



January 2017

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

<http://www.rarefruit.org>  
[Tampa.Bay.RFCI@gmail.com](mailto:Tampa.Bay.RFCI@gmail.com)  
<http://www.facebook.com/TampaBayChapterRareFruitCouncilIntlInc>

Meetings are held the second Sunday, 2:00 P.M.  
at the Christ the King Church, McLoughlin Center,  
821 S. Dale Mabry, Tampa

⌘ Upcoming Programs and Events ⌘



**January 8 - Citrus Greening, Dr Jude Grosser, Univ. of Florida** - Learn about the latest information on Florida's favorite fruit, and citrus greening with University of Florida Citrus Research and Education Center professor, Dr. Grosser.

**February 12 - Florida State Fair- Citrus Celebration**

**March 12 - Grafting / Air Layering- best time of year!!**

**April 9 - USF Plant Sale**

**May 14 - Olives, Michael Garcia, Pres. Olive Growers of Florida (MOTHERS DAY)**

⌘ Welcome New Members ⌘

Carlos Dionson Riverview

Christopher & Nadia Lunsford Tampa



President: Sandra Kischuk; Program Manager: Tom Schaefer; Secretary: Fred Engelbrecht, Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher; Photographs: Fred Engelbrecht

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## Club Events

The Club has been busy having a whole lot of fun! Here are some pictures from the November 5th trip to ECHO. ECHO is a global Christian organization that equips people with agricultural resources and skills to reduce hunger and improve the lives of the poor. ECHO has been named the top rated international charity based in Florida by Charity Navigator and is listed among the top 100 charities in the entire USA!

There was much to be learned here for gardeners of any skill level. Tom Schaefer supplied these pictures showing some of the ways anyone can recycle items around the home that maybe have fulfilled their first life's mission as carpet in your home, or tires on your car, but can now be used to grow plants.

After the ECHO tour, the group went to Jing Du Japanese Buffet restaurant in Fort Myers, and enjoyed a delicious meal. Then a trip to Fruitscapes Nursery in Bokeelia rounded out the day. Members had an opportunity to purchase a wide variety of fruit trees from grower Steve Cucura (pictured below).



Note the use of old tires, and concrete blocks.





Here, old carpet is made use of in the garden to contain these peppers.



Steve Cucura, of Fruitscapes talks about his fruit trees.



The not-to-be-missed Holiday Social event for the Club on December 11th was well attended, and much enjoyed by members and their guests. The "mile long" banquet tables were filled with delicious delights for everyone.



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## Grow a Guava!

Guavas (*Psidium sp.*) are great fruit trees for central and southern Florida. There are a number of varieties available in a numerous colors that would make a nice addition to your yard. Guavas have become naturalized throughout tropical and subtropical parts of the world.

The trees are small, making harvest easier. The fruit is actually a berry, with many tiny seeds. Fruit is round, or oval in shape, and can weigh from 1 ounce to as much as 48 ounces. The outer peel can be green to yellow, and the flesh can be white, yellow, pink, or red depending on cultivar. The aroma of the fruit can range from mild and pleasant, to sweet, to highly strong and penetrating.

The guava is grown commercially in Florida, with the two basic types being the pink or red pulp varieties consumed when ripe, and the white pulp type that is eaten when non-ripe (green and crispy).

The guava likes subtropical to tropical conditions. When the temperature goes below 60 degrees, growth will slow. Mature guava trees can take temperatures down to 25 degrees without much damage, but a young tree can be killed at 27 degrees, so protect them when young against a really hard freeze.

Guavas are tough trees. They aren't fussy about soil, and will adapt to sand, loam, rocky soil, and even muck. Most roots are 12-18" below the surface. Guava can handle up to 2 weeks of continuously wet soil or they can handle prolonged drought. They can also handle wind fairly well, and those trees maintained to 6-10 feet in height will remain standing after hurricane force winds. Guava is even moderately tolerant to saline soils.

To propagate guavas, it is best to use air layering (marcottage), stem cuttings, grafting, or budding methods. Use recently matured terminal wood. Guava does grow easily from seed, but does not come true from seed, so it best to use one of the aforementioned methods to get the exact fruit you want.

In Florida, guavas may produce 2 crops per year, the main crop being in summer, with a second smaller crop in early spring. With simple pruning techniques, fruit may be produced year round.

