

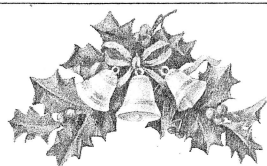
RFECI

<http://www.rarefruit.org>

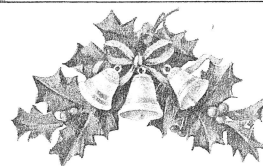
December 2009

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL, INC.

Meetings are held the second Sunday
at the Tampa Garden Club, 2:00 P.M.



2009 HOLIDAY SOCIAL



Please join us for the annual RFECI Holiday Social.

Sunday, December 13, 2009

1:00 P.M.

*Tampa Garden Club
2628 Bayshore Blvd.
Tampa, FL 33629*

Please bring a large covered dish (salads, vegetables, desserts, etc.)

The Club will provide the turkeys, ham, tableware and drinks.

Please bring an item to donate to the free raffle (such as, plants, small gifts - perhaps an item you received but can't use).

*Several volunteers are needed to help set up.
If you are available to help, please arrive at the
Tampa Garden Club at 11:30 A.M.*

President: Paul Branesky

Editor: Gloria Sciuto; Production & Distribution: Charles and Linda Novak



Welcome to Our Newest Members

Rick & Helen Gerretson, Plant City ☼ ☼ Barbara Orr , Largo
 Natalie & Richard Oliver, St. Petersburg ☼ ☼ Brenda Payne, Reddington Shores
 Ruth Davies, Reddington Beach



Grape Leaves Make Great Food, Too!

By Paul Zmoda

Any members growing grapes for the leaves? Many ethnic groups and accomplished chefs know that stuffed grape leaves make pleasant snacks or the entire main course.

As an adventurous home cook and a curious fruit research scientist, I make dolmas from time to time. I use the freshly picked leaves from my "Catawba" vine. They are large enough to work with and are tender enough to make this traditional, healthful and great-tasting dish. You can find canned grape leaves in some stores, but how can you beat using your own produce?



Copied from <http://en.wikipedia.org/wiki/Dolma>

Make some dolmas and enjoy this ancient delight. Search the Internet for a recipe. You'll find many.

Here's how I make them:

- Sauté seasoned ground lamb, beef or veal with some onion and mix it with rice.
- Roll up a dollop of this mixture in a steamed grape leaf.
- Place a layer of the leaves in a deep sauce pan with water and olive oil.
- Cover the pan and simmer gently over a low-to-medium heat until the rice is tender.
- Serve hot or cold with a sprinkling of fresh lemon juice and/or plain yogurt.

Does anyone know of any other grape cultivars we grow in Florida that would work well?



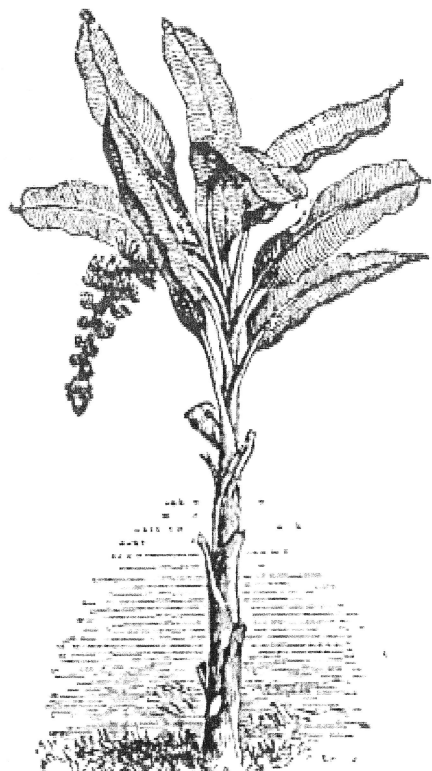
November Tasting Table

Thank you to the following folks for their tasty offerings and to all those who did not sign the sheet.

