



RFCI

May 2019

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 Christ the King Church, McLoughlin Center,
821 S. Dale Mabry, Tampa

∞ Upcoming Programs and Events ∞

May 12th, Artocarpus with Will Wright. Will Wright will speak about the genus Artocarpus, which includes such exotic and exciting fruits such as jackfruit – the world's largest tree borne fruit, and the breadfruit – one of highest yielding food plants known.



∞ Welcome New Members ∞

Jeff Kocher	Odessa
Corey Brammer	Thonotosassa
Joseph Francis	Tampa
Tyson Brown	Spring Hill
Carlos Rivera	Wesley Chapel
Hillary Cosenza	Trinity
Luisa Fulton	Tampa
Alice Stein	Palm Harbor
Sheridan Boyle	Oldsmar
Allen Smiley	Tampa
Robert & Sheila Tramontana	Lutz
Richard Setera	Tampa
Joyce White	Clearwater
Stacey Blethen	Tampa
Yoga Balagurunathan	Tampa
Brenda Hoch	Hudson
Samantha Mangum	Brandon

President: Fred Engelbrecht; Vice Presidents: Cora Coronel and Kenny Gil; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

∞ The USF Plant Sale ∞
Fair photos by George Campani

The weather was fine and we did well in sales and memberships.

I want to express my thanks to all the volunteers who gave up their weekend for representing our club in sales, information and friendly atmosphere.

Much credit goes to Jerry & Cora for ordering the fruit trees, arranging a legible price list and providing nice lunches for our member participants.

My thanks to Kenny Gil, Roshan Premraj, Paul Branesky, many other members and all the ladies who worked hard providing delicious juices to grateful garden visitors. And let's not forget Susan, who calculates the results of our hard work.

These sales provide us with the means to run programs for our club and therefore a great thanks goes to all those members who spent the weekend at the botanical gardens. Thank you, thank you.

Fred Engelbrecht - President





A shed raising

Club volunteers got together recently and spent some time putting together the needed shed to house the Clubs' many items used at meetings, and events. Some hard work, and ta-da! At the end it's all up and ready to go. Photos by George Campani





Final picture: Front row L to R: Debby Campani, Maya Premraj, Cora Coronel, Maryann Branesky, Maria Te. Back Row L to R: Gary Klotz, Jager Mitchell, Robert Latimer, Jerry Coronel, George Campani, Paul Branesky, Stanley Te. Standing with outstretched arms Roshan Premraj on whose property the shed stands. Missing from picture Kenny Ryan, Mike Sweet and Joni Krotz.

∞ What's Happening ∞

by Paul Zmoda



Photo: Paul Zmoda

As the threat of winter freezes are long past, I begin the 27th year of “What’s Happening”. I checked our soursop tree, as I always do each morning. The largest fruit had turned a lighter color and was soft to the touch. At almost three pounds, it was perfectly proportioned, aromatic, and made a delicious juice. We finished eating Jaboticabas and there are still some nice, “wild” Mandarins in the woods. Some of our Pawpaws have begun to flower.

I had cut free airtlayers of a Mayhaw and Soursop and potted them up; they are growing well on their own now. We have a steady supply of Papayas, and for now, Dewberries.

New planting: a mango and two persimmons, all grafted by me.

∞ At the Seed Table - Black Sapote ∞

At the seed table in May will be seeds from the Black Sapote tree *Diospyros nigra*, also known as Chocolate Pudding tree, or Chocolate Persimmon. The fruit looks, tastes and chews like chocolate pudding. It’s nature’s dessert from the tree; as good as it sounds. The common name “sapote” refers to any soft, edible fruit. Black sapote is not related to white sapote nor Mamey sapote. It’s a member of the persimmon family, native to Mexico, Central America down into Columbia, and the Caribbean.



This small tree may be grown continually in a container, sizing up every two years or so as the tree grows, to accommodate its growth. Use a container with sufficient drainage holes, and a light, fluffy potting mix. This tree remains small so it makes a perfect candidate for container growing, or it is perfect for the backyard or small orchard.

Sow seeds in a bright, warm location in a tray of seed starter mix. Seeds may be soaked for 24 hours prior to planting to enhance germination. It takes about 3-4 weeks for the seeds to sprout.

How to eat black sapote:

The black sapote looks like a tomato when it is unripe, with a bright olive-green colored skin, just like an unripe tomato. At this point the pulp is astringent, irritant, caustic and bitter. You must let it ripen to achieve the best flavor, just like with other persimmons.

Picked when still green and underripe, the chocolate pudding fruit will take up to ten days to ripen at room temperature. As it ripens, the skin becomes a muddy green, and the white pulp turns into a dark brown, taking on the flavor, color, and texture similar to a chocolate pudding. It will get even softer as it ripens further, turning almost jelly like, similar to an overripe persimmon.

Once you have your hands on this exotic fruit, treat it as you would an avocado - leave it on your countertop and avoid refrigerating it until it is ripe. Once it is soft enough to eat, you can enjoy the chocolate pudding fruit as it is by cutting it in half, discarding the seeds and scooping out the flesh with a spoon.

The flavor of black sapote pairs well with vanilla, rum, cream, coffee and spices such as cinnamon and nutmeg. Lemon, orange and pineapple are also popular flavors to match with, as seen in dessert dishes in Mexico and the Philippines, where the pulp of black sapote is served with orange juice and in some cases, brandy. In Mexico, it is also common to see the mashed pulp mixed with wine, cinnamon and sugar served as a dessert beverage.

Try this delicious fruit also in baking recipes such as muffins, puddings, in breads, pies, cheesecake, and also ice cream. It can easily be used as fillings in pies, mixed with a bit of lemon or lime juice.

∞ Club Notes ∞

Looking for a special plant? Got questions about a fruit? Send in 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, recipes, etc. - please send them to bdprovencher@tampabay.rr.com Submissions for the next newsletter due by: **May 22nd**.

∞ 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.



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.

Tampa Bay RFCI
39320 North Ave.
Zephyrhills, FL 33542