

RFCI

<http://www.rarefruit.org>

August 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 ⌘

August 8: Martin Price, Ph.D, Senior Agricultural Scientist and Co-Founder of Educational Concerns for Hunger Organization (ECHO) in Ft. Myers. Dr. Price's topic will be "using tropical plants to improve lives overseas and in our own community." He will talk about ECHO and the many fruit trees grown there. ECHO teaches non-governmental workers and missionaries the agricultural techniques and food plants proven successful in feeding poor people in third-world countries.

⌘ Windbreaks for Sustainable Agriculture ⌘

by

Dr. Bijay Tamang

What is a Windbreak?

According to the USDA National Agroforestry Center, "*Windbreaks are linear plantings of trees and shrubs designed to enhance crop production, protect people and livestock and benefit soil and water conservation.*"

Benefits of Windbreaks

According to Dr. Tamang, there are many benefits of windbreaks, including the following:

- Reduce soil loss
- Reduce nutrient loss
- Reduce pesticide drift
- Reduce evaporation
- Increase wildlife habitat
- Reduce disease



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Windbreaks for Sustainable Agriculture (continued)

Key Factors in Planning a Windbreak

Height

Height is the most important factor. The closer you are to the windbreak, the greater protection.

This diagram was copied from the Iowa State University Extension brochure on planning windbreaks:

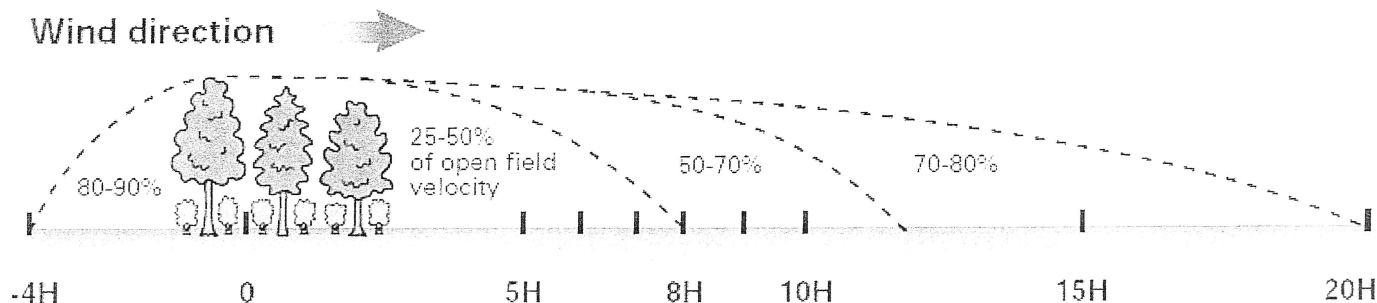


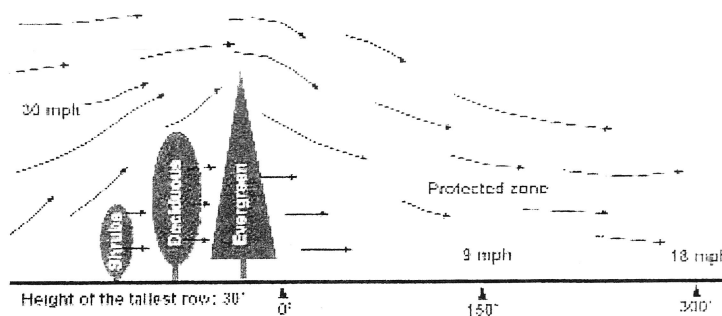
Figure 1. Zones of reduced wind velocity downwind of barrier as percentage of open field velocity.

Vertical scale exaggerated.

Copied from <http://www.extension.iastate.edu/publications/pm1716.pdf>

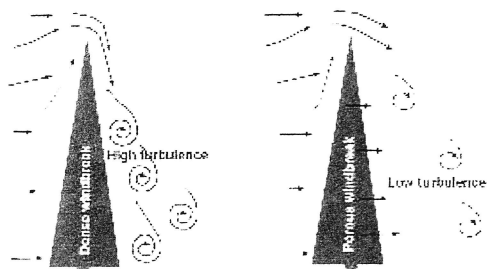
Dr. Tamang's diagram demonstrates another example of the greater the height, the greater the protection zone.

Here the three rows of trees are breaking up a 30mph wind. At approx. 150', that wind is approx. 9mph. At 300', the wind is approx. 18mph.



