



RFCI

July 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 Good Shepherd Lutheran Church,
Driscoll Hall - 501 S. Dale Mabry Hwy, Tampa

∞ Upcoming Programs and Events ∞

This meeting will be held at the Good Shepherd Lutheran Church, Driscoll Hall - 501 S. Dale Mabry Hwy, Tampa 33609. Please read message sent or attached note for additional information.

July 14th, 1:00pm, Annual Fruit and Mango Tasting Please note the change in time and **VENUE** for this “Can’t miss” event. The earlier time allows for the mango tasting, and will help in making it easier to record which mango varieties you enjoy the flavor of and want to grow! There is still a buffet, and plant raffle, so bring your covered dish, and extra plant to get a raffle ticket. \$5.00 charge for non-members.



∞ Welcome New Members ∞

Yoga Balagurunathan Tampa
Covey Brammer Thonotosassa
Hillary Cosenza Trinity
Luisa Fulton Tampa
Carlos Rivera Wesley Chapel
Joyce White Clearwater
Alice Stein Palm Harbor
Brian Gomez Tampa
Dianolys & Luis Denizard Lutz

Sheridan Boyle Oldsmar
Tyson Brown Springhill
Joseph Francis Tampa
Brenda Hoch Hudson
Richard Setera Tampa
Robert & Sheila Tarmontana Lutz
Samantha Mangum Brandon
Randy Hill Seffner

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

Preserving your Harvest

With Mary Keith



Paul Zmoda (left), speaker Mary Keith (center), and Cora Coronel (right) discuss the finer aspects of canning.

Mary Keith, award-winning Hillsborough extension agent, spoke about the many ways to preserve your fruit harvests, and expertly answered the many, many questions members had about the various processes.

Preserving your fruits can be very rewarding, and fun, but there sure is a lot you need to know.

Some of the ways to preserve your fruits are:

- Freezing

- Canning – either pickling, or sweet preserves

 - Boiling water bath, steam, or pressure canning methods

- Drying/dehydration

Food Safety is critical, no matter the method of preservation you use. Mary covered many of aspects of safe preservation.

Preserved food can still be safe to eat even after 100 years if it was prepared properly. The quality of the food may not be the best after long storage times, but it can still be safe to eat.

Quality of preserved foods is concerned with the color, flavor, texture, and nutritional retention.

For lots of valuable information on the many aspects of home food preservation check out:

Mary's presentation slides: copy and paste into your browser to view.

<https://conference.ifas.ufl.edu/gardener12/Onsite%20Presentations/Tuesday/Concurrent%20Session%205/B-5/1115%20M%20Keith.pdf>

The University of Georgia's Nation Center for Home Food Preservation website has details on canning and preserving just about everything, with plenty of tried and true recipes.

<https://www.healthycanning.com/national-center-home-food-preservation/>

[The USDA Complete Guide to Home Canning - Healthy Canning](https://www.healthycanning.com/usda-complete-guide-home-canning/)

www.healthycanning.com/usda-complete-guide-home-canning/

∞ What's Happening ∞

by Paul Zmoda



The rainy season has arrived and plants are responding. Summer is here as well. All six varieties of our avocados made fruit. It's normal for avocados to drop some fruit prematurely. We eat those if they are big enough. We got about twenty, wonderful mangoes from our 'Glenn' tree. We did not lose a single one to animals thanks to diligent trapping.

I grafted several starfruit and persimmons. I set up an air layer on an olive shoot and cut free and potted up two mayhaw air layers. Some rooted grapes got potted up while the fruits on the mother vines are quickly ripening.

After many years, I finally isolated both male and female Gac vines (*Momordica cochinchinensis*) and hand-pollinated flowers to produce two fruits. See photo by Paul Zmoda.

Gac is a perennial vining tropical melon, drought tolerant and cold hardy to zone 8b, and with 70x the lycopene of tomatoes, and 10x the beta carotene of carrots, it is a healthy staple fruit of SE Asia where it originates. Fruits are bright orange red and up to the size of cantaloupes when mature.

☞ Local Happenings ☞



This awesome video of Toppo Feil of Merritt Island, his most amazing story, and amazing fruit trees is a must see. This video is absolutely loaded with tips on growing various fruits. Toppo has spoken at our meetings previously, and our Club has visited his acreage on field trips. The video was compiled by Peter Kanaris, founder/owner of GreenDreams, Tampa.

<https://www.youtube.com/watch?v=EPh7XpvPxfQ>



The 27th annual International Mango Conference will be held at Fairchild Botanic Garden on Friday July 12th from 9:00am to 5:00pm – There will be expert speakers on mangoes, research, and farming.

