



<http://www.rarefruit.org>

September 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 ∞

September 12th: Chris Rollins, Manager of the Fruit & Spice Park

September 26th from 10:00 A.M. to 4:00 P.M. – Sarasota Fruit & Nut Society Rare Fruit Sale, Phillipi Estate Park, 5500 S. Tamiami Trail, Sarasota. For more info, see: www.sfns.net

October 9th – 10th: USF Botanical Garden Fall Plant Festival

Saturday, October 16th from 9:00 A.M. to 5:00 P.M. - Second Annual Boktoberfest Plant Sale, Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. Free to the public; celebrating plants, gardening and unique species, vendor sales, educational sessions, booths, family activities, garden tours, food vendors, beer garden and more. For more info, see: www.boktowergardens.org

Saturday, October 23rd, full-day – Club bus trip to ECHO (Educational Concerns for Hunger Organization), Ft. Myers

November 14th: Propagation Workshop at our regular club meeting

December 12th: Holiday social at our regular club meeting

∞ September's Speaker: Chris Rollins ∞

Chris Rollins has been Manager of the Fruit & Spice Park, located In Homestead (35 miles south of Miami) since 1981. He has introduced growers and the public to many new and tropical plants. The Park is a 37-acre public facility that hosts over 500 varieties of fruits, vegetables, spices, herbs and nuts from around the world, including 150 varieties of mango, 80 varieties of bananas, 40 varieties of grapes, 70 varieties of bamboo, 15 varieties of Jackfruit and other exotic edibles.



www.feeltaste.com

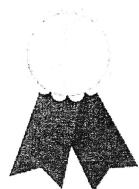
President: Paul Branesky

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

☞ Welcome to Our Newest Members ☜

- ☼ Julene Clarke of Tampa ☼ Mondani Dehdari of Tampa
 ☼ Joan Ferst of Gulfport ☼ Carla Levesque of Indian Rocks Beach

☞ Congratulations to Our Life-Time Members ☜



For their hard work and dedication to our council, Arnold and Lillian Stark and Jimmy and Sally Lee were named Life-time Members. Congratulations!

Arnold and Lillian have been members of the Rare Fruit Council almost since its inception. Both were past presidents of our club. Arnold and Lillian were instrumental in getting a club house (which the Club gave up because of escalating costs).

Both Jimmy and Sally Lee have been very active in the club for years – serving as officers, giving talks, assisting in our club sales and raffles and recruiting new members.

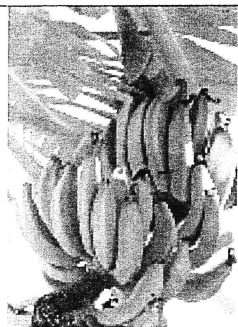


☞ Volunteers Needed for USF Botanical Gardens and UF/HCC Teaching Garden (Plant City) Projects ☜

The Club will be donating fruiting trees to the USF Botanical Garden and to the UF/HCC Teaching Garden, HCC Plant City Campus. We will need volunteers to help with this project. A Volunteer Sign-Up Sheet will be available at the September meeting. Please consider donating some time to this project. For more information, contact Jimmy Lee or Charles Novak.

For more information on the USF Botanical Gardens, refer to: <http://www.cas.usf.edu/garden/>

For more information on the Teaching Garden or a tour, download the brochure at <http://gcrec.ifas.ufl.edu/pcc/GardenBrochure.pdf>



☞ Banana Plants – Free for the Taking ☜

Need banana plants? Bill Vega has them. Because of the rain, the plants are growing rapidly, and Bill is running out of room. Just contact Bill at 813-300-7597 (cell phone) to make arrangements to go to his home in Seffner to get them.

Bill also has plants for sale. At the time of this article, Bill had Sugar Apples, Guavas, Pineapple plants and Papaya plants for sale. Call Bill or send him an email at Vega846@aol.com for more information.

∞ Educational Concerns for Hunger Organization (ECHO) ∞

According to its website, "ECHO's Mission is to equip people with resources and skills to reduce hunger and improve the lives of the poor. ECHO's Vision is to honor God through sustainable hunger solutions." We had the pleasure of listening to Dr. Martin Price, co-founder of ECHO, who spoke a bit about ECHO's contributions overseas as well as the ECHO site in Ft. Meyers.

The ECHO site sits on approximately 50 acres. The global farm, about 5 acres, is a textbook farm that has the following six simulated environments:

- Rain forest
- Semi-arid
- Monsoon
- Humid lowlands
- Hillside
- Urban



ECHO's Global Farm

ECHO's Global Farm was developed to train interns, students and overseas development workers in tropical agriculture.



Farm Tours Available

Tours are used to educate about agricultural issues in developing countries, while highlighting unique solutions to growing food under harsh conditions.

Dr. Price welcomed us to tour the site. The guided tour offers a look into the working farm, including "demonstrations, plants, and techniques useful to farmers and urban gardeners in developing countries. In addition, appropriate technologies demonstrated at ECHO include biogas (turning cow manure into gas for cooking and lighting), a sawdust cooker, a simple solar food dryer and more. "

The Tropical Fruit Nursery and Global Bookstore and gift shop sell fruit trees and the same seeds ECHO distributes to impoverished tropical farmers in 180 countries.

