



RFCI

October 2014

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

<http://www.rarefruit.org>

Tampa.Bay.RFCI@gmail.com

<http://www.facebook.com/TampaBayChapterRareFruitCouncilIntlInc>

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

∞ Upcoming Programs and Events ∞

October 11th and 12th: USF Plant Sale, no regular meeting.

Last chance to sign up to help at the Plant Sale.

Members are invited to attend, help with set up on Friday, to assist in the sale on Saturday and Sunday, to donate or sell fruiting plants, to enjoy the camaraderie and to visit other exhibits.



If you plan to sell plants, please note that members cannot sell citrus, non-fruiting plants or herbs. Members selling plants must submit a manifest listing their plants and prices. Plants must have a label with the name of the plant, the price and the seller's initials. For more information on how you can help, contact Sally and Jimmy Lee at 813-982-9359.

November 9th: Frost protection by Charles Novak - remember, meet at the new location.

December 14th: Holiday Social - remember, meeting will be at the new location.

∞ Welcome New Members ∞

Sidney Schuster Tampa

Monthly meeting location will change starting with the November meeting! Please be advised of the new location for meetings. SEE MAPS BELOW.

President: Thom Scott; Editor: Denise Provencher; Photographs: Fred Engelbrecht
Membership: Bryon Provencher; Production/Distribution: Denise Provencher

Here is the information on the new meeting location:

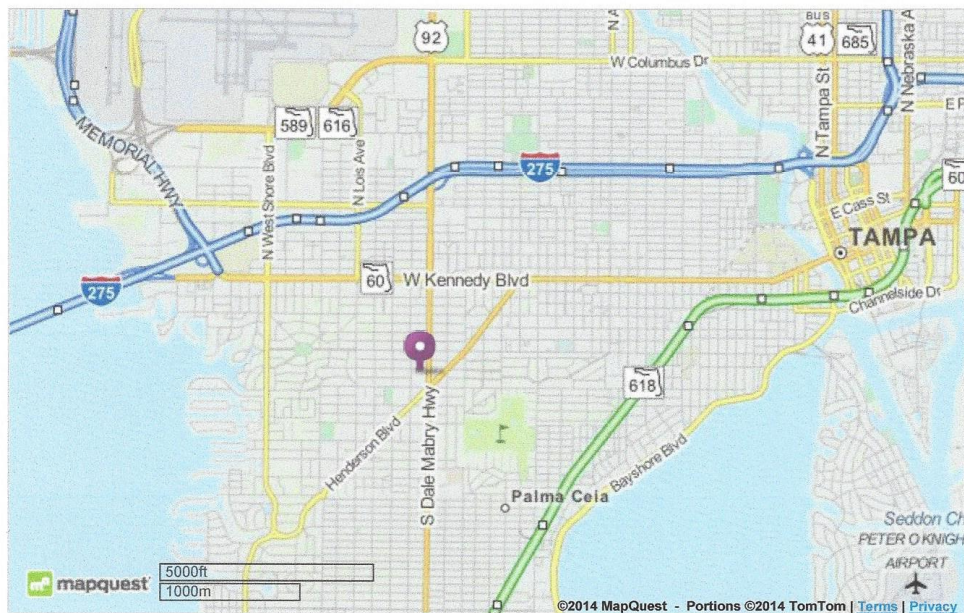
 <p>CHRIST THE KING CATHOLIC CHURCH</p> <p>SERVING GOD - CARING FOR PEOPLE</p> <p>JOHN WEIR DIRECTOR OF FINANCE AND ADMINISTRATION</p>	<p>821 S. Dale Mabry Hwy Tampa, FL 33609</p> <p>WEBSITE www.ctk-tampa.org</p> <p>PHONE 813-876-5841 CELL 813-760-0771 FAX 813-873-2426</p> <p>EMAIL Jweir@ctk-tampa.org</p>
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Map of local highways - purple marker on S Dale Mabry Hwy is the Church location.