Plant guavas in full sun, with at least 15 feet of open space around them. If they are crowded or shaded out, production will be reduced. Use mounding if the soil stays wet regularly.





Fertilize young trees every 1-2 months the first year, thereafter, 3 - 4 applications per year. Use micro-nutrients during spring and summers. Provide adequate water, especially when young. Leaves and branch tips will wilt to let you know they want more to drink.

When picking the fruit, consider how it will be used. The red or pink varieties for fresh eating are usually picked when the peel is light green to yellow. Fruit then ripens at room temperature until soft. White guava intended to be eaten fresh is picked

when green to light green and eaten before it gets ripe and soft. All fruits may be stored in the fridge for up to 7 days.

Guava is great not only fresh, but used in ice cream, popsicles, pastries, pies, puree, paste and juice. The fruit is an excellent source of vitamin C. The seeds are also edible, but if you don't like them, just scoop them out.

From: "Guava growing in the Florida Home Landscape" <http://edis.ifas.ufl.edu/mg045>

## Guava Spice Cake

By Judy at allrecipes.com

<b>2 cups white sugar</b>	<b>1 cup butter</b>
<b>4 eggs</b>	<b>1 cup guava pulp</b>
<b>½ cup guava nectar juice</b>	<b>3 cups cake flour</b>
<b>1 teaspoon ground nutmeg</b>	<b>1 ¼ teaspoons baking soda</b>
<b>¼ teaspoon ground cloves</b>	<b>¼ teaspoon ground cinnamon</b>

**Preheat oven to 350 degrees.**

**Grease and flour one 13x9 inch pan.**

**Sift together flour, nutmeg, soda, cinnamon, and cloves.**

**In another bowl, mix together the guava pulp and juice.**

**In another bowl, cream together butter and sugar. Add eggs, one at a time. Add flour mixture and guava mixture alternately to creamed mixture. Pour batter into prepared pan.**

**Bake at 350 for 30-35 minutes.**

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## ∞ What's Happening ∞

by Paul Zmoda

Happy New Year from Flatwoods Fruit Farm! The weather has been mostly warm and desperately dry lately with two light frosts and a mere half inch of rain interrupting that pattern.

Persimmon fruits are almost done for the year and we really enjoy them. 'Winter Set' is the last to ripen. The white sapote is blooming and so is our 'Glenn' mango.

We had a huge water oak taken down. It was only twenty feet from the back of the house and was beginning to drop limbs unpredictably. Way past its prime, it had to go. We had it cut down to a seven foot stump - just the place to grow more dragonfruit. To replace some of that welcome shade, I immediately planted a 'Brogdon' Avocado nearby.

Our veggie gardens are giving us lots of greens, salads, and enough extra green beans to freeze.

New planting: Peas

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Sleep better by drinking tart cherry juice. Tart cherry juice is rich not only in antioxidants but in melatonin, the compound our bodies (and some plants) produce to regulate the sleep cycle. Tart cherries are also loaded with antioxidants, and anti-inflammatory agents. The juice, loaded with anthocyanins, aids in cancer prevention, and relieves pain, ensures proper nerve function, and increases circulation. Consumption of tart cherry juice also fights against age-related cognitive decline.

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## ∞ Club Notes ∞

We welcome your submissions for the newsletter, pictures, notes of interest, events in your area, tips you've tried or learned that you would like to share with others, or questions about growing fruits - please send them to [bdprovencher@tampabay.rr.com](mailto:bdprovencher@tampabay.rr.com) Submissions for the next newsletter due by: **January 22nd.**

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## ∞ Membership information ∞

### NEW MEMBERS

Download and fill out a membership application from: <https://rarefruit.org/membership/>, and send with check or money order for \$20 made out to Tampa Bay RFCI to: Tampa Bay RFCI, 39320 North Ave., Zephyrhills, FL 33542.

### RENEWING MEMBERS

Send check or money order for \$20 made out to Tampa Bay RFCI and mail to: Tampa Bay RFCI, 39320 North Ave., Zephyrhills, FL 33542.

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***The objectives of The Tampa Bay Rare Fruit Council International:***

*To inform the public about the merits and uses of fruits common to this region and encourages the cultivation, collection, propagation and growth of fruits that are exotic or unusual to west central Florida. The club also encourages the development of new fruit varieties, cooperating with local and foreign agricultural agencies.*

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Tampa Bay RFCI  
39320 North Ave.  
Zephyrhills, FL 33542