



October 2022

**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 American Legion Post 111,
6918 N. Florida Ave, Tampa 33604

∞ Upcoming Programs and Events ∞

October 3rd, Monday morning 9AM, Annual clean-up day at Memorial Garden at the USF campus. Members who would like to spend a couple of hours helping refresh the Club's Memorial Garden should plan on meeting at the USF Botanic Garden's entrance gate at 9AM. **More info on page 5**



USF Botanic Gardens – the Clubs' Memorial Fruit Garden



Photos: George Campani



October 8th and 9th at USF - The Fall Plant Festival. This is a big fundraiser for the Club, and a whole lot of fun for members to participate in. Volunteers are needed to help set up for plant sale on Friday October 7th, and to man the Club's booth on Saturday and Sunday. **More info on page 5**

No regular meeting this month. See you at the USF Plant Sale!



∞ Welcome New Members ∞

Pam Beers

Port Richey

President: Hillary Cosenza; Vice President: Dylan Chadwell; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

∞ Cody Cove Farms - Unlocking the Power of Genetics ∞

Speaker Josh Jamison

Josh Jamison is the primary grower, horticulturalist and nursery worker at Cody Cove Farms. He was the garden manager at the HEART Village from 2013-2022, working as an educator, and managing the diversified demonstration farm. This job opened up the opportunity for working with hundreds of types of crops and extensive travel to many agricultural sites in Florida and a number of tropical countries. His specialties and interests lie in edible food crops of the world and sustainable growing practices. Josh has presented as a speaker at numerous public events including as a keynote speaker at the International ECHO Conference.



Very important research is being done at Cody Cove to find varieties of crops that will grow in Florida's very unique climate. We need to look at tropical areas for our crop choices. Currently, there are not a lot of resources for Floridians to help them select varieties of fruits and vegetables that will successfully grow here with all the stressors that Florida has. Research at the Farm aims to change that.

Nematodes are one of the worst problems in Florida agriculture. The Farm is working on grafting figs to nematode resistant rootstock. *Ficus sycamorus* is the number one proven rootstock, proving to be totally resistant to nematodes.

Tamarillos, considered impossible to grow in Florida, are showing promise grafted on South American rootstocks. *Solanaceae torvum*, *S. macranthum* are currently being researched. Josh reminds everyone NOT to use angel trumpet, a member of the same family, as a rootstock. The resulting fruit will be toxic!

Guava rootstocks are also being tested. The Farm offers seeds of *Psidium firmum*, a shrub guava hardy to 15 degrees, with a delicious strawberry taste, and seeds so small, you hardly notice them.

There are many varieties of legumes that are being grown in sub-tropical and tropical climates all over the world. Many of these are being trialed at the Farm. The Guyana long bean, up to 40 inches long, and the ground sprawling Mavuno cowpea, and the pest resistant Puerto Rican black cowpea are some of the great choices for Florida. The perennial tropical lima bean is another.



Sikil squash, an extremely rare Belize variety is an excellent choice for use as you would zucchini. The taste is the same.

Sweet potato Tainung #64 is the winner of the 35 variety trial and is proving to be a rugged, reliable choice for Florida.



Many new peppers, including CAP455, a bell pepper, are providing new options for our climate.

Brazilian yellow passionfruit, improved cassava varieties, large leaved chaya, and a perennial African kale are some of the other choices that research at the Farm are providing.

Cody Cove Farms

Website: <https://codycovefarm.com/>

customerservice@codycovefarm.com

[\(863\)455-4484](tel:(863)455-4484)

Cody Cove Farm and Nursery

1105 Cody Villa Loop Rd
Babson Park, FL 33827

⌘ What's Happening ⌘

by Paul Zmoda

A bit too much rain here, but the overall growing climate is quite satisfactory for most of our specimens. Cowpeas and bananas are producing non-stop. Some persimmons are showing some color, teasing us with the promises of good things to come.

I cut free and potted up many air-layers of plum and white sapote. Longan and pomegranate air-layers are sure reluctant to make roots, so they will hang some more.

A friend was proudly crowing about all the limes she harvested, until she tasted one. Turned out she never noticed the trifoliate orange rootstock took over, became quite tall, and produced fruit of its own. I cut it down to about two feet, and crown-grafted both Persian lime and Meyer lemon onto the stump.

I plant pineapple crowns whenever I get them, not at the proper time, so they form fruit sporadically. When we do get pineapples to fruit, I protect them until they are ready to eat. There is nothing like a home-grown pineapple. Trust me on this.



Pineapple – photo – Paul Zmoda

Additional Information:

October 3rd, Refresh Day for our Club's Memorial Garden area at USF.

Meet at 9AM at the Entrance Gate.

No vehicles will be allowed into the garden.

If you wish, you may bring tools, such as pruners, shears, loppers, rakes, hats, maybe a battery operated edger, trimmer, or long pole saw.

Bring GLOVES, WATER, and sunscreen.

Work shouldn't last more than a couple of hours.

There is no admission fee for those coming to do maintenance work.

More information on the plant sale:

Volunteers are needed!!

Friday October 7th - Please arrive for 1:00pm to help set up our booth. We need help with unloading and inventory of incoming plants, setting up tables, installing the canopy and fence, as well as the Club's beautiful display and sign.

Saturday October 8th, and Sunday October 9th, during the sale hours, help is needed during to assist in sales, answering questions, manning the new membership table, manning the display, and just chatting with customers.

Sunday October 9th, after the sale, help is needed to dismantle the set-up, load the trailer, inventory remaining plants, and clean up the area.

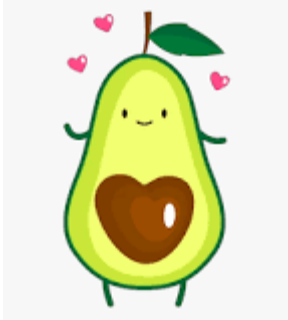
Please contact **call/email George at 813-743-6549** if you can help out in any way, and let him know what days and times you are available.

After the sale, all remaining plants will be available to members who helped at the sale at a discounted price.

Note: If you are selling plants, you must plan on remaining at the sale to answer questions about your plants. Remember to please price your plants accordingly, as 10% of the sale price goes to the Club, and 20% to USF. These must be plants that you grew on your own (**no citrus**),

All plants must be healthy, no disease or insects, properly identified and labeled. Cultural information is very helpful to buyers. Please use the plant manifest on page 7.

Note: Due to new regulations, there will be no juice sales this year.



Did you know? One cup of Avocado has about 700 milligrams of potassium, that's three times more than one banana. According to many studies, 9 out of 10 Americans do not get enough of the recommended amount of potassium in their daily diet, and only 1% of adult women get enough. Eating one avocado a day, especially when we work out, or work outdoors, can help supply this necessary element. Our bodies lose potassium and other electrolytes through sweat. Here in Florida, we do a whole lot of sweating, so enjoy an avocado a day, and keep potassium deficiency at bay!

∞ Club Notes ∞

Don't throw out those unwanted plastic pots! It's not good for the environment, and they can certainly be reused. Consider sharing them with other members, your local school garden, or garden club. Someone is always looking for pots.



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: **October 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