



RFCI

December 2013

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

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

Meetings are held the second Sunday, 2:00 P.M.
at the Tampa Garden Club, 2629 Bayshore Blvd.

∞ Upcoming Programs and Events ∞



2013 Holiday Social

Please join us for the annual RFCI Holiday Social

Sunday December 8th, 2013

1 p.m.

Tampa Garden Club

2629 Bayshore Blvd. Tampa, FL 33629

Please bring a covered dish. The club will provide the turkeys, ham, tableware and drinks. Please bring an item to donate to the free gift raffle.

Several volunteers are needed to help set up. If you are available to help, please arrive at 11:00 a.m.

See you there!



**President: Thom Scott; Editor: Denise Provencher; Photographs: Fred Engelbrecht
Membership: Bryon Provencher; Production/Distribution: Denise Provencher**

January 12: Peter Chaires, executive director of the New Variety Development and Management Corporation will speak on the new and exciting Citrus varieties.

∞ New Members ∞

Judith Cheatham Tampa
 Marcus and Lisa Davis Brandon

Eric, Majreen and Vincent Sunde Tampa

∞ Propagation Workshop ∞

November's meeting was devoted to the annual hands-on workshop on propagation. For those who missed the workshop, here are some links to propagating plants in Florida. These articles and publications have plenty of pictures, drawings, and detailed facts.

<http://www.ultimatecitrus.com/pdf/propagation.pdf> University of Florida Fact Sheet # HS86 Citrus Propagation by Williamson and Jackson. Terminology, types of grafts, aftercare instructions.

http://polkhort.ifas.ufl.edu/documents/publications/Propagating_in_FL.pdf - Grafting, Budding, Layering, Making Cuttings – and other ways of propagating fruit plants in Florida, by Young and Crocker. Loads of information on tools, supplies, terminology, time of year, types of grafting, other methodologies of propagation, TONS of pictures, chart for different types of fruit trees. Thorough booklet on all aspects of propagating. # SP171 University of Florida.

<http://university.uog.edu/cals/people/PUBS/FRUITS/Mg24500.pdf> Propagation of Fruit Crops by Crocker, #456-A Discusses many types of propagating, seeds, cuttings, many types of grafting, air layering, has a fruit plant chart for propagating fruits in Florida.

http://lee.ifas.ufl.edu/AgNatRes/Pubs/Plant_Propagation_Methodologies.pdf Plant Propagation Methodologies by Beckford, Loads of information on all types of propagating, many pictures to help.

∞ What's Happening ∞

by Paul Zmoda

I enjoyed our November meeting where I and several of our longtime members demonstrated the art of grafting fruit trees. For best result – keep your newly grafted avocado, mango, and soursoop trees warm and in a brightly lit place. Don't under or over water. If all goes well, you will see the buds give way to tender shoots. Protect these shoots as they can break easily. Let me know how mine work out.

I picked 53 lbs. Of carambolas and started a new batch of white wine. Our veggie gardens are filling quickly. Salads are dependable daily. Beans are also. Radishes, greens and broccoli are reliable and our ugly tomatoes (from seed) are turning color. This success can be attributed to adding massive amounts of leaves and grass clippings to the vegetable beds all year long.



Now is a great time to plant fruit trees, especially deciduous ones (that drop leaves and go dormant) such as: peaches, plums, grapes, apples, nuts, etc.

∞ The Fruit of the Gods ∞



Here are a few facts from a website search about one of our favorite addictions - cacao, cocoa and chocolate, the fruit of the Gods.

To the Aztecs, xocolatl (the Aztec chocolate drink) was much more valuable than gold or silver. When the conquistadors searched Montezuma's palace after Cortez defeated him in 1519, there was not gold or silver, but huge quantities of cocoa beans!



Montezuma claimed that a man could walk all day without food after having a divine drink of xocolatl.