Density or Porosity

Another factor is density or porosity. The denser the windbreak, the better the wind control, however, you need to also consider temperatures. You may be controlling the wind well with the dense windbreak. During a cold front, however, you need to be mindful of the temperature inside the windbreak. During the day, the temperature inside the windbreak is higher. During the night, the temperature is lower.



Dr. Tamang also warned against windbreaks that are too dense. A windbreak that allows some wind to pass through can be the most effective since it decreases the amount of turbulence inside the windbreak.

Strong turbulence can damage crops and reduces the amount of area being protected. University of Iowa recommends a density of 55 to 85 percent.

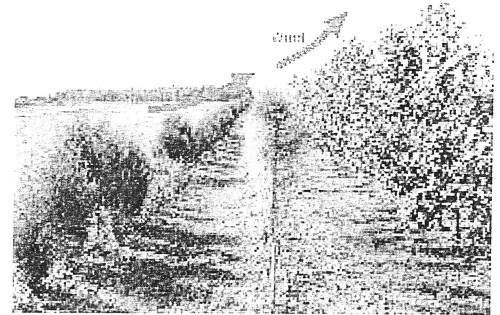
Windbreaks for Sustainable Agriculture (continued)

Width

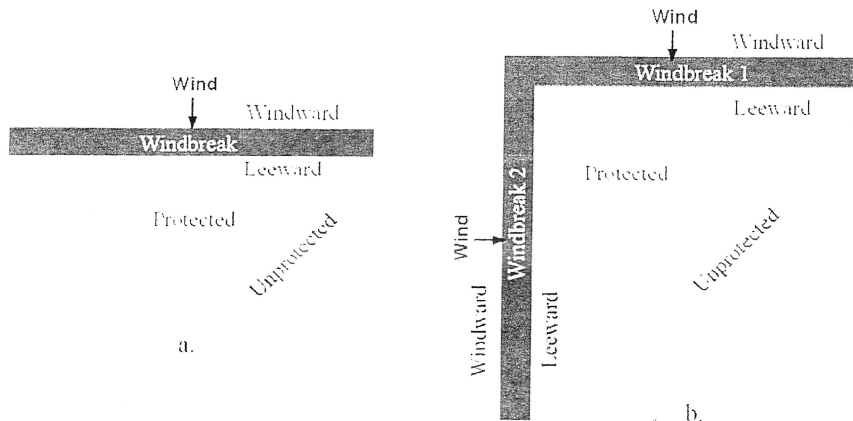
How many rows should you plant? In this example, there are three rows of varying height with the smallest windbreak first. This windbreak is effective because it deflects the wind up.

If you are using a single row, Dr. Tamang recommends an evergreen, such as the Eastern Red Cedar (*Juniperus virginiana*), whose crown extends down to the ground.

For a multi-row windbreak, you can use trees with higher crowns and just fill in with another row of shorter shrubs or bushes.



Shape or Design



According to Dr. Tamang, the windbreak will be most effective when you locate the windbreak perpendicular to the prevailing wind.

Here you can see with a single windbreak (a.), you get a wide area of protection at the windbreak, which extends out to a less protected area. With the L-shaped windbreak (b.), you have two well protected areas extending out to a uniform line of protection.

Where Are Windbreaks Being Used in Florida?

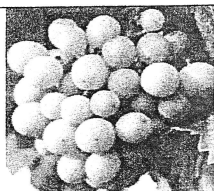
According to Dr. Tamang, windbreaks are being used in Florida, today, in citrus groves and nurseries to help control the proliferation of citrus canker. Vegetable farmers are using windbreaks to help protect their crops. Even waste collection centers are using windbreaks to help control dust from going into bordering homes.

For more information on windbreaks, refer to:

- <http://www.extension.iastate.edu/publications/pm1716.pdf>
- http://edis.ifas.ufl.edu/topic_windbreaks
- <http://www.crec.ifas.ufl.edu/extension/windbreaks/index.htm>

For general information, you can contact Dr. Tamang at bijay@ufl.edu.

For information on windbreaks to control citrus canker, you can contact Dr. Bill Castle at bcastle@ufl.edu.