The Mango Festival at Fairchild will be held on the same weekend as the Conference, on July 13th 9:30am to 5:00pm, and July 14th until 4:30pm. All things mango! This year's theme – mangoes of the Dominican Republic.

Plants, tasting, mango beer garden, fruit market, culinary program. Tickets \$25 adults.

<https://www.fairchildgarden.org/Events-Community-Outreach/mango-festival-returns-celebrating-the-mangos-of-the-dominican-republic>



If you love loquats, check out this website. There is news on the Loquat festival, newsletters, opportunities to volunteer, and lots of other information on loquats.

<https://www.ecologyflorida.org/2019/06/florida-loquat-news-35-july-2019/>



∞ June Plant Raffle ∞

Here is sampling from the plant raffle table. Thank you to everyone who brought in plants to share at the raffle.



Plant	Donor	Winner
Cherimoya	Hill	Mitchell
Sapodilla	Vega	
Hot peppers	Vega	
Samanea	Provencher	
Mango	Provencher	Krotz
Ackee	Provencher	Payne
Sugar apple	Provencher	Gomez
African mangosteen	Provencher	Terrell
Firespike	Provencher	Michelle
Elephant foot palm	Provencher	
Papaya	Black	Boyne
Pineapple	Clarke	Payne
Bean	Clarke	
Orange berry	Putnam	Lancaster
Stevia	Payne	
Rosemary	Payne	Oliver
Macadamia	Hunt	Clemons
Tamarind	Coronel	
Biochar	Schaefer	Brown
Yellow passionfruit	Soylu	Putnam
Ilama	Zmoda	
Passionfruit	Francis	
White pineapple	Francis	
Thomcord grape	Francis	
Tomato	Larsen	Terrell



June Tasting Table



*This is a sampling of the wonderful offerings at the buffet 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
Schaefer	Homemade cookies	Luba	Pineapple
Coronel	Yellow rice, cookies	Latimer	Pumpkin pie
Campani	Pasta salad	Hill	Blackberry jelly
Sakuta	Bananas	Male	Key lime pie
Ugur	Grapes	Clarke	Corn on cob, tomato pie
Clarke	Deviled eggs, garlic bread	Te	Katuk corn
Te	Loquat bread	Acosta	Chicken wings
Putnam	Brownies	Quirby	Cookies
Rhodes	Tropical meatloaf	Brown	Strawberries
Hartzler	Sugar cookies	Krotz	Grilled corn salad
Lancaster	Grape juice	Campbell	Cole slaw, watermelon
Jene	salad		

Mango Fool

It's summer – mango season! Time for a mango fool! A “fool” is basically fruit mixed with whipped cream, flavorings and spices, is ridiculously simple to make, and allows for taking advantage of wonderful, fresh, in-season fruits. A mango fool uses mangoes, but you can use peaches, berries or any other fruit you like.

To make the mango fool you will need:

3-4 ripe mangoes, peeled, chopped. Save a slice or two of mango to garnish the top.

1 lime for the zest and juice

2-4 tablespoons sugar

1 cup of heavy cream OR for healthier alternative use Greek yogurt

1 teaspoon vanilla or almond extract

¼ teaspoon nutmeg

1-2 tablespoons rum (if you like)



Blend the mango, lime juice, and 2-3 tablespoons sugar, either by hand for a more rustic texture, or use a food processor for very smooth texture. Set aside.

If using heavy cream, use an electric mixer with whisk attachment, and combine the cream, remaining 1 tablespoon of sugar, lime zest, and vanilla. Add remaining lime juice, nutmeg, blend on medium high speed until peaks form.

If using yogurt, add all remaining ingredients same as above, and blend together thoroughly.

To serve, divide mixture of mango puree among 6 glasses, then top each with a layer of cream or yogurt. Alternate layers until all mango and cream is used. Keep chilled until served.

Serves 6

∞ Club Notes ∞

Who made the passionfruit pudding at June's meeting? A member would like the recipe if you would like to share. Please email bdprovencher@tampabay.rr.com

Don't forget the Club photography contest. See June's newsletter for all the details, and start snapping your pics!



Club member Jene VanButsel from Jene's Tropicals is looking for volunteers to help out at her Fruit Tasting. She needs fruit cutters and servers, as well as those who can help answering questions from visitors. It's a fun weekend! Volunteers are needed on July 20th and 21st, from 10am to 4pm. Come when you can. Helpers will receive a gift in appreciation. Please contact Jene at jene@tropicalfruit.com to let her know when you are available. Address is 6831 Central Ave, St. Petersburg, Fl 33710. 727-344-1668 Please bring your own knife for cutting the fruit.

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: **July 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