



RFCI

<http://www.rarefruit.org>

February 2010

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

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

Upcoming Programs and Events

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

February 7: Citrus Tasting Event at the Florida State Fair.

Note: There will be no regular February meeting at the Tampa Garden Club.

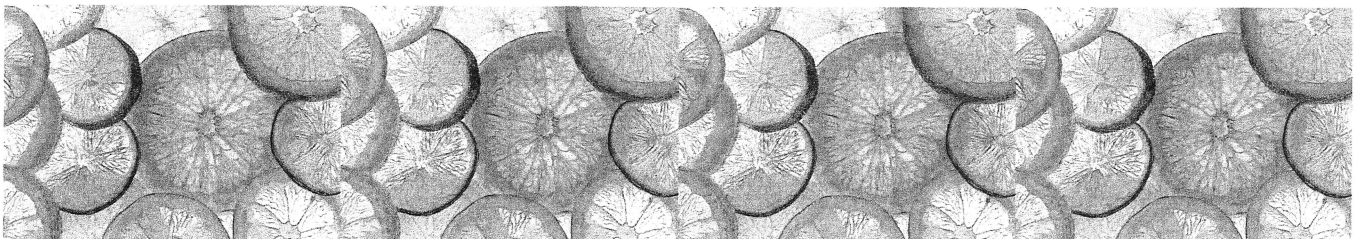
∞ Citrus Tasting Event at the Florida State Fair ∞ Sunday, February 7, 2010 from 8:30 A.M. to 4:00 P.M.

The date of the annual Citrus Tasting event is fast approaching! If you have citrus fruit to donate or know someone who will donate fruit, please contact Jim and Sally Lee (813) 982-9359, Paul Branesky (727) 341-2605, Bob Heath (813) 289-1068 or Charles Novak (813) 754-1399 as soon as possible. We need as many varieties as possible for the public to sample. The fruit will need to be picked, labeled by variety and brought to the Novak residence to be washed on Saturday, February 6th. You can also wash and label your fruit, and contact the above for arranging to get the fruit to the Fair.

We also need citrus, tropical and rare fruit for our display table. If you have a nice specimen you would like to display, please let us know.

Volunteers: Thanks to all of you who have signed up to help with this event. Please plan to be at the Florida Center Building at 8:30 A.M. on Sunday, February 7th. We will be very busy cutting up the fruit as we begin offering samples to the public at 10:00 A.M. Members who have signed up to help with this event will receive their Florida State Fair tickets in the mail.

If you have questions or need information, please contact Sally Lee, Paul Branesky, Bob Heath or Charles Novak (at the phone numbers above).

