



RFCI

<http://www.rarefruit.org>

May 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 ∞

May 9: Gene Joyner of Unbelievable Acres Botanical Garden,
West Palm Beach will speak on *Lychees, Longans and Other Tropical Fruits*
June 13: Dr. Jonathon Crane, Tropical Fruit Specialist, UF IFAS will speak on *Avocados*

∞ Welcome to Our Newest Members ∞

- Mark Hanna of Oldsmar
- Gary and Glenda Ward of Zephyrhills
- Jyotika Shroff of Tampa



∞ We Are Saddened... ∞

It is with much sadness we report the passing of member John Gibson. John was a longtime member of the Tampa Bay RFCI and will be greatly missed.



President: Paul Branesky

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



∞ A Tribute to Mothers ∞

Our May meeting is on Mother's Day. Here are some quotes by famous people in honor of Mothers. These quotes and more can be enjoyed at <http://theholidayspot.com/mothersday/quotes.htm>.



- "God could not be everywhere and therefore he made mothers." - Jewish proverb
- "The mother's heart is the child's schoolroom." - Henry Ward Beecher
- "All that I am or ever hope to be, I owe to my angel Mother." - Abraham Lincoln
- Let France have good mothers, and she will have good sons - Napoleon Bonaparte
- A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie - Tenneva Jordan
- "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." - Sophia Loren
- "Only mothers can think of the future-because they give birth to it in their children." - Maxim Gorky
- A mother had a slender, small body, but a large heart - a heart so large that everybody's grief and everybody's joy found welcome in it, and hospitable accommodation - Mark Twain
- Mother - that was the bank where we deposited all our hurts and worries. -T. DeWitt Talmage
- There is only one pretty child in the world, and every mother has it. - Chinese Proverb
- Mother is the name for god on the lips and hearts of all children. - Brandon Lee
- "Time is the only comforter for the loss of a mother." - Jane Welsh Carlyle

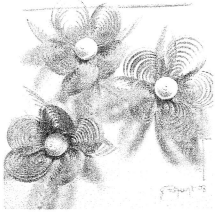
∞ Manatee Rare Fruit Council's 22nd Annual Rare Fruit Tree Sale ∞

When: Sunday, May 16, 2010 from 10:00 A.M. to 4:00 P.M.

Where: Manatee Civic Center (Corner of US-41/301 and Haben Blvd in Palmetto)

Cost: Free admission, free parking and expert advice

For More Information: Call (941) 776-0222



A Special Thank You...

A special thanks to all the members who helped with the USF Botanical Garden Plant Festival. The weather was perfect and many fruiting plants were purchased by the public. We served 533 cups of fruit juice.

∞ Beekeeping Basics ∞

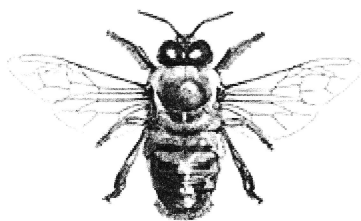
If you attended our April meeting, you heard Robert Messineo speak about Bee Pollination and Bee Therapy. Because of space, we could not summarize his talk in our last issue. Here is an all-inclusive article on beekeeping that was copied from <http://www.thefarm.org/charities/i4at/lib2/bees.htm>.

Honey bees are one of the most well-known, popular and economically beneficial insects. For thousands of years, man has plundered honey bee colonies to get honey, bee larvae and beeswax. Now, honey bees are commonly kept in artificial hives throughout the U.S. Although many people make a living from bees, most beekeepers are hobbyists who have a few hives and who enjoy working with these fascinating insects.

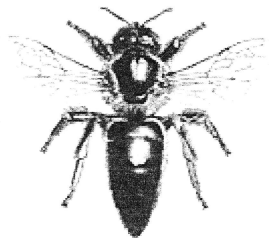
Honey Bee Biology

Honey bees, like ants, termites and some wasps, are social insects. Unlike ants and wasps, bees are vegetarians; their protein comes from pollen and their carbohydrate comes from honey which they make from nectar. Social insects live together in groups, cooperate in foraging tasks and the care of young, and have different types, or "castes" of individuals. There are three castes of honey bees, as shown in Figure 1.

