

RFCI

January 2010

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

<http://www.rarefruit.org>

Meetings are held the second Sunday, 2:00 P.M.
at the Tampa Garden Club, 2629 Bayshore Blvd.

Upcoming Programs and Events

January 10: Entomologist Dr. David Dean, Ph.D., with the Florida Department of Agriculture Consumer Services, Division of Plant Industry, will speak on "Beneficial and Non-Beneficial Insects."

February 4-15: RFCI Horticultural display at the Florida State Fair.

February 7: Citrus Celebration at the Florida State Fair.

☞ *Calling All Volunteers!* ☞

We need your help during the month of February. February is a big month for our Club and for the Tampa Bay area because we welcome the Florida State Fair. We are hosting the following events:

☞ RFCI Horticulture Display at the Florida State Fair ☞

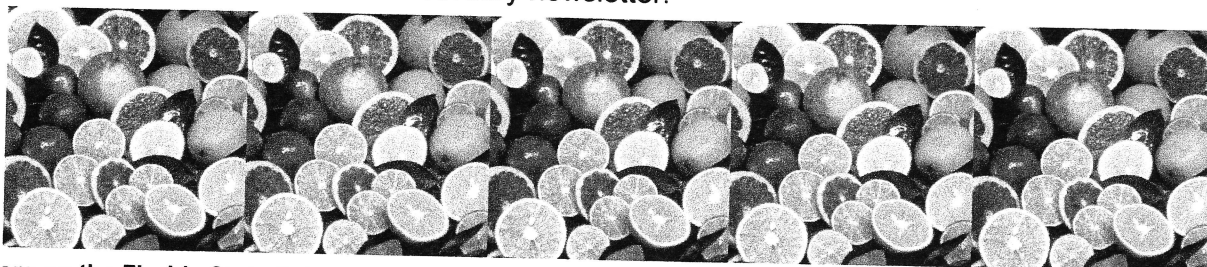
From February 4th to the 15th, we need volunteers to man this year's display at the Florida State Fair. In turn, you will receive admission tickets to the Fair. We will have a volunteer sign-up sheet at the January 10th meeting or you may contact Charles Novak at (813) 754-1399 to volunteer.

☞ Citrus Celebration at the Florida State Fair ☞

On Sunday, February 7th, we will be hosting our 9th event at the Fair. This event has been very popular with the public as it gives them the opportunity to sample many varieties of citrus. Please plan to help.

This year, it is critical for members to donate citrus fruit (as many varieties as possible). Our main sources for fruit in the past are no longer available. If you have citrus to donate (or know of someone who will donate fruit), please contact Bob Heath (813) 289-1068, Charles Novak (813) 754-1399, Jimmy & Sally Lee (813) 982-9359, or any Board member.

We also need volunteers to help prepare the fruit for sampling. A signup sheet will be available at the January 10th meeting, or you may contact one of the members listed in the above paragraph. There also will be more information in the February newsletter.



For more on the Florida State Fair, refer to http://www.floridastatefair.com/pdf/advancesalesbrochure_web.pdf

President: Paul Branesky

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

∞ Welcome to Our Newest Member ∞

Anita Orlando, Lutz

∞ What's Happening #1 ∞ by Paul Zmoda

I have not found a source of horse manure for years. Banana plants thrive on and produce well, when liberally supplied with this organic fertilizer. 6" to 12" deep is not too much.

When I used to get it, this animal waste would emanate the aroma of ammonia – a simple nitrogen supplying produce formed when the animals' urea breaks down further into components the bananas can readily use.

I thought about this and tried applying a diluted solution of clear household ammonia to my banana patches. I marked the treated plants with a spot of blue spray paint. This treatment didn't seem to harm the plants, and they grew quite well.

I would like to encourage any RFCI members to try this approach also. I believe it would be most useful during hot, humid seasons. Be sure to mark your treated plants and compare them to untreated ones. Let me know how it works out.

I often hear of growers proclaiming just how cold it got in their groves – 28° F, 31° F, 26° F, etc. I know enough not to believe those temperatures unless the growers can show me that their thermometers have been properly calibrated. Calibration of any scientific measuring device means that it has been compared to a very accurate instrument to compensate for its built-in errors.

Go to your favorite box store where they sell thermometers. Take them all out and read them. They are not all the same, are they? Which one is the most accurate? When purchasing a thermometer, I will select one, which reads in the median range, not the one reading the highest or the lowest. Cheap thermometers cannot be produced with great accuracy for all of them.