Freefoto.com

July's Tasting Table

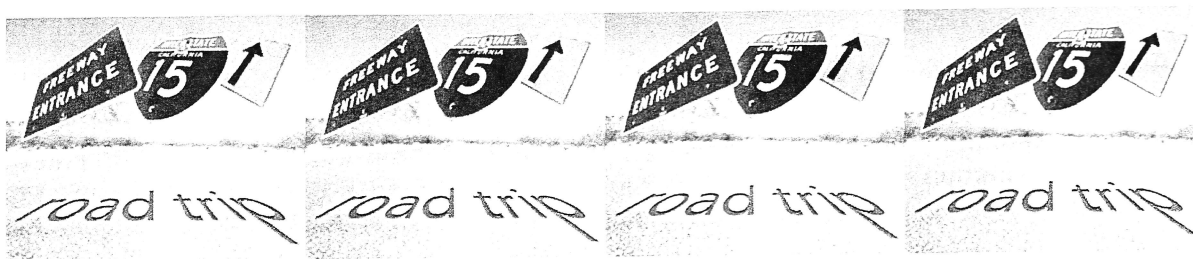
Thank you to the following folks for their tasty offerings and to all those who did not sign the sheet. Members who donate food may receive a ticket for the raffle.

Name	Item	Name	Item
Vega	Rice and chicken	Broccone	Hamburger pasta
Johnston	Tropical fruit cobbler	Coronel	Biblingka
Frankland	Fruit cake	Shigemura	Dim sum, guava gooey butter cake
Miller	Brownie with nuts	Champagne	Lemonade
Gamboni	Magic bars	Lavalette	Sweet rice cake
Zmoda	Homemade garlic dill pickles*	Ferst	Cinnamon raison bread/cake
Newcombe	Salad	Young	Cut fruit
Davies	Pasta salad	Orr	Pie, pickles, olives
Whitfield	Bread and butter	Sweet	Watermelon
Novak	Pineapple/mango salsa/chips, juices	Payne	Cheese, crackers, crudities

*See Paul's recipe in his article.

Sign Up for Email

As of the June meeting, "35 members now receive their monthly newsletter by email," reported Charles Novak. Help save a tree for humanity as well as time and money for our club by signing up for your electronic copy today. Members also receive selected additional articles of interest chosen by Charles Novak. Just notify Charles or Linda at (813) 754-1399 or charles.novak@gmail.com.



Road Trip, Anyone?

Alan Male is looking for someone to car pool with him on a road trip to Pine Island either at the end of August or the beginning of September. He'll be shopping for the Kent variety of organic mangoes and he'll probably go to a nursery.

It takes about 3 hours to get to Pine Island.

For more information, please call Alan directly at 352-346-1169.

Roadtrip photo copied from <http://www.bgsu.edu/departments/greal/lc/eslwq/roadtrip/index.html>

☞ Chinese Jujube Tree (*Ziziphus jujuba*) ☞



Chinese Jujube is an interesting deciduous tree with spiny, gnarled branches and an open, irregular form. Growing at a moderate pace, Chinese Jujube reaches anywhere from 15 to 35 feet in height with a spread of 10 to 30 feet and can be trained to a single trunk. Most unpruned plants grow with several trunks. The mottled gray/black bark is rough and shaggy. The one to two-inch-long leaves have a paler underside and sharp spines at the base of each leaf.

Fall color is often a showy yellow, but not consistent. In spring, small clusters of yellow or white, fragrant blossoms appear, hidden in foliage between the leaf and stems. The one-inch-long green fruits ripen to dark red and finally black.

Eaten either fresh, candied, canned, or dried like dates, these fruits are quite sweet. Even young, two-year-old trees are able to produce these delectable treats but be forewarned that these fruits can create quite a litter problem. Locate the tree so the fruit drops in a mulch bed or on the lawn, not on a sidewalk, patio or driveway.

Here are some more of the details about the Jujube tree according to University of Florida Extension:

USDA hardiness zones: 6A through 9B

Origin: not native to North America

Invasive potential: invasive non-native

Uses: fruit

Availability: somewhat available, may have to go out of the region to find the tree

Fruit shape: oval, round

Fruit length: .5 to 1 inch

Fruit covering: fleshy

Fruit color: red, black

Fruit characteristics: attracts squirrels/mammals; showy; fruit/leaves a litter problem

Light requirement: full sun, partial sun or partial shade

Soil tolerances: clay; sand; loam; slightly alkaline; acidic; well-drained

Drought tolerance: high

Aerosol salt tolerance: unknown

Propagation: by seed, suckers, or grafting. Young plants transplant easily.

Pests or diseases: none are of major concern

July's 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.