Name	Item	Name	Item
Lee	Calamondin cake	Coronel	Maja blanca mais
Spaceda-Bigelow	Pancit	Loenichen	Bread
Reddicliffe	Ambrosia salad	Sciuto/Raposa	Chocolate banana cream pie
Cimafranca	Plantains	Scott	Red grapes
Newcombe	Carambolas	Vega	Chicken fricassee/white rice
Frank	Apple sauce	Whitfield	Bean salad
Phillos	Chamorrta kelagan; chamorrta kim chee papaya		
Novak	Pumpkin nut cake, banana choc. chip bread, Waldorf salad, sliced carambola, juices		

Bananas Musceae – The Banana Family

By Steve Lohn



Picture copied from
<http://en.wikipedia.org/wiki/Banana>

Bananas originated in Southeast Asia. Early records in India show bananas around 500 to 600 B.C. Most people think that bananas always grew in South and Central America. In reality, they were brought to the Americas by Friar Tomas de Berianga, who in 1516, brought them to Santa Domingo (now known as the Dominican Republic).

There are over 500 species and 3 main genera:

- Ensete – ornamental and food
- Musa – dessert, plantain cooking and ornamental
- Musella – ornamental and animal food

The name “banana” is a European usage taken from the Guinea coast of West Africa by a Portuguese traveler. Muse, the name for the genus, comes from the Arabic word “mouz,” derived from the Sanscrit “moka.”

A banana is not a tree; it is a large herb. The plant consists of:

- | | |
|----------------|--------------|
| • Flag | • Leaf |
| • Bracts | • Pseudostem |
| • Fruit | • Pup |
| • Male flowers | • Root |
| • Bloom head | • Corm |

A banana plant should have at least five flowers to product a healthy head of bananas. Depending on the soil, climate and fertilizers, a banana plant will grow a head of bananas in approximately 7 to 18 months. The first sign is swelling of the pseudostem as the flag processes to the top of the plant. Soon after, the bracts form, and the weight forces the flag to lean over. The bloom is maroon in color. After a couple of days, the bracts, which are tightly closed, point down, begin to open, and show the fingers with the flowers on the tips. These flowers, which are female, become the actual bananas. Edible bananas have sterile seeds. These are the black spots you see in each banana. Though the male flowers do grow on the bracts, they do not pollinate the female flowers.

The first bananas were brought to the United States in 1870 by a sea captain named Lorenzo Dow Baker. He went on to start United Fruit Company and then Chiquita Banana. In the years that followed the Civil War, bananas became a luxury. They were peeled, sliced and wrapped in foil and cost ten cents (approximately \$2.00 in today's money). In New Orleans, a man named Joseph Vacarro found that keeping bananas on ice prevented them from ripening too fast. This was important because it took three weeks for bananas to arrive in the U.S. He bought up the ice companies on the Gulf Coast and started Standard Fruit and then Dole.

Over the years, bananas became a favorite food. In 1904, David Struckler, a soda jerk from Latrobe, PA, served the first banana split.

November RFCI Plant Exchange

Thanks to all of our donors. Members who donate plant(s) may now receive a ticket for the raffle.

Plant	Donor	Winner
Red sugar apple	Bob Heath	Gamboni
Chaya spinach	Bob Heath	---
Surinam cherry	Bob Heath	---
Papaya	Bob Heath	---
2 Carissa	Bob Heath	---
Female gac	Bob Heath	Haack
Sapodilla	Bob Heath	
Java plum	Bob Heath	
Rose apple	Bob Heath	
2 Papaya	William Vega	
3 Pigeon bean	William Vega	Provencher, Sumner
6 Bananas	William Vega	Reddicliffe, Provencher, Sciuto
Greek recaó	?	---
Ginger eatable	Ashok	---
5 Weeping Barbados cherry	Charles Novak	Ullery, Nizan, McAveety, Morris
5 Starfruit fruitbag	Linda Novak	Oliver, Sumner, Orlando
White guava	Sal Russo	---
Red cactus fruit	Michael Nizan	Whitfield
6 Pecans	Charles Novak	Gamboni, Ritter
Lemon grass	Sonia Saceda-Bigelow	Haack
Ipe Tree	Beth Reddicliffe	Gamboni
Surinam cherry	Beth Reddicliffe	---
5 Red dragon fruit	Mark Foltarz	---
Queen pineapple	Paul Zmoda	---
Genepa	Thomas Scott	---
Longan	Thomas Scott	---
Loquat	Judith Cimafranca	---
Ylang Ylang	Judith Cimafranca	Gamboni
Creeping Rangoon	Judith Cimafranca	Oliver
Cactus, bromeliad	Judith Cimafranca	Provencher
Ferns	Provencher	
2 Bromeliads	Verna Dickey	---
2 Tangerines	Sally Lee	
Edible jatroea	Nancy McCormick	---
Root beer plant	---	Haack
Chaya	---	Haack

Cold Protection – Are You Prepared for This Winter?

