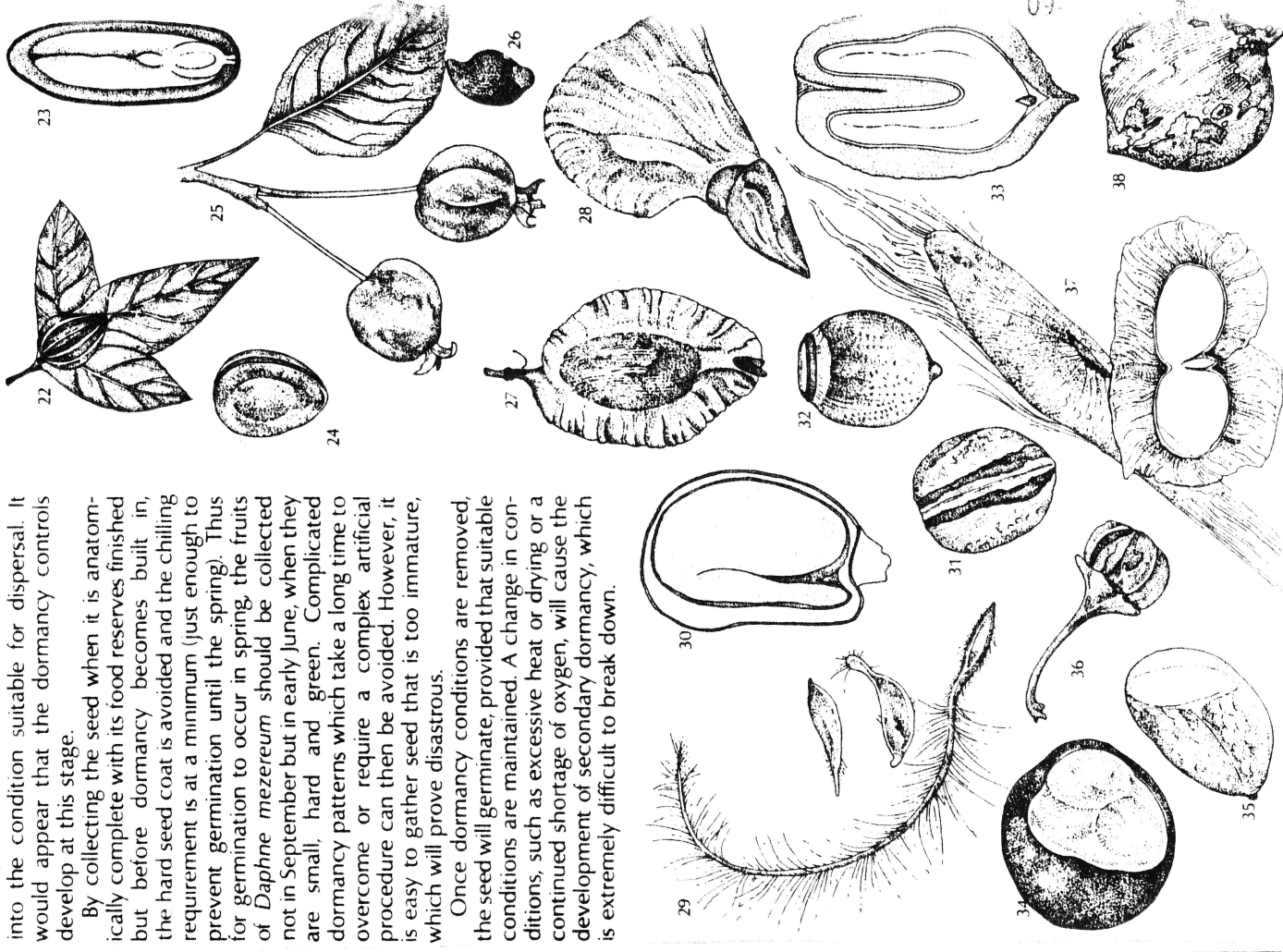
Seeds having a combination of a hard seed coat and a chilling requirement

Cornus
Cotoneaster
Daphne
Hornbeam (*Carpinus*)
Magnolia
Maples—Field and Snakebarks
Roses (*Rosa*)
Thorn (*Crataegus*)
Viburnum
Yew (*Taxus*)

Seeds exhibiting no dormancy conditions

Catalpa
Ceanothus
Eucalyptus
Mulberry (*Morus*)
Poplar (*Populus*)
Yucca

Seeds having a hard seed coat, an immature embryo and requiring chilling
Ash (*Fraxinus excelsior*)
Holly (*Ilex aquifolium*)



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.

Recipes of the month

Calabaza Baked Pudding

- | | |
|---|--|
| 1 1/2 -2 cups cooked mashed calabaza (other hard squash or pumpkin may be used) | |
| 1 stick butter, melted | 2/3 cup evaporated milk |
| 2 Tablespoons flour | juice of 1 lemon |
| 2 eggs | 1/4 to 1/2 teaspoon citric acid (to taste) |
| 1 cup sugar | 1 teaspoon vanilla |

Combine all ingredients and mix well. A blender may be used. Pour into a round microwave safe dish. Cover with plastic wrap. Microwave using the defrost cycle for 45 - 60 minutes, until set. Serve cold, or warm (with vanilla ice cream-yum!).

Easy Gingerbread Muffins

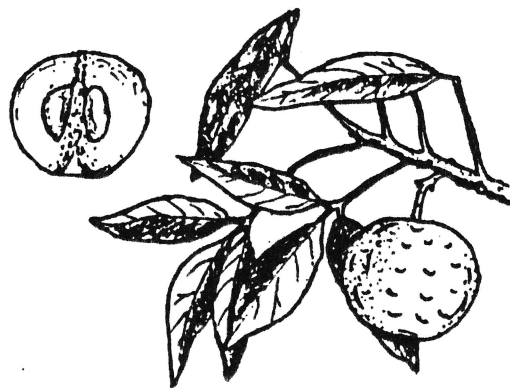
Tasting Table)

- | | |
|--------------------------------------|---------------------|
| 1 1/2 cup flour | 1/2 cup cooking oil |
| 1 teaspoon baking soda | 1 egg beaten |
| 1/2 cup brown sugar (packed) | 1/2 cup molasses |
| 2 teaspoon Watkins Gingerbread Spice | 1/2 cup cold tea |

Sift together flour, soda and spice. Cream oil and brown sugar until well mixed. Beat in egg and molasses. Add tea and flour alternately to the creamed mixture, mixing well. Pour batter into greased muffin cups. Bake at 350°F for 30 minutes. Top muffins with confectioners sugar or whipped cream or applesauce. Recipe makes 12 regular size muffins.

FAMILY - RUBIACEAE170. *Coffea arabica* - Coffee

Evergreen shrub to 15 feet, native to Tropical Africa and grown in Latin America. Glossy, dark green leaves to 6 inches long. Flowers are fragrant and white. Red fruit is 1/2 inch in length. This coffee "bean" is used in our commercial coffee. New plants are started by seed.

FAMILY - RUTACEAE174. *Castmtrao edults* - White sapote

Evergreen tree to 50 feet, native to Mexico and Central America. Leaves are compound, usually with 3 leaflets up to 5 inches long, shiny above and dull beneath. Small fragrant flowers are greenish yellow in color. Roundish dull green to yellowish fruit is 2 to 4 inches in diameter. Its white or yellowish pulp is eaten fresh, or used in preserves. Propagation is by seed, cuttings, layering or grafting.

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FWD

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FIRST CLASS MAIL



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