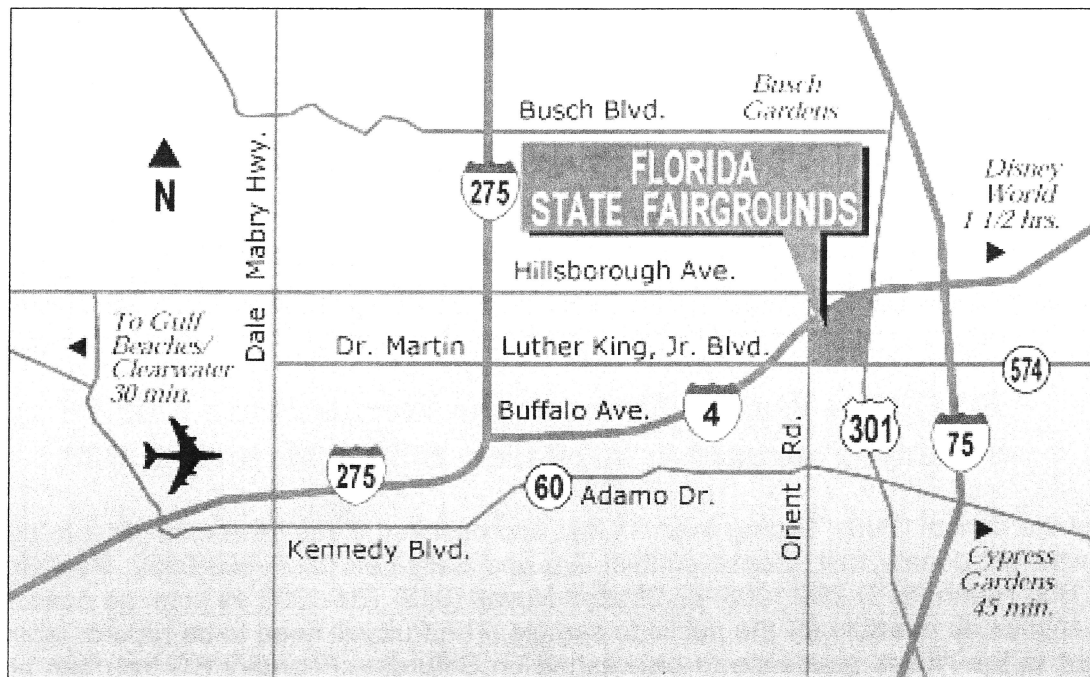


For more on the Florida State Fair, refer to <http://floridastatefair.com/state-fair>. For a newsletter, go to <http://www.floridastatefair.com/newsletter>.

President: Paul Branesky

Editor: Gloria Sciuto; **Support:** Bob & Paula Heath; **Production/Distribution:** Charles & Linda Novak