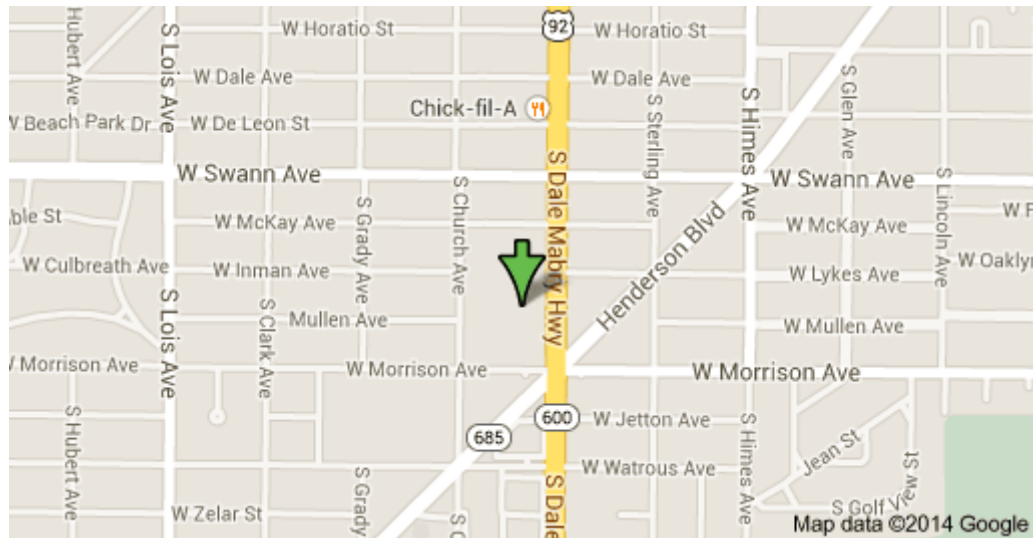
Map of:
821 S Dale Mabry Hwy
Tampa, FL 33609-4410

Notes

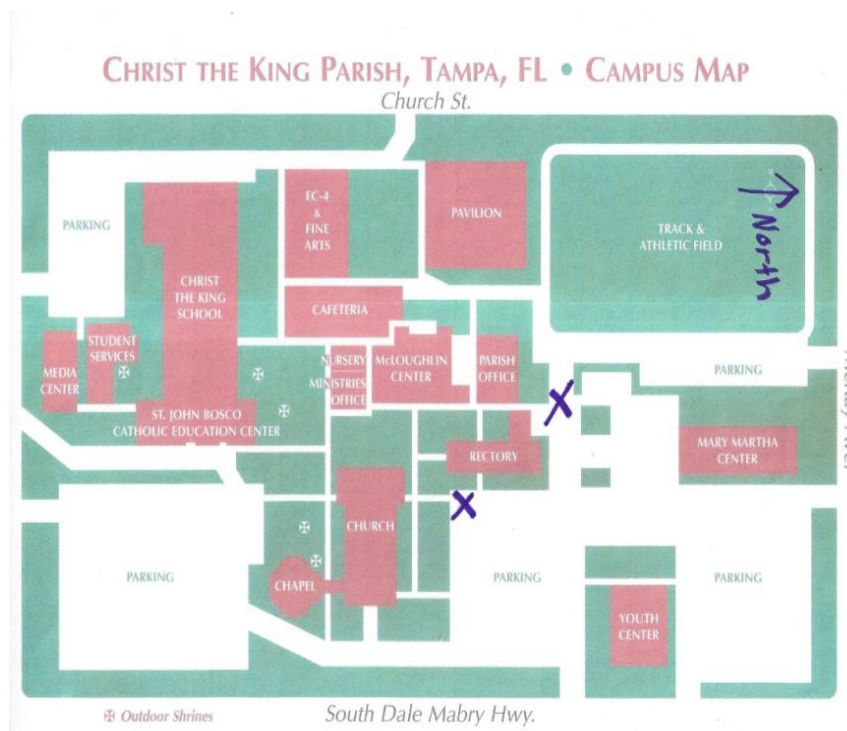


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Close up map of the streets.



Map of the Church campus. Please note: We will meet in the McLoughlin Center - located in the center of the campus map. The two black X areas are spots for loading/unloading of plants. Parking areas are labeled.