Cocoa/chocolate is thought by some to be an aphrodisiac. The first time it was used as a romantic gesture was in the Mayan culture.

Theobroma cacao is the Latin name for the cacao tree that produces the lusty fruit we make into chocolate. The tree is native to deep tropical regions of the Americas, although it is now grown in hot, damp climates around the tropic Equatorial belt.

Cacao is the bean or fruit of the tree. Cocoa is the product made from the fruit. This spelling difference is supposedly the result of a spelling mistake made by English importers in the 18th century.

Cacao trees range from 13-26 feet tall, but can reach 32 feet.

Flowering can occur all year round, but a flower will perish if it is not pollinated within 24 hours.



It takes 3 - 5 years for a tree to bear fruit, and will remain productive for about 10 years. Each tree produces about 1,000 fruits a year, but that results in only 1kg of chocolate, hence



why it so expensive.

Cacao an understory tree, growing under tall trees to protect them from direct sun. They are often planted under mangoes and papayas.

Over 70% of the world's cocoa comes from West Africa.

Amsterdam is the world's most important cocoa port with 500 - 600,000 tons of cocoa going through the port every day!





The United Kingdom is the world’s largest “chocolate” consumer with an annual average per capita of 11.5 kg. (including all products, even those with less than 1% cocoa, which wouldn’t be legal in some countries to even be called chocolate!)

The Swiss consume more chocolate per capita than any other nation on earth at 22 pound per capita. The US is 11 pounds per person.

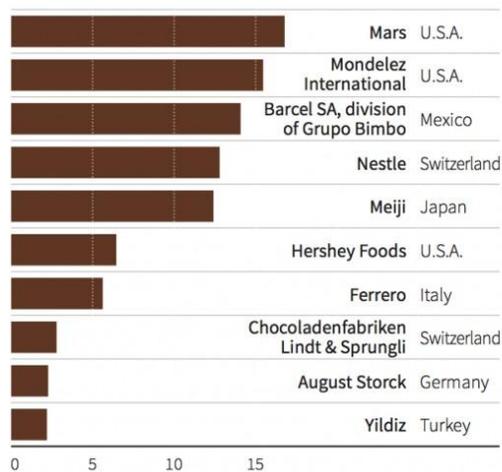


Chocolate production

Global cocoa prices could more than double by 2020 if production fails to catch up with demand

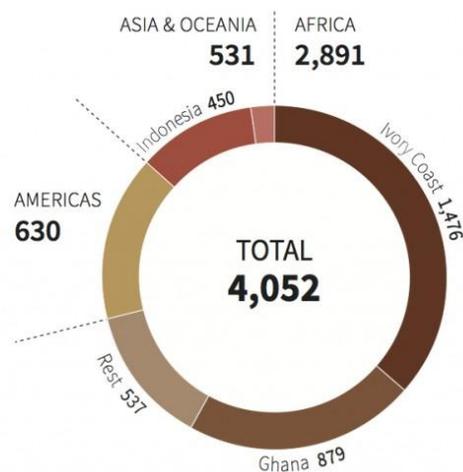
TOP 10 CONFECTIONERY PRODUCERS 2012

Net confectionery sales - \$ Billion



PRODUCTION OF COCOA BEANS 2012

Thousand tonnes - estimates



Sources: Candy Industry, January 2013. International Cocoa Organization

K.Pong, C. Trevehan 27/03/2013

REUTERS

Types of chocolate:

White: Made with cocoa butter, sugar, milk, vanilla and emulsifier, it does not contain any non-fat ingredients from the cocoa bean. Some countries will not allow white chocolate to be called chocolate. Flavor is mild and pleasant. Good for desserts.

Milk: Contains 10-20% cocoa and more than 12% milk solids. Good for processed candy products, baking cookies.

Dark: Sweetened chocolate with high cocoa solid content, little or no milk, but may contain up to 12% milk solids. Several kinds of dark chocolate are listed below.

