



RFCI

June 2014

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 Tampa Garden Club, 2629 Bayshore Blvd.

œ Upcoming Programs and Events œ

June 7th - UPDATED INFORMATION!!! Manatee chapter will host the multi-group meeting at the beautiful Palma Sola Botanic Park in Bradenton. PSBG is an interactive learning garden with a fruit and nut section maintained by the Manatee chapter. The Tampa chapter has also donated plants to this garden. This is a potluck; bring a dish of your choosing.

For the garden tours, group #2, which is the Tampa Bay Chapter, has the following schedule:

9:00am Go to the garden of Ray and Cathy Jones at 336 49St W, Palmetto. (941)729-5985

10:00am Go to Peter and Betty Kearns at 6505 28 Ave E, in Palmetto. (941)723-9879

After visiting these gardens, go to Peter and Beth Ray, 9603 28th St. E, Parrish. (941) 776-0222

After the garden visits, go to the Palma Sola Botanic Park at 9800 17th Ave NW, Bradenton, for the tour of the tropical fruit tree section.

1:00pm. Dinner will be served.

June 8th - Mycologist Michael (Mycol) Stevens will speak on all kinds of Florida mushrooms. A slideshow and live specimens will be a part of this fungi presentation. Mycol Stevens is a punger that has had much inspiration from the fungal world (and plant world as an ethnobotanist). He had

first started eating wild mushrooms when he went to his first mushroom club meeting in Washington state in 1993. As a greatly self-taught amateur mycologist, Mycol has eaten well over 100 species of mushrooms between the pacific NW, the Appalachians, and here in Florida. Mycol had founded the Florida Earthskills Gathering at his Finca Mycol in North Central FL. Mycol has taught mushrooms at the FLESG, the FI Herbalism conference, and other events. Mycol wild harvests medicinal mushrooms, preserves bountiful harvests, and has been cultivating

shitake, oyster, and Stropharia mushrooms. He has learned from some very competent mycologists including Robert Hunsucker, Ken Crauss, James Kimbrough, Alan Muskat, and Oliver Moore. He will give an overview on mushrooms encountered here in FL and if the rain promises he will bring specimens to talk about. In the event of no rain, he will have much to share in a slideshow of mushrooms he has photographed and identified.



July 13th - Jamie D. Burrow Coordinator, Canker & Greening Extension Education, University of Florida, IFAS Citrus Research and Education Center, will speak on Citrus Greening.

August 3rd - Change of date!!! Meeting will be held on this date, **please mark your calendar!** Our Club experts will discuss grafting of mangoes and avocados.

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

∞ Welcome New Members ∞

Adam Jameson	St. Petersburg	Rosemary Telega	San Antonio
Nick and Veronica	Cruz Tampa	Suzanette Atherley	Wesley Chapel
Lee Lancaster	St. Petersburg	Monica Rogers	Tampa
Bryan Banter	Spring Hill	Carl Waldron	St. Leo
Cleve Richards	Wesley Chapel	Jason Grant	St. Petersburg
Ronna Metcalf	Tampa	Crysta Metcalf	Tampa
Frank Fasano	Tampa	Lila & John Watkins	Largo

∞ What's Happening ∞

by Paul Zmoda

Our treasurer, Susan Mcaveety, recently told me of an attractive bean she collected on a trip to a local Park. This small, bright red seed was so pretty that it begged to be picked and taken home. At first, she thought it may have been the fruit of the Brazilian Pepper, which is an edible spice, and considered eating some. Being on the cautious side, as well as smart, she decided to do some research and was alarmed at what she found. The beautiful seed she had found is not only NOT edible, but deadly, as a single pea can kill an adult! This plant *Abrus precatorius* is a locally common, climbing legume. In the Fall, the seed pods open, holding a display of quarter inch scarlet seeds with a black spot.

Inside each seed is a toxin, Abrin, which causes horrible internal hemorrhaging, and my research found it to be the leading cause of plant based deaths as of 1978 in Florida. Since small children tend to put things in their mouths and owing to the attractiveness of the brightly colored seeds, I thought it prudent to share this. Thanks, Susan.



Mr. Crafton Cliff, a past RFCI speaker, sent me a box of persimmon scions. I then had another grafting session here at Flatwoods Fruit Farm, topworking the budwood onto a non-productive persimmon tree. "Triumph",

'Sheng', 'Winter Set', and one from Cairo, Egypt were attached.

We're getting a lot of chayote squash, and surinam cherries to eat. Our blueberries and blackberries are just ripening.

New plantings: Purple Ube Yam, Chaya, and field peas.

☞ Wonders of the Neem Tree ☜

Vicki Parsons

Vicki Parsons, RFCI member, and founder and CEO of Neem Tree Farms in Brandon, spoke about the many uses of neem at the May meeting. She brought in lots of plants for purchase, products of all kinds for purchase, booklets, and free samples. Vicki explored Neem as an option for controlling insects when she became very sensitive to chemicals in the 1990's. She wanted something that was safe for her, her pets, and the environment.

Neem is considered one of the world's most versatile herbs. Neem has been used medically for thousands of years, especially by practitioners of Ayurveda, one of the oldest medical systems in the world. In India, neem is considered a wonder plant for its seemingly miraculous powers. There it is also called "*sarva roga nivarin*", or healer of all ailments. In Africa, it is called "*mwarubaini*", or the tree of 40 cures.

Neem is relatively new to the Western world, first becoming widely known in 1992 with publication of "*Neem: A Tree for Solving Global Problems*", a book by the National Academy of Sciences. Since then, thousands of research papers have confirmed and extolled the virtues of this plant. An endless list of disorders appear to benefit from use of Neem to treat them, and with little side effects.



