



RFCI

November 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

œ Upcoming Programs and Events œ

November 10th – 2:00pm The Sugar Apple and its relatives with tropical fruit expert, speaker, and breeder, and Annona specialist, Har Mahdeem.



December 8th - 1:00pm Please note the change in time – The Club's Annual Holiday Social – celebrate the holidays with other Club members. If you would like to help with setting up for the party, please arrive at 11:00am.



œ Welcome New Members œ

Nancy Pettygrove
Kira Hulse
Andres Oliver
Ishbell Innise
Cortney Burk
Bernadette & Ron Dunn
Evan Cassady
Talia Paolillo
Leslie Williams
Jabari Lee
Denise Herndon
Meghan Mccane

Palm Harbor
Brandon
Plant City
Lutz
Tampa
Seffner
Tampa
Lakeland
Wesley Chapel
Tampa
Brandon
Tampa

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

∞ The USF plant sale ∞

The weather was great for perusing the sale for new plants. It was hot, but members enjoyed selling plenty of plants, meeting new members and answering fruit related questions. Here's a couple pics before things got busy.



Photo by Fred Engelbrecht



Photo by Fred Engelbrecht

∞ What's Happening ∞

by Paul Zmoda



While our USF sale was in progress, I took a break and walked around the grounds. There, in front of the office, stands an immense hickory tree I had never noticed before. I noticed when I heard the distinctive sound of squirrels gnawing and, upon investigating, found dozens of fallen hickory nuts. I pocketed several to identify and taste at home. My research revealed them to be pignut hickory – edible but bitter. After much trouble, I opened and tasted some. They were not bitter at all; in fact, they are pretty tasty.

After many years, our Yuzu citrus gave us a dozen fruit. This seedy Japanese species is used to make Ponzu sauce, but can likely be used as any lemons are.

New plantings: onions, tomatoes, turnip, peppers, Asian and salad greens.

Photo by Paul Zmoda

Filipino Buko Salad

By Lalaine Manalo – Kawaling Pinoy



Ingredients:

- 4 cups shredded coconut
- 1 – 30 ounce can of fruit cocktail, drained
- 1 cup chopped pineapple bits, drained
- 1 cup (15 ounces) sweet corn kernels, drained
- 1 can (12 ounces) kaong – fruit of the sugar palm
- 1 can (12 ounces) nata de coco – coconut gel
- 1 cup Velveeta cheese, cubed
- 1 can (14 ounces) sweetened condensed milk
- 1 can (14 ounces) table cream

Preparation:

In a large bowl, combine young coconut, fruit cocktail, pineapple, corn, kaong, nata de coco, cheese, condensed milk, and cream. Stir to mix well.
Chill for a few hours prior to serving.

Winter Fruit Salad with Maple-Lime Dressing

Author: Julia's Album

Ingredients:

Winter Fruit Salad:

2 red apples, cored and diced
2 pears, cored and diced
4 clementine oranges, peeled and segmented
3 kiwi fruit, peeled and sliced thin, then quartered
½ cup dried cranberries
1 cup pomegranate seeds



Maple Lime Dressing:

2 tablespoons maple syrup
1 tablespoon fresh squeezed lime juice

Instructions:

Combine all salad ingredients (except the dressing ingredients) in a large bowl.
In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
Pour the dressing over the salad and gently toss to coat.
Serve immediately.

Tzimmes Chicken with Apricots, Prunes, and Carrots

■ By Anna Stockwell ~Epicurious

Ingredients:

4 pounds of chicken, broken down (about 2 whole chickens)
 4 teaspoons kosher salt, divided
 ½ cup, plus 2 tablespoons honey
 ½ cup olive oil
 ½ cup lemon juice
 2 teaspoons ground black pepper
 2 teaspoons ground cinnamon
 1 teaspoon ground cumin
 ¼ teaspoon cayenne pepper
 2 pounds young carrots, halved lengthwise
 1 large red onion, cut into ½” wedges
 12 garlic cloves, peeled
 8 ounces dried apricots (about 1 ½ cups)
 8 ounces dried prunes (about 1 ½ cups)
 20 sprigs of thyme
 1 ½ cups dry white wine
 Fresh parsley leaves



Preparation:

Arrange racks in top and lower thirds of oven; preheat to 400F. Season chicken with 2 teaspoons salt.

Whisk honey, oil, lemon juice, pepper, cinnamon, cumin, cayenne, and remaining salt in a large bowl. Add chicken, carrots, onion, garlic, apricots, prunes, and thyme and toss to combine. Divide everything but chicken between 2 rimmed baking sheets. Stir wine and ½ cup water in a 2 cup measuring cup, then pour half over each sheet.

Cover sheets tightly with foil. Roast 15 minutes, then remove from oven. Remove foil, divide chicken between sheets, and continue to roast, rotating sheets top to bottom halfway through, until carrots are fork-tender, chicken is golden brown, and an instant-read thermometer inserted into the thickest part of a breast registers 165F, 30-35 minutes.

Transfer chicken mixture to serving platter. Pour pan juices over, and top with parsley. Serve.



Artist Sam Van Aken shares the breathtaking work behind the "Tree of 40 Fruit," an ongoing series of hybridized fruit trees that grow 40 different varieties of peaches, plums, apricots, nectarines and cherries -- all on the same tree. What began as an art project to showcase beautiful, multi-hued blossoms has become a living archive of rare heirloom specimens and their histories, a hands-on (and delicious!) way to teach people about cultivation and a vivid symbol of the need for biodiversity to ensure food security. "More than just food, embedded in these fruit is our culture ... In many ways, these fruit are our story," Van Aken says. A **Tree of 40 Fruit** is one of a series of fruit trees created by the New York-based artist Sam Van Aken using the technique of grafting. Each tree produces forty types of stone fruit, of the genus *Prunus*, ripening sequentially from July to October in the United States.

Watch the video at:

https://www.ted.com/talks/sam_van_aken_how_one_tree_grows_40_different_kinds_of_fruit?utm_source=newsletter_daily&utm_campaign=daily&utm_medium=email&utm_content=button 2019-09-27

∞ Club Notes ∞

Send in your submissions for the newsletter, pictures, notes of interest, events, tips, recipes, questions, etc. - please send them to bdprovencher@tampabay.rr.com
Submissions for the next newsletter due by: **November 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.
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