Dr. Price said that ECHO center currently receives approximately 14,000 visitors per year. A main draw is the Tropical Fruit Nursery, which offers 200 varieties of tropical fruit, including 70 different kinds of citrus. Through its propagation program, ECHO makes a wide variety available to the public.

Be sure to join us on Saturday, October 23, 2010, for this exciting field trip.

For more information on ECHO, refer to: <http://echonet.org/>

If you are interested in ECHO workshops, refer to: <http://echonet.org/content/coursesAndWorkshops>

Note: According to its brochure, "ECHO does not receive government funding and depends solely upon generous donations from individuals, churches, clubs and civic groups, businesses and grants."



www.freefoto.com

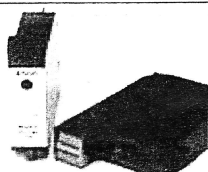
∞ RFCI Bus Trip to ECHO ∞
(Educational Concerns for Hunger
Organization)
Ft. Meyers, FL

Saturday, October 23, 2010

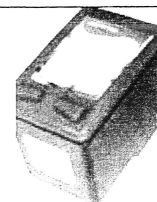
See and experience the ECHO global demonstration farm described by Dr. Martin Price at our August meeting and described in this newsletter's feature story. If you would like to go on this bus trip, contact Sally Lee at (813) 982-9359 or see Sally at our September 12th club meeting. The cost per member is \$10 each. We must receive all payments by September 30th. Please plan to pay either at the September meeting or send your check to Sally at:

11911 Thonotosassa Road
Thonotosassa, FL 33592-4107

Plan to bring a sack lunch, snacks and drinks. The club will provide bottled water. If you would prefer, you may drive your own vehicle to ECHO. More information will be available at the September club meeting. For more information on ECHO, see the website at: www.echonet.org.



∞ Please Donate
Your Used Printer Ink Cartridges ∞



How do you dispose of your printer ink cartridges? Throw them away? Be good to our environment and to your Rare Fruit Club by donating them. Just bring your used cartridges to the next meeting and leave them with Linda or Charles Novak who will return them to Staples and receive credit towards our Club's copy and office supply expenses!

Thank you!

∞ Sign Up for Email ∞

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.

⌘ August'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.

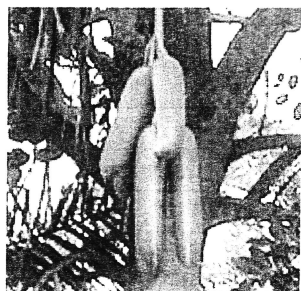


Fanpop.com

| Name | Item | Name | Item |
|-----------|--|-------------|-------------------------|
| Vega | Italian assortment | Lee | Muscadine grapes |
| Johnston | Cherry Cobbler | Coronel | Maja blanca mais |
| Frankland | Cake | Phillos | Chamorrta digs |
| Young | Fruit | Branesky | Chicken noodle soup |
| Sweet | Guacamole/chips, Pindo palm | Scott | Black seedless grapes |
| Maranta | Chicken Asian salad, peanuts | Reddicliffe | Tropical ambrosia salad |
| Newcombe | Carambola salad | Ferreira | Mango slices |
| Payne | Broccoli pineapple salad | Orr | Apple salad |
| Male | Broccoli & Cauliflower | Decone | Fruit |
| Novak | Lemon bars, Guava-banana nut bread/guava cream cheese, Tomato-lime salsa dip/chips, Juices | | |

⌘ Did You Know: The African Sausage Tree ⌘

A member of the Bigona family, the South African sausage tree (*Kigelia pinnata* or *K. africana*), has hundreds of huge sausage-like fruits that hang down from the limbs on long, rope-like stalks. The fruits may be over 2 feet long and weigh 20 pounds, and have inspired a wide variety of vernacular names, including one, in South Africa, that means 'the fat tail of a sheep'.



The hard, grey fruit of the sausage tree has a thin skin covering a firm, fibrous fruit pulp containing numerous small seeds. The fruit, although inedible itself, is a common ingredient in traditional (African) beer, and is said to hasten the fermentation process. *Kigelia* leaves are an important livestock fodder, and the fruits are much prized by monkeys and elephants.

The fruit is also used as a cosmetic cream. The Tonga women of the Zambezi valley, for example, regularly apply preparations of the Sausage fruit to their faces, to ensure a blemish-free complexion.