∞ Directions to the Fairgrounds* ∞



Florida State Fairgrounds

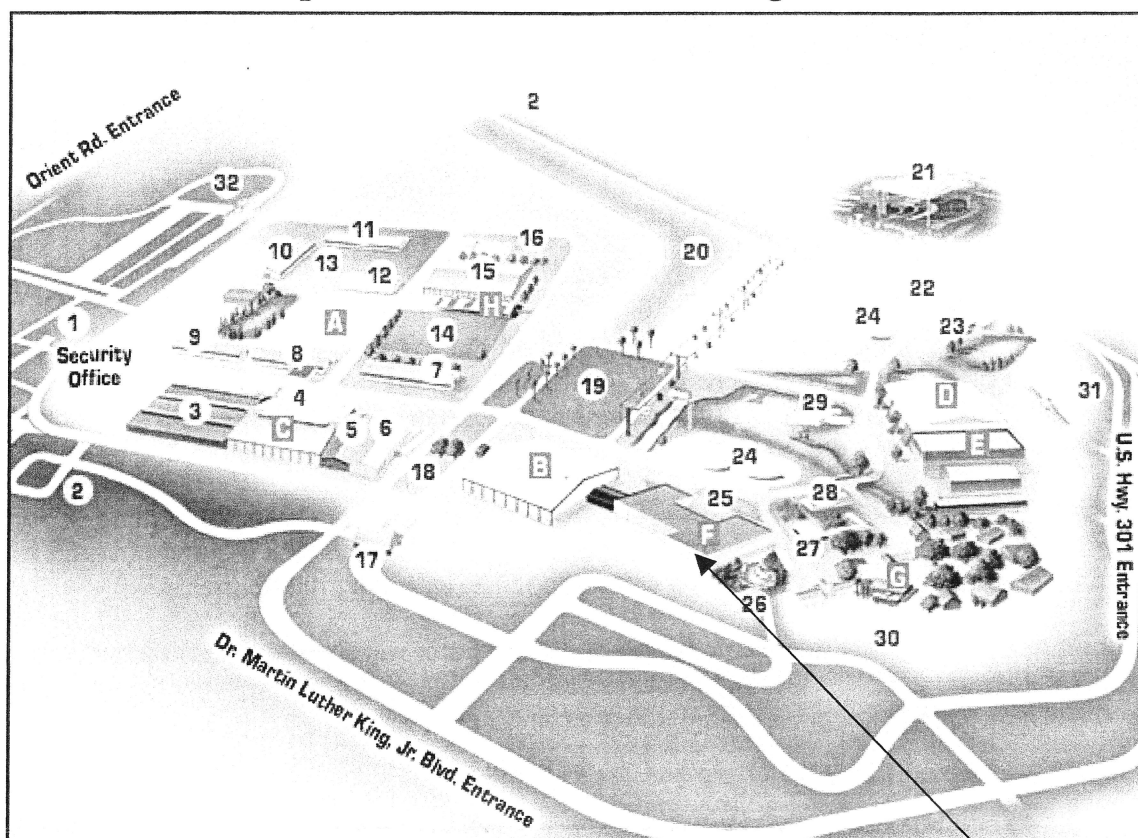
4800 US Hwy. 301 North, Tampa, FL 33610

Phone Number: 813-621-7821 or toll free 1-800-345-FAIR

- **From Tampa or St. Pete/Clearwater via I-275 to I-4 Eastbound to the U.S. Hwy. 301 Entrance Gate:** Travel on I-275 North toward I-4/Orlando and merge onto I-4 East via Exit 45B. Take Exit #7 (U.S. Hwy. 301 South) and stay in the right lane heading south for ¼ mile. Turn right into the Fairgrounds entrance. Do NOT go past the light at MLK, Jr. Blvd.
- **From Lakeland/Orlando area via I-4 Westbound to the U.S. Hwy. 301 Entrance Gate:** Travel on I-4 West toward Tampa to Exit #7 toward US-92 W / HILLSBOROUGH AVE and merge onto US-301 south toward RIVERVIEW. Head south ¼ mile and turn right into the Fairgrounds entrance. Do NOT go past the light at MLK, Jr. Blvd.
- **Traveling from I-75 North/South (from Ocala/Sarasota area) to the U.S. Hwy. 301 Entrance Gate:** Travel north on I-75, take Exit #260 (B) and merge LEFT onto DR MARTIN LUTHER KING JR BLVD (aka SR-574 West). Travel south on I-75, take Exit #260 and merge RIGHT onto DR MARTIN LUTHER KING JR BLVD. Go west for 2.5 miles and make a right-hand turn at the light at U.S. Hwy. 301. The Fairgrounds entrance will be on the left-hand side across from the Holiday Inn Express and the Winghouse Restaurant.

*This information has been copied from <http://www.floridastatefair.com/directions>

∞ Map of the Florida State Fairgrounds* ∞



- A Bob Thomas Equestrian Center
- B Charles M. Davis Special Events Center
- C Charlie Lykes Arena
- D Expo Hall
- E Entertainment Hall
- F Florida Center
- G Mildred W. & Doyle E. Carlton Cracker Country
- H Pavilion

- 1 Security Office
- 2 North & South Campgrounds
- 3 Livestock Barn
- 4 Hitching Post Restaurant
- 5 Rabbit/Poultry Barn
- 6 Ag Hall of Fame
- 7 Barn "A"
- 8 Barn "B"
- 9 Barn "C"
- 10 Barn "D"
- 11 Barn "E"
- 12 Equestrian Office/Concessions
- 13 West Ring
- 14 Gran Prix Ring
- 15 Covered Arena
- 16 Warm Up
- 17 Gate 3
- 18 Oak Grove
- 19 The Mall
- 20 Midway
- 21 Ford Amphitheatre
- 22 North Pad
- 23 Administration
- 24 Domes
- 25 Florida Center Terrace
- 26 Botanical Gardens
- 27 Veranda Restaurant
- 28 Red Barn
- 29 Floating Restaurant
- 30 Gate 2
- 31 Gate 1
- 32 Gate 4

**Florida Center
Where Our Booth
is Located**

*This information has been copied from <http://www.floridastatefair.com/directions>

☞ Welcome to Our Newest Members ☜

David Dean – Palmetto
 Jerry Moates – Zephyrhills
 James Uzcategui-Gaymon -- Tobyhanna, PA

☞ What's Happening ☜ by Paul Zmoda

Many of our citrus are ripening later than usual, thanks to the extremely low winter temperatures of 2009, which set back the blooming by several weeks. Winter pruning is underway. I clean up each specimen by removing dead or broken branches, thinning or heading back the others as needed to maintain the best shapes for each.

I put some serious building skills to use when I heard of the severe cold weather coming in early January. I built a sturdy, protective frame over our prized mango tree. At 8'H x 8'W x 8'L and covered with a plastic skin, this frame should keep the mango tree safe, especially with a light bulb inside.

We were done in by record low temperatures as many of you readers were also. We had lows of 24° F. three times, 25° F. twice and 18° F. once! I covered what I could and pre-emptively harvested tomatoes, squash and starfruit. Only time will tell what survived and how well.

New plantings: broccoli, peas, blueberries.

☞ January's Tasting Table ☜

Thank you to the following folks for their tasty offerings and to all those who did not sign the sheet.
 Members who donate food may now receive a ticket for the raffle.