To ensure accuracy, one must compare these "cheapies" with a more accurate (expensive) thermometer. The comparison will determine whether to add or subtract a correction factor to it.

Bring your trusted thermometers to our next meeting and I will show you if your instrument is indeed accurate – or not.

New plantings: Thai chili pepper, pennyroyal, amaryllis bulbs, yellow onions, daikon radishes.

∞ December's Tasting Table ∞

A special "Thank You!" to all the folks who brought food to our tastefully delicious and bountiful Holiday celebration.

⌘ What's Happening #2 ⌘

by Paul Zmoda

Happy New Year!

This being an El Nino winter portends higher than average rainfall – perfect for growing edible mushrooms on fresh-cut logs of hardwood, as well as some softwood (but not conifers). I set up some mulberry logs inoculated with Woodear mushrooms (*Auricularia* spp.) and buried them upright and halfway covered at the wood's edge. Constant moisture is very important in mushroom culture, so these occasional wet weather events are beneficial if you care to try growing mushrooms. During our last El Nino of 1997/1998 we had our best harvest of Shiitakes.

Our pommelos are ready. I eat some and sell the excess to the Oriental market where they are happy to get them. I've also been selling our surplus Chinese pumpkins. From a single vine, we have set over 68 squash fruits so far this year. It is quite a challenge to prepare these wonderful winter-keeping squash differently for each meal, but I persist. It is easily one of my favorite fruits. In fact, I enjoy the end results so much that I am even thinking of writing a cookbook based solely on this pumpkin.

⌘ Holiday Party December 2009 Meeting ⌘

Please enjoy best wishes for a Happy and Prosperous New Year from your RFCI Board of Officers and Editorial Staff! We look forward to seeing you at our 2010 meetings and social events.



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
2 Female gac	Bob Heath	---
Blackberry jam fruit	Bob Heath	---
Surinam cherry	Bob Heath	---
2 Chaya spinach	Bob Heath	---
2 Carissa	Bob Heath	Woolheater
Red passion fruit	Bob Heath	---
Queen's wreath	Bob Heath	---
6 Genip	Charles Novak	---
4 Papaya	William Vega	---
Guava	William Vega	---
3 Spiny chayote	William Vega	---
2 Guava apple	Jerry Coronel	Gamboni
Strawberry tree	Jerry Coronel	Jerry A., Dolores
Phillipean tamarind	Roberta Harris	Engelbrecht
Jack fruit	Roberta Harris	Miller
Surinam cherry	Rose Frankland	---
Kright	Rose Frankland	---
2 Java plum	Paul Zmoda	---
Pomegranate	Peggy & Carl Mann	---
2 Sago palm	Ed Andrews	Ritter
Heliconia	Dolores	---
Corn flower	Stephen Lohn	---
Lemongrass	Roshan Premraj	---
Lime tree	Eric Young	Ron S.
Red kalanchoe	Natalie	---
Bromeliad	Freda, Oliver Dexter	---
Raja pura banana	Sharon Pilot	Andrews
Apple guava	---	Judith Pope-Champogue



Got Pots?

Charles Novak needs 2-gallon pots. Please bring them to our next meeting or call him at (813) 754-1399.

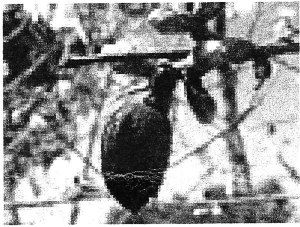
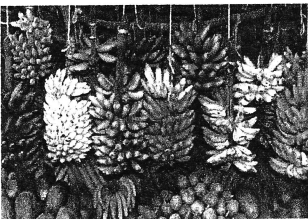
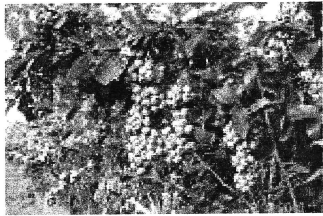
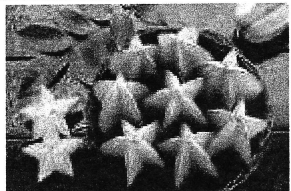
⌘ Medicinal Uses of Fruiting Plants ⌘



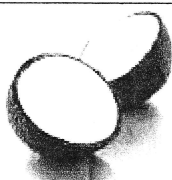


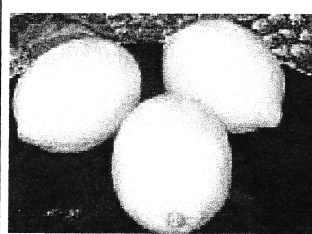
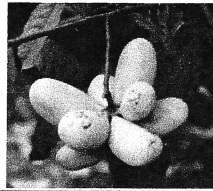
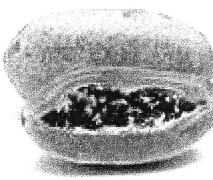
by Charles Novak