Sweet Dark: Contains 35-45% cocoa solids.

Semi-sweet Dark: Classic baking grocery store chocolate. 40 – 62% cocoa solids.

Bittersweet: Usually 60-85% cocoa solids, rich, intense flavor.

Unsweetened: Bitter chocolate – for baking only, unlike all the others, which can be eaten out of hand. Contains almost 100% cocoa solids.

☞ Xocolatl – Spicy Aztec Chocolate Drink ☜

Once reserved exclusively for royalty, this easy to make beverage will be the talk of your holiday party. Traditionally made with water, today the drink is made much richer with milk.

2 cups whole milk

1 oz. pure bitter chocolate, chopped

½ oz. ground cinnamon

¼ tsp. Liquid vanilla

4 oz. bittersweet chocolate, chopped

¼ cup grated Piloncillo or brown sugar

1 tsp. Ground cayenne, (or red pepper if you don't want heat)
tiniest pinch of salt



Slowly heat the milk and whisk in the chocolate pieces. Stir well and when it starts to melt, add the other ingredients. Continue stirring until fully melted. Pour into your favorite mug and enjoy.

Variations include brewing with herbs, such as mint, or topping with whipped cream.



∞ November Plant Exchange ∞



If you win a plant in the raffle, please remember to sign the sheet when picking up your plants.

Plant	Donor	Winner
Cuban oregano	Vega	
Roselle	Vega	
Sugar palm	Provencher	
Orange berry	Provencher	
Santol	Provencher	
Cuban mangosteen	Provencher	
Lalot	Provencher	
Jackfruit	Provencher	
Papaya	Vega	
Lemons	Vega	Ferreira
Lettuce seedlings	Porter	
Jamaican caper	Davies	
Blackberry	Orr	
Cactus	Orr	
Tomato and pepper	Payne	
Leaf a day	Jackson	
Date palm	Jackson	
Hyacinth bean vine	Clarke	Jackson
Jackfruit	Ferreira	
Dragon fruit	Waisman	Black
Surinam cherry	Summer	
Pineapple	Phillos	
Creeping Rangoon	Cimafranca	Orr
Strawberry guava	Cimafranca	
Pigeon pea	Vidovic	
Chaya	Vidovic	

☞ November Tasting 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
Vega	Chicken pasta	Lohn	Cherry coffee cake
Coronel	Purple bibingka	Lee	Chex mix
Payne	Chicken and noodles	Payne	Peach pie
Reddicliffe	Tropical ambrosia salad	Gerstein	Papaya and olives
Orr	Salad and fruit	Zmoda	Ripe persimmons
Nguyen	French cake	Lavalette	Fruit cake
Ferreira	Sweet potato casserole	Clarke	Chicken and mashed potatoes
Clarke	Eggplant	Clarke	Jello
Clarke	Pumpkin bread	Shigemura	Yaki soba with octopus
Sawada	Wieners, gypza	Amyot	Chocolate cake
Black	Papaya salad	Davies	Meatballs, ziti
Hartzler	Deviled eggs	Young	Pineapple
Johansson	Salad	Sweet	Key lime pie
Whitfield	Salad	Alvin	Jerk chicken
Alice	Honeydew		

LEASE or SALE: All or part of 65+ acres at NE corner of US 41 & Sunset Lane, Lutz. Some timber, some Cypress, oaks, diversity of vegetation. Many ferns and native plants. Terms negotiable. Call 813/988-1772. Water available. Excellent nursery/growing area. Being sold by a RFCI member.

☞ Notes ☜

If you have changed your address or email address, don't forget to let us know! We are getting a few returned emailed copies and mailed copies. Please update your information.

Important: Check your Newsletter address label for your membership renewal date. Membership is \$20 per year.

Due to the holiday schedule in December, all submissions must be forwarded to me by December 21st to make it into the next newsletter.



Tampa Bay RFCI
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