Name	Item	Name	Item
Coronel	Bibingka, Apple pecan bites	Scott	Tangerine sections
Johnston	Blueberry cobbler	Saceda-Bigelow	Chicken & rice curry
Lohn	Cookies	Lee	Strawberries
Sawada	Spicy noodles	Sigemura	Japanese stuffed cabbage, buckeye
Kirby	Pasta salad	Newcombe	Fruit & cream cheese compote
Frankland	Brownie bites	Orr	Zuchinni bread
Phillos	Chamorrta pom citrus salad	Beeker	Pecan pie
Cimafranca	Chocolate chip cookies	Whitfield	Salad
Frank	Pumpkin soup	Reddicliffe	Potato salad
Branesky	Phillipino chicken soup	Branesky	Pickled cucumbers
Sweet	Tangerines, brownies	Payne	Artichoke casserole
Novak	Jambalaya rice & sausage, dates & pecans, macaroon cookies, jaboticaba chips		

∞ David Dean, PhD. ∞

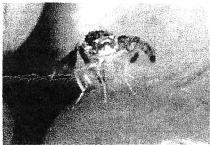
“A Report on the Mediterranean Fruit Fly in Florida”

Dr. Dean started his talk by describing Florida's long history of fighting fruit flies from the 1929 to 1930 quarantines and eye witness accounts of burning orange groves to the post-World War II spraying of malathion in residential areas to eradicate the Mediterranean fruit flies.

A majority of Dr. Dean's talk centered on the Mediterranean fruit fly, *Ceratitis capitata* (Wiedemann) or “medfly” because it is one of the world's most destructive fruit pests, yet an adult medfly is smaller than a house fly. Because of its wide distribution over the world, its ability to tolerate colder climates better than most other species of fruit flies, and its wide range of hosts, the medfly is ranked first among economically important fruit fly species (which means it does direct damage to agricultural crops).

In this age of jet transportation, the medfly can be transported from one part of the world to another in a matter of hours. This is a serious problem because once it is established, eradicating it is time-consuming, difficult and expensive. Some countries maintain quarantines against the medfly, which could jeopardize fresh fruit markets if it becomes established in Florida. It is known to attack more than 260 different fruits, flowers, vegetables, and nuts. Thin-skinned, ripe succulent fruits are preferred.

The length of time required for the medfly to complete its life cycle under typical Florida summer weather conditions is approximately 21 to 30 days. A female medfly will lay as many as 22 eggs per day and as many as 800 eggs during her lifetime.



*Female
ovipositing into
fruit.*

Eggs are deposited under the skin of fruit which is just beginning to ripen. When the eggs hatch, the larvae promptly begin eating. Fruit in a hard or semi-ripe condition is better for oviposition than fully ripened fruit. Ripe fruit is likely to be juicier, which is associated with a high mortality of eggs and larvae.

Temperature is a major factor in the life cycle.



*Medfly larvae on
fruit.*

Larval life may be as short as 6 to 10 days when the mean temperatures average 77-79°F. The kind and condition of the fruit often influence the length of the larval stage. In citrus fruits, especially limes and lemons, it appears to be longer. Larvae require 14 to 26 days to reach maturity in a ripe lemon, as compared with 10 to 15 days in a green peach.

Larvae leave the fruit at or just after daybreak and pupate in the soil.



Adult medfly.

Minimum duration of the pupal stage is 6 to 13 days when the mean temperatures average 76 to 79°F.

Adults emerge in largest numbers early in the morning during warm weather and emerge more sporadically during cool weather.

According to Dr. Dean, the State is currently using the Sterile Insect Technique (SIT), an environmental-friendly, species-specific method of insect control, which has been described as “birth control for insects.” As part of the program, 100 million sterilized pupa have been released in Sarasota, Manatee and Hillsborough counties (among others). After the native (wild) female mates with a sterilized male, the eggs she lays do not hatch. This program has shown promise in causing a decline in the population with the hopes of completing eradicating the medfly.

☞ Tampa Bay RFCI Board of Directors Election ☛

The list of candidates will be published in the March newsletter. The Board of Directors will be elected by a majority vote of the membership present and voting at the March 14, 2010 meeting.