Plant	Donor	Winner
2 Pineapple Abacca	Bob Heath	---
2 Carrissa	Bob Heath	---
Burbank cactus	Bob Heath	---
Surinam cherry	Bob Heath	---
Cherry of the Rio Grande	Bob Heath	M. Nizer
Red passion fruit	Bob Heath	B. Payne
2 Basil	Bob Heath	---
Basil	Bob Heath	---
4 Purple yams	Charles Novak	---
2 Cherry tomato	Charles Novak	---
2 Sweet pepper	Bill Vega	S. Lavalette
2 Sweet banana pepper	Bill Vega	---
Rosemary	Bill Vega	---
Cuban recaio	Bill Vega	---
Yellow Catalea guava	Ed Musgrave	R. Sheets
Sapodilla (Brown)	Ed Musgrave	J. Oliver
2 Amorpha Phalius	Ed Musgrave	R. Davies, R. Stewart
2 Amorpha Lily	Ed Musgrave	---
2 Sweet basil	Bob Gerstein	Meredith
2 Papaya	Bob Gerstein	S. Lavalette
Loquat	James Oliver	---
Plumbago	Sally Lavalette	---
Lemongrass	Sally Lavalette	B. Gerstein
Banana namwa	Alan Male	B. Gerstein
2 Red papaya	Barb Orr	C. Gamboni
3 Yellow guava	Michael Nizan	S. Sumner, V. Gamboni

∞ What's Happening ∞

by Paul Zmoda

I'm a confessed leaf thief as our old friend and ex-member "Banana" Bob Baker is known in his neighborhood. A leaf thief lets all his neighbors do the hard work of raking and bagging their leaves and grass cuttings and setting the bags at the curb. The leaf thief then collects them for his own use. I've been doing this for many years. This valuable matter, spread in a thick layer over your vegetable gardens, banana plants, etc. provides a root-cooling, water-conserving mulch, which gradually breaks down into a rich organic soil teeming with beneficial microbes and nutrients. And, it's all free! My veggies are doing very well since doing this for many seasons.

This spring, I tried Armenian cucumbers. These are so delicious to eat. When I harvest enough, I make gallons of garlic dill pickles the old fashioned way. The aroma and taste takes me back to my childhood when my grandmother would take me down to the local deli where pickles stood swimming in a large barrel – just waiting for us to take some home. I would stand on tiptoes inhaling the goodness.

Garlic Dill Pickles

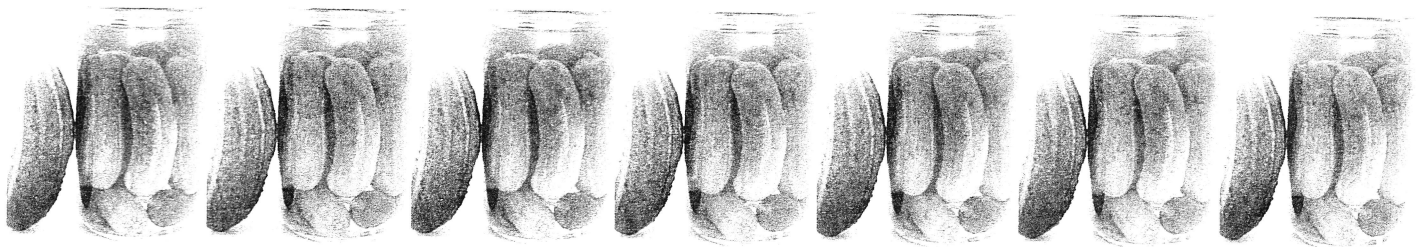
To make a batch of your own garlic dill pickles:

1. Boil 8 cups water.
2. Add 1/4 cup pickling salt and 1/2 cup vinegar to make a brine.
3. Let the brine mixture cool.
4. Place quartered cucumbers, sliced garlic, fresh dill, and mustard and dill seeds into a large crock or jar.
5. Pour the brine into the container until the cukes are submerged.
6. Let the crock sit at room temperature for several days and then refrigerate it.

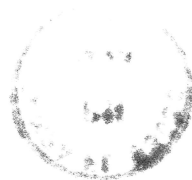
My Garden

Spent blackberry plants have been pruned back to the ground leaving the vigorous new shoots. These are tied upright between poles of iron.

New planting: Choquette avocado.



Cucumber picture copied from <http://blogtown.portlandmercury.com/images/blogimages/2009/12/08/1260321887-pickles2.jpg>



∞ Events of Interest ∞

- Bromeliad Bash at the USF Botanical Gardens in Tampa on August 14-15, 2010.
For more information, refer to: www.cas.usf.edu/garden
- 20th Annual Caladium Festival in Lake Placid on August 27-29, 2010.
For more information, refer to: www.lpfla.com
- Sarasota Fruit & Nut Society Rare Fruit Tree Sale on September 26, 2010 from 10:00 AM to 4:00 PM at Phillipi Estate Park, 5500 S. Tamiami Trail in Sarasota.
For more information, refer to: www.sfns.net



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