



November 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 ∞

November 13, Our Heart Beats Plant Strong! Dr. Jaimela Dulaney, MD, PA will speak about how plant-based diets improve health. She will demonstrate the science supporting the health benefits of eating fruits and vegetables. Learn how to reverse and prevent such common health problems as high cholesterol, high blood pressure, and weight problems. Learn the mechanisms by which a plant-strong diet helps reverse disease. Dr. Dulaney is very excited about the potential to reverse disease through nutrition, and incorporates nutrition education into her primary and cardiology practice. We are excited to have her speak about this topic that we all need to listen to. Don't miss this opportunity to hear this important discussion on improving your health!



∞ Welcome New Members ∞

Gina Abed	Tampa
Maria Braxton	Tampa
Tya Harris	Land O' Lakes
David Trujillo	Bradenton

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

Fall Plant Festival Sale at USF

Write-up and pictures by George Campani

The Club's Fall Plant Sale turned out to be another successful event for its members on October 8th and 9th, 2022. It was not without its challenges which included hurricane Ian's destructive effects on Pine Island where we usually get many different fruit trees for our plant sale. Many members and other Florida residents had much to do with cleaning up debris etc., but the USF Botanical Gardens' Fall Plant Sale would go forward as scheduled.



On Friday, Club volunteers worked preparing for this weekend's Plant Sale by learning where our new location was in USF Botanical Gardens. The usual location was unavailable to us. Then we commenced setting up the canopy, installing temporary fencing, setting up tables, and unloading plants.

On Saturday morning, because the weather was sunny and warm, we moved some of the plants and tables under the shade of a longan tree. The volunteers finished logging in their plants for sale and we were ready for the sale. The changed location made us the last vendor from the entrance, but situated us right

next to the Club's "Memorial Garden."

At first, some of the Club Members were skeptical of the "new location" and then Club Members began to see new opportunities to communicate with the public. For example, when some of the plant festival goers asked questions and were not familiar with the fruit tree they might want to grow, our Club President, Hillary Cosenza gave them a short tour in the "Memorial Garden" showing them the fruit tree that they were interested in growing. The conversation often included plant size, plant cold sensitivity, and about the fruit itself.



Tom Schaefer, has worked on the Memorial Garden over his years with our Club and could not resist giving an impromptu informational tour of the Memorial Garden to some of those Plant Festival goers that stopped by our plant sale. His knowledge and experience on growing fruit trees was enjoyed by the public.



Paul Zmoda shared some of his special knowledge on grapes and annonas with those Plant Festival goers interested in purchasing or just learning about the many plants for sale. His experience and knowledge on plants made for interesting conversation for many.

Kenny Gil was the go-to for bananas, dragon fruit, sugar cane, white sapote, sapodilla, and pineapple growing. His knowledge on the different plants (how to plant, how to fertilize, and plant maintenance) helped new growers.

For those looking to add new cultivars to their plantings, we had some interesting fruit trees, one such plant that we normally do not have was the Araza (*Eugenia Stipitata*) native to Brazil, and Red Custard Apple (*Annona*) San Pablo. Even Club Members “not volunteering”, should stop by and check to see if we have a different selection of plants. There was a large interest in or selection of mangos, which included: Fruit Punch, Orange Sherbet, Crème Brulee, Cotton Candy, Malika, Kesar, and Bailey’s Marvel.

This was another successful event for Club Members to participate in and talk about fruit trees. Some Club Members just enjoyed the quieter corner of the Botanical Garden. When the plant sale was over on Sunday, the volunteers took inventory, packed-up and made a short exit out the gate.



A special thanks to the many hardworking volunteers that pitched in to help and without them the plant sale would not be possible.

Thank you: Paul Branesky, Paul Zmoda, Tom Schaefer, Kenny Gil, Hillary Cosenza, Susan McAveety, Jager Mitchell, Chris Ramirez, Alice Stein, Scott Petersen, Robert Latimer, Yuko Topping, Yoshimi Tamura, George Campani, Dylan Chadwell, and Anni Ellis. I apologize to those I have missed.

A special thanks to our President, Hillary Cosenza, for her hard work coordinating this event.



October 3rd - Members worked weeding and pruning plants at the Memorial Garden, getting ready for the USF Plant Sale. Club members Hillary Cosenza, Paul Zmoda, George Campani, Susan McAveety (not pictured) attended. Photo – George Campani



☞ What's Happening ☞

by Paul Zmoda



Wow! That was some hurricane! We fared pretty well here and I hope you all did too. Several fruit trees are now leaning and that's to be expected, but back in our woods, quite a few large, mature trees are down.

We went ahead and participated in the forty eighth consecutive USF Plant Festival, despite our supplier of larger trees – Fruitscapes – being a victim of hurricane Ian's worst wrath.

My vegetable garden got a late start but I planted my tomato seedlings, onion sets, and various greens such as arugula, mustard, rapini, cilantro, and Asian veggies.

After twenty three long years our 'Moreland' pecan tree finally decided to give us a huge crop. Squirrels and crows also noticed and had me on guard duty from dawn to dusk for weeks. I managed to collect quite a few nuts for us. Growing pecans is a long term project, but if you've ever tasted a freshly toasted batch, you will be a fan for life.

I potted up longan air layers and some rooted guavas. I grafted one mango, but this third attempt doesn't look promising. We've been feasting on persimmons for weeks now. So many good ones, both astringent and non-astringent.

Frozen Persimmon Custard



The best one-ingredient fall dessert, with no-recipe needed persimmon idea. Firm Fuyu persimmons can be frozen for eight hours (or up to a month), which softens and preserves them. To serve, cut off the tops with a serrated knife and spoon out the sweet, custard-like frozen fruit. Top with cinnamon or maple syrup for another flavor dimension.

Similarly, soft Fuyu and Hachiya varieties can also be frozen, and once defrosted the flesh will be soft enough to blend into a recipe.

From: Anna Kovel at marthastewart.com

Please pass the Grey Poupon - No, the peanut butter!



Did you know that the Florida peanut industry contributed \$119 million to the state economy and ranks third in the nation in peanut production? Peanut butter is quite the sufficient item in food pantries as it has a long shelf life, it is jam packed with nutrients, and about 94% of American households consume peanut butter. Please consider this item when making donations to your local food pantry.

? Member Questions ?

Question: My Fuyu persimmon is producing its first crop. I can't wait to try them, but I'm unclear what the difference is between Astringent and Non-Astringent persimmons. Can you explain?

Answer: The most widely cultivated species of persimmons are the Japanese persimmons, and come in 2 classes: astringent or non-astringent. Some call them "puckering" or "non-puckering".

Non-astringent persimmons can be eaten fresh right from the tree and are crisp like an apple. Non-astringents have a more mellow sweet flavor, like cantaloupe or sugarcane.

Astringent persimmons are best picked and ripened for a few days until soft and nearly mushy before they are sweet enough to eat. They are the sweetest: richer and juicier than the non-astringents. Astringents are sweet like maple syrup when ripe, and quite interesting as a dried delicacy.

Fuyu, one of the most common non-astringent types of persimmons, are recognizable by their rounder shape, similar to a tomato, and can be eaten firm or soft.

Hachiya is one of the more common astringent types, with an elongated, acorn-like shape. These fruits must be soft, almost mushy to enjoy the sweetness. Persimmons are in season now! Enjoy them!



⌘ 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: **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, 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