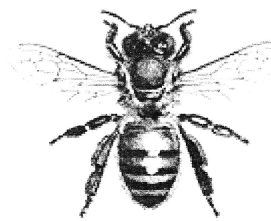
Figure 1: The Three Castes of Honey Bees



Drone



Queen



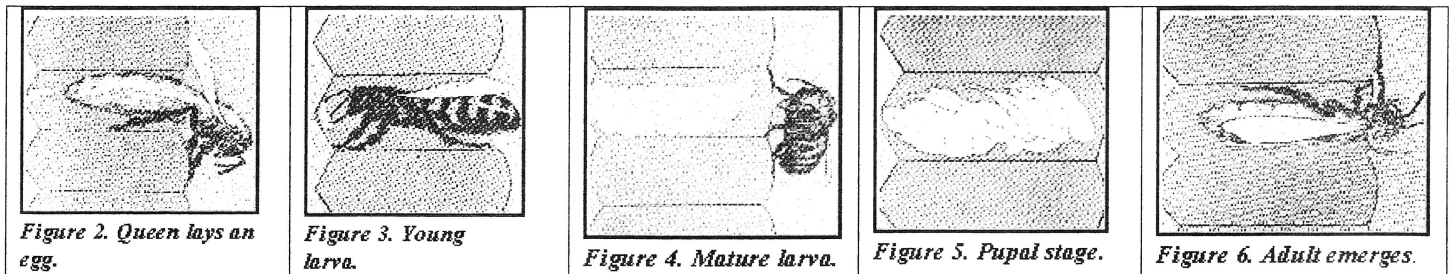
Worker

Workers - Reproductively underdeveloped females that do all the work of the colony. A colony may have 2,000 to 60,000 workers.

Queen - A fully fertile female specialized for producing eggs. When a queen dies or is lost, workers select a few young worker larvae and feed them a special food called "royal jelly." These special larvae develop into queens. Therefore, the only difference between workers and queens is the quality of the larval diet. There is usually only one queen per colony. The queen also affects the colony by producing chemicals called "pheromones" that regulate the behavior of other bees.

Drones - Male bees. A colony may have 0 to 500 drones during spring and summer. Drones fly from the hive and mate in the air with queens from other colonies.

Growth of the Colony



The queen lays all her eggs in hexagonal beeswax cells built by workers. Developing young honey bees (called "brood") go through four stages: the egg, the larva, the inactive pupa and the young adult. The castes have different development times. Newly emerged workers begin working almost immediately. As they age, workers do the following tasks in this sequence: clean cells, circulate air with their wings, feed larvae, practice flying, receive pollen and nectar from foragers, guard hive entrance and forage.

Unlike colonies of social wasps and bumble bees, honey bee colonies live year after year. Therefore, most activity in a bee colony is aimed at surviving the next winter.

During winter, bees cluster in a tight ball. In January, the queen starts laying eggs in the center of the nest. Because stored honey and pollen are used to feed these larvae, colony stores may fall dangerously low in late winter when brood production has started but plants are not yet producing nectar or pollen. When spring "nectar flows" begin, bee populations grow rapidly. By April and May, many colonies are crowded with bees, and these congested colonies may split and form new colonies by a process called "swarming." A crowded colony rears several daughter queens, then the original mother queen flies away from the colony, accompanied by up to 60% of the workers. These bees cluster on an object such as a tree branch while scout bees search for a permanent nest site - usually a hollow tree or wall void. Within 24 hours the swarm relocates to the new nest. One of the daughter queens left behind inherits the original colony.

(Table 1) Development Time Of Honey Bee Castes			
Stage	Days After Laying Egg		
	Worker	Queen	Drone
Hatching	3	3	3
Cell Capped	8	8	10
Becomes A Pupa	11	10	14
Becomes An Adult	20	15	22.5
Emerges From Cell	21	16	24

After the swarming season, bees concentrate on storing honey and pollen for winter. By late summer, a colony has a core of brood below insulating layers of honey, pollen and a honey-pollen mix. In autumn, bees concentrate in the lower half of their nest. During winter they move up to eat the honey and pollen.