By Charles Novak

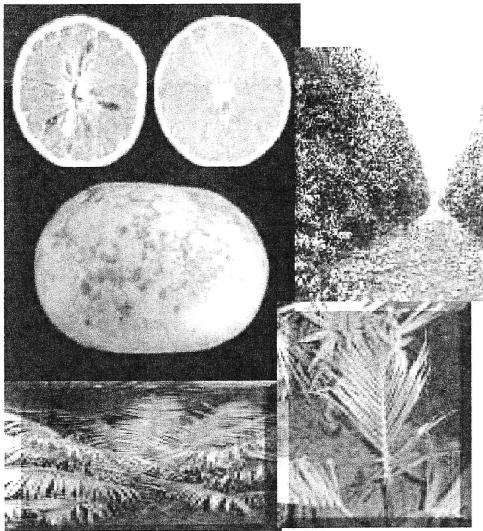
According to the NOAA, El Niño will bring colder and wetter weather to Florida this winter. That means we need to be prepared to protect our trees.



Copied from http://www.noaanews.noaa.gov/stories2009/20091015_winteroutlook.html

Symptoms of Cold Damage

Cold damage includes the following:



- Completely frozen, dead leaves appear bleached brown in color.
- New succulent growth, when frozen, will often turn blackish in color instead of brown.
- Leaf-fall within a few days indicates that the wood is likely not killed, while leaf retention on the twigs usually indicates wood kill.
- Ice may also occur in wood and result in bark splits, particularly in young trees. Such splits may be extensive in larger trees resulting in serious trunk injury.
- Fruit severely injured during a freeze may drop over time.
- Fruit may show dark or reddish-brown depressions, pockets, or pitting on the peel surface.
- The frozen area will eventually dry out leaving the injured fruit partially hollow and lighter in weight.

What Can I Do?

Some of the main methods for cold protection in Florida are:

- Mulching
- Banking
- Wrapping
- Using exposure and location
- Misting

Mulching

According to Charles, "Don't underestimate the effectiveness of a good layer of mulch about 3 to 6" thick. Most fine and tender feeder roots are close to the surface. In general the root system is the most cold-tender part and will suffer the most damage in a radiation freeze. Mulch is an effective counter measure and makes the soil retain some warmth for a short period. After all, mulch will improve the looks of your landscape and add to the overall health of your plants."

Banking

A soil bank is a mound of soil piled as high as feasible around the trunk and lower scaffold limbs. Thus, the trunk and lower scaffolds will be protected from even the worst freeze, although the unprotected top may be killed completely. The tree will regrow from the trunk and scaffolds without going back to the rootstock.



Wrapping and Heat



There are a variety of ways to wrap or cover your plants and trees ranging from using blankets, a cold frame or a box. According to Charles, breathable thermal plant blankets not only help protect your crops from cold, but also let them breathe.

Trees can be protected by wrapping Christmas lights around the tree limbs and branches.

Using Exposure and Location

The north side of your house will be the coldest, while the south side will be the warmest. Plant cold sensitive plants on south side of your home to help keep them warmer at night. Stay clear of low spots where cold air drains.

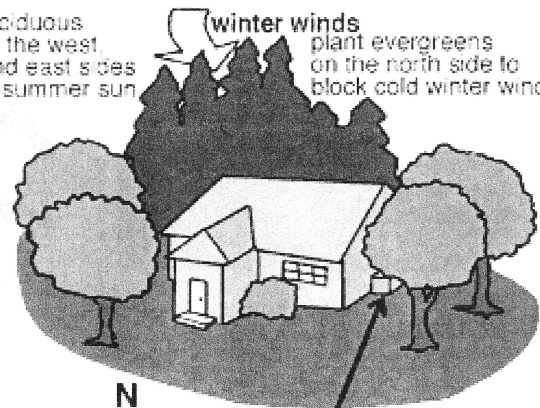
Plants growing in the open with no over head protection are unsafe on the coldest of nights. Any area open to the sky will cool faster at night, that's one reason frost may form on the hood and trunk of your car before the doors. Large rocks, cement slabs, and bodies of water will also slowly release heat at night. Place borderline plants under larger trees, or near a pond for a natural degree of protection.