(Some information is from the Southern African Natural Products Trade Association) Photos by Chef James, taken at Fruit & Spice Park, Homestead, FL); copied from: <http://www.foodreference.com/html/f-sausage-tree.html>

❧ August's Plant Exchange ❧



Members who donate plant(s) may now receive a ticket for the raffle.
Thank you for your donation.



| Plant | Donor | Winner |
|----------------------------|----------------------|------------------------|
| 2 Basil | Bob Heath | Tony Ferreira |
| Carrissa | Bob Heath | Bill Antozzi |
| 2 Pineapple | Bob Heath | Provencher, Jim Porter |
| 2 Loquat | Bob Heath | --- |
| 2 Cherry of the Rio Grande | Bob Heath | Stark, Naresh Aneja |
| Rosemary | Bob Heath | --- |
| Barbados cherry | Charles Novak | M. McCormack |
| 2 Brazil guava | Charles Novak | C. Haack, E. Andrews |
| Curry leaf | Charles Novak | --- |
| 6 Potato vine | Bill Vega | Provencher |
| 3 Rosemary | T. Scott | L. Stark |
| Cactus | Bill Vega | --- |
| Tabebuca tree pink | B. Reddicliffe | Tony Ferreira |
| 3 Jackfruit | Paul Branesky | B. Orr |
| Moringa | Paul Branesky | Provencher |
| Pink guava | Paul Branesky | R. Heath |
| 2 Amorphylla | Ed Musgrave | --- |
| Lalot | Ed Musgrave | Provencher |
| Florida spinach | Ed Musgrave | A. Eubanks |
| Florida spinach | Newman | --- |
| Tropical spinach | N. McCormack | --- |
| 3 Basil | F. Dexter | C. Levesque |
| Mini Sanseveria | N. Oliver | --- |
| 3 Curry leaf | Arnold/Lillian Stark | C. Haack |
| 3 Papaya | Weekley | Sweet, Haack, Baker |
| Genoa fig | Tony Ferreira | Haack |
| 2 Rangoon creeper | Judy Cimafranca | --- |
| 2 Banana plants | Rose Frankland | Haack |
| Chinese pumpkin | Paul Zmoda | --- |
| Ice cream banana | Roshan Premraj | --- |
| 2 Banana in a bag | Marilyn Whitfield | --- |
| 3 Yellow guava | Michael Nizan | --- |
| Pinecone ginger | Susan McAveety | --- |

∞ What's Happening ∞

by Paul Zmoda

Throughout the heat of summer, there are few vegetables that thrive here in central Florida. I have a few favorites (actually fruits) which I rely on to feed us until cooler weather prevails.



Red Noodle
Bean

One is the Red Noodle yard-long bean. A full 36" long is an exaggeration, but around 18" gives us plenty to work with.

Another vegetable/fruit is a Red-Podded okra. These grow to a larger useable size than many green varieties. Whole pods are eaten and must be picked daily or they become too fibrous to eat. You can remove the white seeds and use them as if they were kernels of corn in dishes calling for corn. I've heard that the seeds might be useful in reducing blood cholesterol.



Chinese Pumpkin

Another rare fruiting vegetable is the Chinese pumpkin (or Taiwanese squash). I call it "the only squash you'll ever need." These wonderful veggies can be used at any size - day-old sets to hard shelled, mature fruits. Substitute them in any recipe calling for courgettes, zucchini, pumpkin or butternut squash.

We cannot do without chili peppers either. From mild to wildly hot, these peppers – fresh or dried – are a staple that any good chef needs. How can you make authentic Mexican, African, Chinese, Thai, Indian or so many other delicious dishes without the addition of these nutritious and sweat-promoting fruits?

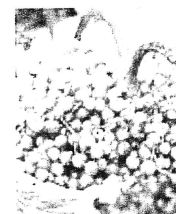
New plantings: Australian finger lime, "seedless" Clementine citrus seedling, arugula, Chinese broccoli, yard-long beans, dill and chili peppers.



∞ Little Known Facts About Cherries ∞

by Karen Jackson

copied from <http://searchwarp.com/swa385660.htm>



www.imagine.com

- The average cherry tree grows enough cherries to make about 70 cherry pies.
- While several areas of the United States grows cherries, over 70% of the U.S. cherry crop is grown in Northern Western Lower Michigan. This is also known as the Traverse Bay Region of Michigan.
- The sweet cherry or dark cherry is usually used for eating and snacking; while the tart cherry is used for cooking and in recipes.
- Cherries are very perishable and do not ripen after harvest. They remain fresh in the refrigerator for only a few days after harvest.
- The cherry has been shown to offer a number of health benefits including reducing the pain of arthritis and fighting inflammation in the body. In addition, it can also reduce muscle pain and back pain.
- This ruby, red fruit is an excellent source of Melatonin. Melatonin helps to regulate the body's rhythmic patterns. No other fruit has been found which contains higher sources of natural melatonin.

Little Known Facts About Cherries – continued

- The cherry fruit are low in fat, sodium, cholesterol and are a source of fiber and Vitamin A, C and E.
- The red fruit can reduce urate levels in the blood. Thus, helping to eliminate gout pain.
- Cherry nutraceuticals are also available including tart cherry powder and tart cherry capsules. Fruit Advantage offers a complete line of tart cherry products including tart cherry capsules, cherry juice and dried cherries.
- Recent research indicates tart cherry powder can help to fight inflammation in the cardiovascular region to reduce heart disease.
- Request a copy of the Tart Cherry Health Report at <http://www.traversebayfarms.com/tartcherryhealthreportform.htm>



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