∞ What's Happening ∞

by Paul Zmoda



This has been our best year for olives so far. Again, our Arbequina cultivar came through for us with over one gallon of full-sized, sound fruits. After washing, the green and semi-ripe olives are soaked for twelve hours in a lye solution. I bought the 100% lye at Ace hardware where the package indicates it is for clearing stopped-up drains. No matter, this is what you use for curing olives. The olives are then rinsed and soaked in plain water for several days, changing the water often. Then, the brining begins: the water is replaced by ever-increasing concentrations of saltwater until the olives are fully cured. One could add herbs during the last step if so desired.

I got to an important milestone in my Texas Black Persimmon project. The fruit has ripened and I got my first taste ever. This fruit, native to the American southwest, turns to a dark brown and pulls off easily. Inside, it is shoe polish brown and sticky sweet - plus I get the seeds to grow rootstocks for grafting male and female scions later. This specimen must be planted in mate pairs to ensure fruit. Still lots of work to do before I can make them available though. Stay tuned.



Member John Starnes gave me seeds of "Fife Creek" okra and it is a real nice fruit, superior to other okras, such as "Clemson Spineless", because it grows to 7-11 inches long before becoming woody. Okra fruits grow so fast that should you miss a day of picking with other varieties, you would miss out on the optimum quality.

We get occasional ripening bunches of Jelly Palm fruits throughout the summer. These fruits are delicious - the flavor reminding one of pineapple and citrus.



I continue to train our blackberries in anticipation of cropping to come in 2015.

New plantings: carrots, squash, beans, mustards, cabbage, collards, turnips, beets and salad greens.

☞ Southeast Asian Fruits ☜

By Chris Rollins

September's speaker was the well-traveled and delightfully humorous Chris Rollins whom recently retired from the Fruit and Spice Park in Homestead, Florida. He spoke on fruits in the southeast areas of Asia.

There are so many wonderful fruits in the Southeast Asian parts of the world, I can't speak about them all, so I'll pick some of my favorites. Fruit is a very important part of everyday life in Asia. People there don't crack open a packaged snack when they are hungry as Americans do, they actually eat real food. There aren't 25 cubic foot refrigerators in every home; instead the local Food Market is where people get their food. People go to the Market as a part of their daily routine. It's a wonderful and socially enriching aspect of their culture. If you travel to these countries, you absolutely must visit the local Food Markets. They are a tremendous place to interface with the local culture. Let them show you the produce, and demonstrate how they prepare and use it. They may laugh at you a bit, but that's perfectly alright, as the people truly enjoy sharing this knowledge with you.

The Durian is a very serious fruit in Asia. It's highly esteemed and loved. There is more folklore and legend concerning Durian fruit than any other fruit. The Durian is an amazing ball of chemical compounds that do things to you. They can make you sweat. If you study the concepts of yin and yang, the Durian is considered to be hot. It's also considered an aphrodisiac. If you believe in the aphrodisiac powers of Durian, you can find this fruit for sale late into the night, just in case you, well, need the powers therein.

There is even a bit of lore that says if drink alcohol and have Durian, you will die. The group I was travelling with at the time explored this issue, and luckily no one died!



The Durian tastes like custard, almonds, onions, garlic, and funky cheese, a most unique combination indeed. The Asian varieties are the nastiest. These are so pungent, and aromatic, they are very difficult to even bring into an enclosed area. If you take a taxi or a bus, you will have to hang your Durian fruit outside the vehicle. And don't bring them to your hotel, as the odor can travel through the entire duct system, and stink up the entire building.



Our group had travelled to Asia to get seeds, and the best way to do that was eat lots of the fruit. We couldn't eat that much fruit ourselves, but the locals were more than happy to help. Having them spit the seeds into bags after eating the fruit proved to be an easy way of getting plenty of seed.

Another interesting fruit is Gak. Gak is a squash, considered invasive in some areas, like kudzu. The red goo within the Gak fruit is what makes red rice red. In Vietnam, a lack of Gak once caused a vitamin A deficiency in children when an artificial red dye was substituted in place of the Gak. Gak fruit is a powerhouse of vitamins, including vitamin A.

Nutmeg is another interested plant, and certainly of economic importance as a spice. Eating large quantities of it will cause hallucinations. Nutmeg has never been allowed in prisons for this reason. Bored Victorian housewives have been known to take a trip on Nutmeg. There is even a history of use by prostitutes for causing abortions.