☞ 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 Carissa	Bob Heath	M. Nizan
Gac	Bob Heath	---
Sapodilla	Bob Heath	C. Haack
Red sugar apple	Bob Heath	R. Frankland
Surinam cherry	Bob Heath	M. Lohn
Blackberry jam	Bob Heath	C. Haack
Papaya	Bob Heath	---
Pineapple	Bob Heath	M. Sweet
Orange berry	Bob Heath	---
4 Blackberry	Charles, Linda Novak	B. Reddicliffe, M. Whitefield
Guava	Paul Brankesky	S. Saceda-Bigelow
Rosemary	Paul Brankesky	---
Loquat	Barb Orr	C. Haack
Surinam cherry	Rose Frankland	---
Jack fruit	Roberta Harris	Miller
2 Surinam cherry	Rose Frankland	---
Tangelo fruit	J. Cimafranca	---
Sweet potatoes	Michale Nizan	---
Mini Pineapple	Marilyn Whittfield	F. Phillos
Pencil cactus	Beth Reddicliffe	R. Frankland
Tabebuao Ipe Tree	Beth Reddicliffe	---
2 Tangerines	T. Scott	---
5 Squash	Alan Male	C. Mathews, R. Frankland, K. Kirby
Squash	MaryAnn B.	---

☞ Bananas Musaceae Part II ☛

by Steve Lohn

Beginning with temperature somewhere between 55 and 40 degrees, bananas stop growing. When the temperature drops further, around freezing, the leaves and pseudostem begin to die down from the corm. As long as the ground does not freeze, which never happens in Florida, the banana plant will survive and grow back. Unfortunately, at this point, the banana is starting over. Grow time is long – averaging about 18 months depending on the temperature. In the tropics, grow time can be as short as 6 months from pup to fruit.

Wind can cause havoc with both the leaves and the pseudostem. Some bananas will take more leaf tearing than others before they lose their ability to collect energy from the sun. Winds of 25 mph can pull the plant out of the ground, as the corm and roots are very shallow.

Bananas produce best in full sun. They will tolerate shade, but will produce smaller and less fruit if any at all. Some bananas do better than others in drought condition. They need good drainage and should receive water 2 to 3 times a week.

Pests that Attack Bananas

- | | | |
|----------------|---------------|----------------------|
| • Nematodes | • Aphids | • Beetles |
| • Caterpillars | • Fruit flies | • Leafhoppers |
| • Mealybugs | • Mites | • Scales |
| • Trips | • Whiteflies | • Grasshoppers, etc. |

Pathogens (fungi) that Attack Bananas

- Black sigatoka (black leaf streak) *Mycosphaerella Figiensis*
- Yellow sigatoka (yellow leaf streak) *Mycosphaerella Musicola*
- Panama disease (root & rhizome rot, yellow leaves, plant wilting, death *Fusarium Oxysporum*)
- Pythium root rot (root rot/stem rot) *Marasmiellus Inorderma*

Varieties

Bananas come in several sizes, shapes and flavors. The Ice Cream banana, for example, is considered one of the best tasting bananas. The Gros Michel or Bluefield banana, a commercial variety now gone from the supermarket – a victim of Panama disease – was an excellent tasting banana. It was replaced by the first of many Cavendish subgroups.

There are numerous difficulties in growing bananas, however, the rewards more than make up for them. Starting with the amazing satisfaction you get when you see the first bloom head, which puts out flowers that grow into tiny bananas and then fill out and become (in most cases) tasty yellow prizes. As you check your bananas daily, waiting for them to ripen to perfection and hoping the weather holds up until you can pick them, you anticipate enjoying the sweetest, most delicious thing you've ever tasted! At this point, you wonder what you ever saw in those yellow things you found in the grocery store.



Peanut Butter Banana Oatmeal Cookies*

350 degrees

Makes approx. 2 dozen

- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup brown sugar
- 1/2 cup sugar
- 2 tbsp butter, room temperature
- 1 large egg
- 1/2 cup peanut butter (either smooth or chunky)
- 1/4 cup mashed banana (from 1 small/medium banana)
- 1 1/2 cups quick-cooking rolled oats (not instant)
- Line a baking sheet with parchment paper.
- In a medium bowl, whisk together flour, baking powder, baking soda and salt.
- In a large bowl, cream together the sugars and butter.
- Beat in the egg until smooth and mix in the peanut butter and mashed banana.
- Working by hand or with a mixer on low speed, blend dry ingredients into the peanut butter mixture and then stir in the oats.
- Shape dough into tablespoons and place on the baking sheet, flattening each slightly with your fingers.
- Bake until cookies just begin to turn golden around the edges and cool on a wire rack.

*Copied from Cookies by Nicole; <http://bakingbites.com/2009/05/peanut-butter-banana-oatmeal-cookies/>

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