



RFCl

December 2021

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

<http://www.rarefruit.org>

Tampa.Bay.RFCl@gmail.com

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

Meetings are held the second Sunday, 2:00 P.M.

at the American Legion Post 111,

6918 N. Florida Ave, Tampa 33604

∞ Upcoming Programs and Events ∞



December 12th - 1pm

The Club's Annual Holiday Social

Please note the earlier start time!

All members are invited. The Club will provide roasted pig and turkeys.

Members can bring potluck dishes, rolls, desserts, etc. for the meal.

There will be a gift raffle. Everyone will get a ticket for the raffle when they arrive. If you have an item you would like to provide as a gift, you are welcome to bring it with you.

At 1pm Member Charles Novak will speak on frost and freeze protection. Learn how to protect plants from the cold this winter.

Volunteers are needed! Arrive at **11am** to help out with getting the room and tables ready. Bring food, a good appetite, and enjoy the ambience!



∞ Welcome New Members ∞

Florence Marsan

Tampa

President: Mike Sweet; Vice Presidents: Cora Coronel and Paul Branesky; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

Field Trip to the Olive Grove

November's field trip to the Olive Grove in Brooksville provided for a relaxing afternoon. Owner, Deirdre Davis kept Club members busy with a talk about the history of the farm, lots of information on olives, olive trees, processing oils, an olive oil tasting, and even live music and gumbo, all in the setting of a lovely olive grove.

Did you know these facts about olive trees?

Olive trees are hardy to 14 degrees.

They are very drought tolerant.

You can bonsai an olive tree and it will still fruit.

The traditional olive orchard, with trees 15' – 18' apart will not need irrigation.

Olive trees can be planted up to 1200 trees per acre, irrigation will then be needed.

The oldest known olive tree in Crete Greece, is over 4,000 years old. It is 41 feet wide, with a diameter of 15', and still produces fruit. The variety is 'Tsounati'.

At the Olive Grove, there are 300 organically grown olive trees, with 9 varieties grown: Arbequina, Arbosana, Manzanillo, Frontoio, Coratina, Koroneiki, Chinkitita, and Pictual.



The process of making olives into oil is interesting. The olives must be milled within 48 hours of harvest. The fruit is washed, and poured into the hopper of the hammer mill. The olives are then hurled against a metal screen and pulverized. Then the fruit goes into the malaxation chamber where the olives are churned for 20-60 minutes. The temperature during this process can never go above 86 degrees to be considered cold pressed, and for the oil to retain its quality and nutritional value.. The oil is then extracted from the mashed olives using a centrifuge. The oil is sent to holding tanks. Any sediment will fall to the bottom of the tank, in a process called racking. The oil is then tested and bottled.

How to select a quality olive oil.

When buying olive oil make sure it is in dark glass, not plastic. Consider how the oil is processed.

Unrefined extra virgin olive oil has the important antioxidants and anti-inflammatories that make extra virgin oil so special.

Refined oils have been chemically processed, and have little to no olive aroma, flavor, or color, and lack those special antioxidants and anti-inflammatory properties.

The Olive Grove has quality olive products you can purchase, made with olives grown right in here in Florida. If you have olive trees, you can have your own olives processed at the Farm, and take home the freshest olive oil from your own trees.

Olive Grove Photos by George Campani





☞ What's Happening ☜

by Paul Zmoda

This cool weather is sure welcome after the brutal heat of the past summer. Colder weather is on the way, so I am getting prepared for that. First, I brought our potted soursop indoors for the winter. It's holding four fruit and several more in the form of pollinated flowers.

The next chore was to cover the 512 cubic feet of frame with plastic. Inside is a nice Glenn mango and a cacao tree – both planted in the ground inside. There is plenty of room to shelter lots of small, potted plants in there as well until warmer weather arrives.

I air layered a basal shoot on the soursop. This should root in about ninety days or so. I potted up nine rooted figs, cut from a rooted piece which originated from my parents' home in North Carolina.

This is the time of year for persimmons – once they become soft, and the astringency fades, they are so delectable. Honan Red is my favorite, but Izu, Saijo, and others are welcome on the dessert plates.



Photo: Paul Zmoda

Now is the perfect time to plant pineapple starts.



The Club's resident pineapple expert, Ian Greig, reminds us that December/January is the perfect time to plant out pineapple starts. New plants can easily be started from crowns removed from fruit purchased at the market or from suckers from this year's harvest. Remember that Pineapples are an 18-month plant so that plants started this winter will be ready for harvest in July/August 2023.



To all Club members:

As this most memorable year draws to a close,

We wish you a holiday season filled with warmth,

Peace, good health, and happiness.

May you find meaningful connections to friends and family,

Time to reflect, and moments of beauty.

Make way for a fresh and bright New Year!

May your good cheer last throughout the year



∞ Club Notes ∞

Avocado trees! Get your avocado trees! Cora and Jerry have been busy grafting a wide variety of avocado trees, now available to members.

Choose from Duke, Mexicola Grande, Lula, Choquette, Munroe, Hall, Super Haas, Brogdon, and Bacon. Any tree \$30.

There are choices that will be hardy in all parts of our area. Ask which is best for your growing zone. Cora 727-403-1756



Don't be shy! Show off your garden accomplishments! Contributing to the newsletter is a great way to share what you are doing in your garden with other members, learn what other members are growing, and get your questions answered.

Your submissions for the newsletter, pictures, notes of interest, events, tips, recipes, questions, etc. are especially needed - please send them to

bdprovencher@tampabay.rr.com

Submissions for the next newsletter due by: **December 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, 12722 Prosser Rd., Dade City, FL 33525

RENEWING MEMBERS

Send check or money order for \$20 made out to Tampa Bay RFCI and mail to: Tampa Bay RFCI, 12722 Prosser Rd., Dade City, FL 33525



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
12722 Prosser Rd.
Dade City, FL 33525