Jackfruit is like mother's milk in Asia, like apple pie is to Americans. Millions eat it every day. If you ever prepare one, be sure to put oil on your hands, as it is very sticky. I had to use turpentine on my moustache once to loosen it up after a Jackfruit experience. Not pleasant. The fruits are so large, they are butchered like a steer anyone buy a whole Jackfruit, as pounds.

Betel nut, the areca palm They have a narcotic affect, and Using betel nut has interesting powdered lime that is mixed with of the teeth and turns them black.



Saliva is also turned red, making for some interesting smiles. fruit, is very common in Asia. are used to increase stamina. affects however. The the nut eats away the enamel

The Fruit & Spice Park is the only tropical botanical garden of its kind in the United States. The unique 37-acre public facility is owned and operated by the Miami-Dade County Park and Recreation Department. Located in South Florida. The Park's tropical climate can be found nowhere else in the continental U.S. and hosts over 500 varieties of fruits, vegetables, spices, herbs, and nuts, and other commercially important plant specimens from around the world. The Park showcases 150 varieties of mango, 75 varieties of bananas, 70 bamboo varieties, and numerous other exotic edibles. Visitors are invited to munch at our tasting counter inside our Park Store or enjoy lunch at the Mango Cafe.

24801 S.W. 187th Avenue Homestead, Florida 33031 305-247-5727

Tampa Bay RFCI will donate \$160 to Chris Rollins' project in cataloging every plant specimen in the Fruit and Spice Park, creating a searchable database, and a living legacy. This is a massive undertaking, an awesome gift from Chris to the Park and to the future, and we are pleased to assist in this endeavor.

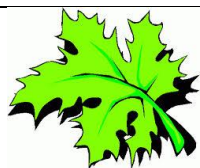
September Tasting Table



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

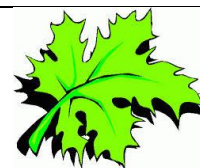


Name	Item	Name	Item
Scott	Watermelon	Lohn	Carambola
Branesky	Lychees, longans, salad	Lee	Avacado
Lee	Chinese pastry	Coronel	Bibingka
Coronel	Carambola	Davies	Herb salad
Sweet	Key lime pie	Payne	Quinoa and apples
Orr	Chicken and carrots	Feist	Candy
Lavalette	Guava, candied guava	Hartzler	Deviled eggs
Krotz	Grape salad	Curtis	Sugar apples
Newcombe	Starfruit	Theryo	Roasted chicken
Chinnery	Baked chicken	Clarke	Chicken salad
Ferreira	Sweet potato casserole	Ferreira	Jackfruit
Novak	Spiced apple cinnamon nut bread	Novak	Cocnut pecan cookies



∞ September Plant Exchange ∞

If you win a plant in the raffle, please remember to sign the sheet when picking up your plants.



Plant	Donor	Winner
Cherry of the rio grand	Scott	
Basil	Scott	
Yellow passion fruit	Scott	
Dragon fruit	Gerstein	
Jackfruit	Gerstein	
Papaya	Vega	
Basil	Vega	
Ginger	Vega	
Sugar palm	Provencher	
Jelly palm	Provencher	
Cuban mangosteen	Provencher	
Orange berry	Provencher	
Santol	Provencher	
Mamey	Branesky	
Red guava	Branesky	
Avacado	Lee	
Blackberry	Novak	Lohn
Blackberry	Novak	Krotz
Blackberry	Novak	Hartzler
Surinam cherry	Novak	
Pineapple	Greig	
Banana super dwarf	Porter	
Maple sugar hibiscus	Porter	
Red lime	Payne	Kroslak



It's Fall! There are so many plant sales, so little time! Check the Oct/Nov issue of Florida Gardening Magazine for 5 pages of Events all over Florida pertaining to gardening. There are countless plant sales, garden tours, workshops and classes. Many counties are having their Master Gardener plant sales. Make time to find something new and exciting for your garden.



Notes

This is your newsletter! It's about our members and what they are doing concerning fruits. If you would like to share photographs, recipes, experiences with fruits you are growing, or anything fruit related, or ask a Club expert a question, submit material to the editor at bdprovencher@tampabay.rr.com. When space is available, items will be put into the newsletter.



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