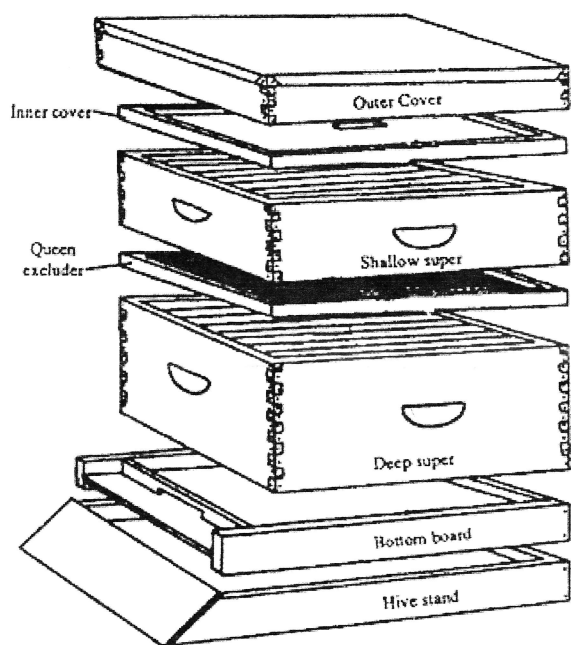
Preparing To Keep Bees

Honey bees can be kept almost anywhere there are flowering plants that produce nectar and pollen. Choose a site for bee hives that is discrete, sheltered from winds and partially shaded. Avoid low spots in a yard where cold, damp air accumulates in winter.

Be considerate of non-beekeeping neighbors. Place hives so that bee flight paths do not cross sidewalks, playgrounds or other public areas. In dry weather, bees may collect water at neighbors' swimming pools or water spigots. Avoid this by giving your bees a water source in your yard such as a container with floating wood or styrofoam chips. The floating objects prevent bees from drowning.

Beekeeping Equipment

One new hive with bees and basic equipment costs about \$150. Hive parts are cut to standard dimensions that mimic the space bees naturally leave between their combs. Always reproduce these dimensions exactly if you make your own bee hives. You will need the following equipment.



Elements of a beehive



Inner cover - prevents bees from attaching comb to outer cover; insulates dead air space.

Outer cover - provides weather protection.

Smoker - calms bees; reduces stinging. Pine straw, grass, burlap make good smoker fuel.

Hive tool - ideally shaped for prying apart supers and frames.

Bottom board - wooden stand on which the hive rests. Set bottom board on bricks or concrete blocks to keep it off the ground.

Frames and foundation - wooden frames that hold sheets of beeswax foundation that is imprinted with the shapes of hexagonal cells. Bees use the foundation to build straight combs.

Hive body or brood chamber - large wooden box (called a "super") that holds 10 frames of comb. This space (the brood nest) is reserved for the bees to rear brood and store honey for their own use. Either one or two hive bodies can be used for a brood nest. Two hive bodies are common in cold winter regions. Beekeepers in areas with mild winters successfully use only one hive body.

Queen excluder - placed between the brood nest and the honey supers. This device keeps the queen in the brood nest, so brood will not occur in honey supers. An excluder is usually not necessary if two hive bodies are used.

Honey supers - shallow supers with frames of comb in which bees store surplus honey - honey that is harvested.

Veil and gloves - protect head and arms from stings. After they gain experience, most beekeepers prefer to work without gloves.

Feeders - hold sugar syrup that is fed to bees in early spring and in fall.

Exterior wooden parts should at least be coated with good oil base paint. To maximize the life of exterior parts, dip them in copper naphthenate wood preservative and paint them. Assemble interior frames with wood glue and nails.

❧ Health Benefits of Raw Honey ❧

by Bidisha Mukherjee

This article was copied from *Copied from <http://www.buzzle.com/articles/health-benefits-of-raw-honey.html>*.

The sweetness of raw fresh honey is natural and so, many of us opt for it as an alternative to regular table sugar. Do you know it is good for our health too? You can gather more information on health benefits of raw honey from this article. Read on...

Raw fresh honey is a naturally occurring substance, which has been in use since ancient times across various cultures. Raw honey means it is not processed or heated and is unpasteurized. Organic raw honey grown locally is the best for your consumption as you can obtain it fresh.



Moreover, the honey is obtained from the bees that are grown in the same surroundings as yours and so it has those components required for stimulating your immunity in that particular environment. Apart from being good in taste, it has good healing properties. Here, you will come to know about various health benefits of raw honey.

What are the Benefits of Raw Honey?