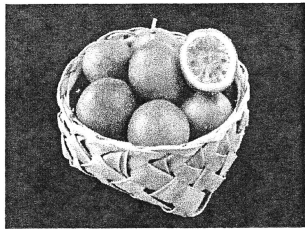
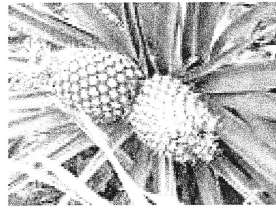


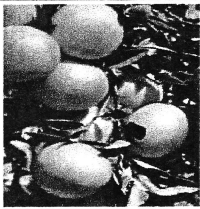


Since earliest times, plants have played a major role in human survival. People have relied heavily on plants for food, medicine, clothing and shelter. The history of medicine is truly the history of medicinal plants.

The following table is a synopsis of Charles' second talk during our November 2009 meeting. Because of space constraints, we were not able to include all the plants mentioned in Charles' talk. Bell Shenoï added information about turmeric and blueberry.

Disclaimer: Plants can be strong medicine. Just because plants are natural substances doesn't mean that they can be used indiscriminately. Before trying any remedy, be sure that you know what it does, how it is used, and any possible side effects it might have. This article is for information only. It is not intended to diagnose, treat, cure or prescribe.

Common Name/ Scientific Name	Reputed Properties	Picture
Almond tree <i>Terminalia catappa</i>	<ul style="list-style-type: none"> Leaves, bark and fruits can be used as dressings for rheumatic joints. Ripe fruit can help travel nausea and headaches. Leaves can help eye problems, wounds and to stop bleeding during teeth extraction. Bark can help throat and mouth problems, stomach upsets and diarrhea. Can help treat high blood pressure. 	
Bananas <i>Musa</i>	<ul style="list-style-type: none"> Fruit is extremely high in potassium and low in salt; can help reduce blood pressure. Bananas are a natural antacid for heartburn. Eating bananas regularly reportedly can cut the risk of death by strokes by as much as 40%. Juice from the junction of a branch with the stem can help relieve toothaches. 	
Blueberry <i>Vaccinium corymbosum</i>	<ul style="list-style-type: none"> Reportedly a natural source of Resveratrol, which can help to protect the heart and arteries from free radical damage and can help block the oxidation of cholesterol in the arteries of human beings. May help relax and expand blood vessels and support our brain function as we get older. Resveratrol may help promote replication of healthy cells in our brain, heart, skin and organs. 	
Carambola <i>Averrhoa carambola</i>	<ul style="list-style-type: none"> Juice of the fruit can be used as eye drop. Ripe fruit can help diarrhea and vomiting. Dried fruit can be used for fevers. Leaves can be used to help in the treatment of scabies and poisoning. 	

Cashew nut <i>Anacardium occidentale</i>	<ul style="list-style-type: none"> Oil can help remove corns, warts, ringworms and cancerous ulcers; can help remove the skin from the face to grow new skin. The fruit is a powerful diuretic and can help with uterine complaints. 	
Cocoa <i>Theobroma cacao</i>	<ul style="list-style-type: none"> Seeds can be taken as a heart & kidney tonic. Cacao butter can help chapped hands & lips. Can be used for high blood pressure to dilate the blood-vessels. Can be used for fever, coughs and complaints of pregnancy and childbirth. 	
Coconut <i>Cocos nucifera</i>	<ul style="list-style-type: none"> Juice from unripe coconut can help indigestion, gastric ulcers, colitis, hepatitis, and diarrhea. Coconut oil can help saltwater sores, sunburn, and dry skin. Smoldering husk helps to repel mosquitoes. 	
Common Fig <i>Ficus carica</i>	<ul style="list-style-type: none"> Fruits can be used as a mild laxative. Milky juice of the stems can help remove warts. Cream prepared from fruit can help eliminate nose/throat discharge from cold or allergies. 	
Gambogia <i>Garcinia gambogia</i>	<ul style="list-style-type: none"> Can help as an appetite suppressant to inhibit the absorption of fat and cholesterol. Helps diarrhea, hemorrhoids, ulcers, inflammation. Can help to eliminate worms and parasites. 	
Lemon <i>Citrus limonum</i>	<ul style="list-style-type: none"> Lemon oil can be beneficial to the circulatory system; it can help with blood flow, help with blood pressure and also can help with nosebleeds. It can help bring down fever and help relieve throat infections, bronchitis, asthma and flu. Lemon oil can help ease painful cold sores, mouth ulcers, herpes and insect bites. 	
Paw Paw <i>Asimina triloba</i>	<ul style="list-style-type: none"> Leaves can help eliminate boils and ulcers. The fruit is used as a laxative and a diuretic. Powdered seeds can be used applied to head as an insecticide for lice. Seeds, leaves and bark can help fight cancer. 	
Papaya <i>Carica papaya</i>	<ul style="list-style-type: none"> Dressing made from leaves or fruit can help infected wounds. Can help psoriasis eczema, ringworm, freckles. Can help digestion of meat, milk and eggs. Can be used to remove corns and warts. Can help inflamed gums during teething. 	