Another alternative is to group trees. Plant the hearty ones on the outside perimeter so that they can protect each other.

plant deciduous trees on the west, south and east sides to block summer sun

winter winds

plant evergreens on the north side to block cold winter winds



you'll save money if your air conditioner is in a shaded area

<http://www.lpb.org/programs/forest/plantguide.html>

Misting



http://www.usatoday.com/weather/news/2009-01-22-florida-freeze_N.htm

According to the University of Florida, "Overhead, high-volume sprinklers have been used successfully in citrus nurseries for years as a means of cold protection. Recently, there has been interest in using low-volume microsprinklers to protect young trees in the field; however, success varies with the type of system, application rates, type of freeze and severity of the freeze.

Water protects young trees by transferring heat to the tree and the environment.

The heat is provided from two sources, sensible heat and the latent heat of fusion. Most irrigation water comes out of the ground at 68° to 72°F, depending on the depth of the well. In fact, some artesian wells provide water of 80°F or more. As the water is sprayed into the air, it releases this stored (sensible) heat. However, by the time the water reaches the tree it has lost most of its energy, particularly for low-volume microsprinkler systems. Consequently, the major source of heat from irrigation is provided when the water changes to ice (latent heat of fusion). As long as water is constantly changing to ice the temperature of the ice-water mixture will remain at 32°F. The higher the rate of water application to a given area, the greater the amount of heat energy that is applied. Problems in the use of irrigation for cold protection occur when inadequate amounts of water are applied or under windy (advective) conditions. Evaporative cooling, which removes 7.5 times the energy added by heat of fusion, may cause severe reductions in temperature under windy conditions, particularly when inadequate amounts of water are used. In addition, most irrigation systems will not protect the upper portion of the canopy."

Which Trees Are Most Sensitive to Cold?

Here is a list of trees and their tolerance to cold.

Cold Tolerance of selected tropical fruit trees.

Hardy <24°F	24°F Min	26°F Min	29°F Min		Not at all Hardy
Apple	Anise	Akee	Ambarella	Otaheite Gooseberry	Coffee
Blackberry	Bay Leaf	Allspice	Annato	Papaya	Spanish Lime
Blueberry	Cattley Guava	Atemoya	Banana	Peach Palm	Malay Apple
Cherry of the R. Grande	Indian Jujube	Bay Rum	Barbados Cherry	Pitomba	Miracle Fruit
Fig	Jaboticaba	Carissa	Black Sapote	Purple Passion Fruit	Spanish Lime
Jelly Palm	Kei Apple	Cherimoya	Caimito	Sapodilla	Cashew
Kumquat	Macadamia Nut	Curry Leaf Tree	Carambola	Soursop	
Loquat	Surinam Cherry	Grumichama	Cinnamon	Wax Jambu	
Mulberry	White Sapote	Imbe	Coconut	Pineapple	
Muscadine Grape		Lychee	Custard Apple	Malabar Chestnut	
Nectarine		Mysore	Guava	Sugar Apple	
Peach		Raspberry	(Tropical)	Rose Apple	
Pear		Wampi	Jackfruit	Canistel	
Persimmon		Longan	Kwai Muk	Ice Cream Bean	
Pineapple Guava			Mamey Sapote	Tamarind	
Pomegranate			Mango		
Prickly Pear			Mayan Breadnut		
			Monstera		

Tampa Bay Rare Fruit Club International Cookbook

Need a gift for someone special? How about the Tampa Bay RFCI Cookbook? This wonderful cookbook features recipes from our own members and more! And, at a cost of just \$7.00, it's sure to put a smile on your face and leave some cash in your pocket!

Remember the Holiday Social starts at 1 P.M.
Sunday, December 13, 2009

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 TEMPLE TERRACE, FL 33617

FIRST CLASS MAIL

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