Raw honey is a highly nutritious substance. It supplies many useful nutrients to our body like carbohydrates, vitamins, minerals, amino acids, enzymes and phytonutrients. Due to the carbohydrates, raw honey gives us a good amount of energy. It can strengthen our immunity system and helps us fight against many types of bacteria. Honey helps to heal up various types of wounds. As the sugar content in honey is very high and water content is low, it is capable of absorbing the excess of moisture within a wound. Due to the lack of moisture, the bacteria does not get suitable environment to grow and thus, they die. In some specific varieties of honey, hydrogen peroxide is present in large quantities, which helps to destroy the micro-organisms in a wound. Propolis is another compound present in raw honey, which is capable of killing various bacteria.

Health Benefits of Raw Honey

Organic raw honey acts as a good energizer and provides energy instantly. The carbohydrates of raw honey increases our bodily strength and help us to get rid of muscle fatigue. It also works effectively on morning sickness. Sore throats like pharyngitis and laryngitis are healed up with the help of raw honey. Raw honey combined with apple cider vinegar is a good medicine for constipation, pain in stomach and migraines. Raw honey does not contain any cholesterol, is also beneficial in controlling cholesterol and lowers the risk of heart attacks.

When taken along with cinnamon, honey can provide significant relief to joint pain in arthritis, within a short span of time. The same components are also used to treat stomach infections, bladder infections. They can stop bad breath in an effective way. Research suggests that honey and cinnamon, when applied directly in the hair, can reduce the process of hair loss.

Raw honey mixed with lemon, when consumed regularly, helps convert the accumulated fat into usable energy and brings down the body weight. Raw honey can be applied as an ointment on diabetic ulcers and skin diseases like eczema. Raw honey is an excellent moisturizer for dry skin and hence used for facial treatment. Rub gently, one teaspoon of raw honey with lukewarm water, on your face daily and you can get a soft and glowing skin within a week. You can use it even if your skin is acne prone, as raw honey has a healing effect on the acne.

Raw honey can be preserved without any artificial help and it can work as a good preservative too. Every morning, you can take two teaspoons of raw fresh honey with warm water or you can add it to your morning tea as well. Despite so many health benefits of raw honey, it is not good for babies below the age of one year. This is because, a bacteria botulinum endospores is found in honey naturally, which can cause infection in the intestines of the child as their immunity is not developed enough to stop the growth of this bacteria.

∞ What's Happening ∞ by Paul Zmoda

Wild plums are stunning while in bloom - all white - before leaves show. Plentiful honeybees are actively working the blooms. As is generally true of many other fruit trees, the more plum cultivars planted together, the better the fruitset will be.

The intense cold weather had affected our loquats in an interesting way: the tiny green fruits were initially thinned out naturally and the survivors all have tiny nonviable seeds within.

Rainfall has been frequent and quite adequate.

I was very excited to see one of our large planted olive trees is blooming now for the first time. This Spanish variety "Arbequina" has always been a reliable fruiter in pots.

I am pleased to announce that for the second year in a row I've earned a bronze medal for a rose wine made from my Il Primo grapes during the Florida State Fair's amateur wine competition. *Ed. Note: Congratulations, Paul!*

Believing that there will be a market for white sapote fruit in the future, I planted a section of our orchard with seven more trees. This brings our total to eleven.

Plants untouched by the freezes include Chinese tea, Peruvian apple cactus, sweet bay, date and jelly palms, and all the usual others, such as plums, peaches, mulberries, blackberries, persimmons, blueberries, pawpaws, mayhaws, cherry of the Rio Grande, grapes and true olives.

One more are the pomegranates, which are blooming more profusely than ever before.

New plantings: pole beans, two olive trees, papayas, tarragon, okra and wild plum hybrids.

∞ Tasting Table and RFCI Plant Exchange ∞

Just a reminder that members who donate food may now receive a ticket for the raffle.
Members who donate plant(s) may now receive a ticket for the raffle.

∞ ∞

⌘ About Bee Stings ⌘

A bee sting will cause intense local pain, reddening and swelling. This is a normal reaction and does not, in itself, indicate a serious allergic response. An extremely small fraction of the human population is genuinely allergic to bee stings.



Figure 9 . Removing a stinger: always scrape, never pull a stinger from your skin.

These individuals experience breathing difficulty, unconsciousness or even death if they are stung and should carry with them an emergency kit of injectable epinephrine, available by prescription from a physician.

When a bee stings, the stinger and poison sack remain in the skin of the victim. Always scrape the stinger and poison sack out of the skin with your fingernail or a hive tool. Never pull it out because this squeezes the remaining venom into the skin.



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