Passionflower <i>Passiflora incarnata</i>	<ul style="list-style-type: none"> • Can be used to sedate & to lower blood pressure. • Especially helpful when physical or mental strain results in insomnia or stress. • Showing promise in helping to fight Parkinson's Disease, Cancer, HIV and Leukemia. • An alternative medicine to help insomnia, nerves, irritability, neuralgia, irritable bowel syndrome. 	
Pineapple <i>Ananas comosus</i>	<ul style="list-style-type: none"> • Used to relieve digestive discomforts, diarrhea, and lack of appetite. • Natural remedy for cramps, arthritis, tendentious, and other joint and muscle pains. • Used to lower fevers. • Help in reducing facial wrinkles. 	
Pomegranate <i>Punica granatum</i>	<ul style="list-style-type: none"> • Bark and rind can be used to help diarrhea and remedies for tapeworm infestation. • Juice can help comfort an upset stomach and as a remedy to relieve gas. • Rind can be used as a gargle for sore throat and fevers. 	
Strawberry <i>Fragaria vesca</i>	<ul style="list-style-type: none"> • Fresh fruit removes discoloration of the teeth. • Juice is used for bad sunburn of the face. • Roots and leaves are used for diarrhea. • Useful for fevers, kidney stones, gout, scurvy and consumption. 	
Sweet Orange <i>Citrus sinensis</i>	<ul style="list-style-type: none"> • Can help circulation, muscles and joints for muscle fatigue, obesity, stiffness, and water retention. • Can help respiratory and immune system; used for colds, chills and flu. • Antidepressant, astringent, bactericidal, diuretic, stimulant tonic. 	
Tamarind <i>Tamarindus indica</i>	<ul style="list-style-type: none"> • Can help to relieve gas, soothes sore throats and acts mildly as a laxative. • Can be used as an eyewash and ulcer treatment. • Can help prevent a hangover and improve appetite. • Leaves and flowers can be used for swellings, sprains and boils. 	
Turmeric <i>Cosceinium fenestratum</i>	<ul style="list-style-type: none"> • Curcuminoids are said to have antibacterial, anti-inflammatory and antioxidant properties. • Reportedly can delay the onset of Alzheimer's Disease. 	

Figs in History (from the Internet)

Figs appear in the earliest recorded history. When Cato advocated the conquest of Carthage, he used as his crowning argument the advantage of acquiring fruits as glorious as the North African figs. These fruits have become so popular in America that many varieties are grown.

Of the members of the Moraceae family, the fig has spread most widely. The fig probably originated in Asia Minor, and has been highly regarded from the earliest times as a major contributor to the diets of many countries. Figs were one of the crops that became known in China during the T'ang dynasty which rose to power in the 700's BC. Its importance in Hellenic culture and economic life is second only to that of the grape and the olive.

In the first half of the sixteenth century, the fig was brought to England by Cardinal Pole, a few years before Cortez introduced the tree to Mexico. Fig trees reached North America in about 1790.

Fig Squares

1 cup figs	1 cup toasted coconut.
$\frac{3}{4}$ cup nuts.	$\frac{1}{3}$ cup crystallized ginger.
1 cup powdered sugar.	2 tablespoons lemon juice.
$\frac{1}{4}$ teaspoon Salt.	

Chop finely the figs, nuts, salt, ginger and combine. Place the lemon juice in a bowl and add the chopped fruit and stir. Knead mixture into a paste on a board coated with powdered sugar. Roll out thinly. Cut dough into 1 inch squares. Stack together in layers of three with the coconut sprinkled between the layers.



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