There are 200 compounds in Neem. These compounds are responsible for the many abilities of neem to fight so many medical conditions. Interestingly, neem is found to be a contraceptive, without all the side effects of taking hormone contraceptives.

Neem's anti-oxidant abilities fight many of the common, chronic, degenerative diseases, such as cancers, diabetes, Alzheimer's, Parkinson's, and arteriosclerosis. It fights yeast infections, herpes, Dengue, coxsackie B virus, gum disease, and so much more.

Neem is definitely an "anti-" herb. It has many benefits in fighting many

things including:

Anti-inflammatory
Anti-gastric (ulcer)
Anti-viral
Anti-feedant
Anti-carcinogenic

Anti-arthritic
Anti-fungal
Anti-tumor
Anti-antioxidant
Anti-anxiety

Anti-pyretic (fever)
Anti-bacterial
Anti-histamine (allergy)
Anti-fertility

Aside of its medical wonder powers, Neem is extremely useful around the home and garden. To fight insects in your garden, it is shown that Neem will control the following:

Nematodes	Caterpillars	Mealy bugs
Thrips	Scale	Army worms
Aphids	Leafhoppers	Midges
Beetles	Leafminers	Mites
Stink bugs	Whiteflies	

Use a spray application (one teaspoon of Neem oil per gallon of water) once or twice per month for long term protection against these insects.

Neem is helpful for Bedbugs inside the home, scabies and head lice, even fleas and ticks.

Neem improves skin as well. It treats psoriasis and eczema, soothes skin, and the antioxidants help protect the skin from environmental toxins and sun damage, and even age related changes in the skin.



If you would like to grow a Neem tree yourself, they can be grown outdoors here in frost free areas, or simply raised in a pot, and protected from cold. The biggest enemy of a Neem tree is too much water, so be aware of not allowing your potted tree to become too wet and suffer from root rot.

The seeds of Neem are ridiculously difficult to propagate, so purchase a seedling from a reliable source.

For lots more information on Neem, check out www.usingneem.com

Check out Vicki's website below for more information, all kinds of helpful products, the booklet "Neem: A hands-on guide to one of the world's most versatile herbs".

Neem Tree Farms
 602 Ronele Drive
 Brandon, FL, 33511
 1(877)500-NEEM (6336)
 enquiries (at)neemtreefarms.com
<http://neemtreefarms.com>



∞ Local Events ∞

Rare Fruit Conference July 9 - 13, Tropical Fruit and Vegetable Society of Redland at the Fruit and Spice Park, 24801 SW 187th Ave, Homestead, Fl. This very exciting event offers tours of fabulous botanical gardens, research stations and has various programs and workshops on rare tropical fruits, and incredible tastings. Full event cost is \$150., weekend fee \$100. **For information contact Chris Rollins, Fruit & Spice Park Manager, 305-242-7934 or rollins@miamidade.gov**
Here are some details of the great tours and presentations in this program.

July 9th	9-10am Check-in, register, conference details will be distributed. 10am, depart for the Florida Keys Fruit Safari, carpool, visit the last real key lime grove, Pennekamp State Park, Grimal Grove, Big Pine Key
July 10th	9:30am, Kampong Tour and lunch provided 1:00pm, Montgomery Botanical Center tour
July 11th, July 12th,	9:30am, Chapman Field Station Tour and Mango Breeding exhibit Morning open for attendance of the 22nd Annual International Mango Festival at Fairchild Tropical Garden 2:00pm plant and product exchange 5:00pm Chris Rollins gives a Fruit and Spice Park Tour 6:15pm Mango Tasting, BBQ dinner, plant exchange 7:30pm Ken Love "Developing the Farmer/Chef Relations in Hawaii"
July 13th	8:30am program at the Miami-Dade extension office 9:30 - 10:30 Myrciaria/Plinia species by Adam Shafron 11- 11:45am, Wilson Popenoe, The Original Indiana Jones by Juanita Popenoe 12:30 - 1:30 Chris Rollins, 34 Years at the Fruit and Spice Park 1:40 - 2:40 Ken Love, Fruit Parks of Japan.

Redland Summer Fruit Festival, June 21-22, 10-5, rare fruits to sample, local wine, \$8. Fruit and Spice Park, 24801 SW 187th Ave, Homestead, Fl.

Tropical Fruit Festival Taste of the Tropics. June 28th, 11-3, HUGE tropical fruit display, samples, fruit and trees for sale, Mounts Botanical Garden 559 N Military Trl, West Palm Beach.

Taste of Lee Tropical Fruit Fair, June 28, 9 - 2, fruits, vegetables, edible flowers, herbs, classes, 1st Baptist Church Downtown Ft. Myers, at corner of Second and Jackson, (239) 543-9910



☞ May 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
Scott	Watermelon	Coronel	Palitaw
Latimer	Chocolate brownies	Young	Dates
Grant	Greek diced veggies	Richards	Pickled tomatoes
Morris	Pickled veggies	Sweet	Key lime pie
Clarke	Baked chicken, bread, muffins	Reddicliffe	Ambrosa salad
Levesque	Blueberry scones	Payne	Bean salad
Lavalette	Fried noodle	Telega	Lemon cake
Ross	Apple pie	Bigelow	Cran-chili meatballs



☞ May Plant Exchange ☞

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



Plant	Donor	Winner
Hot pepper	Vega	Ross
Cuban oregano	Vega	
Culantro	Vega	Sumner
Pineapple	Scott	
Jicama	Scott	
Yellow passion fruit	Scott	Ross
Starfruit	Musgrave	
Chayote	Zopfi	
Loquat	Levesque	
Blueberry	Sumner	Norris
Sugar palm	Provencher	Newman
Sugar palm	Provencher	Mcaveety
Apple cactus	Provencher	
Luffa gourd	Provencher	
Purple yam	Provencher	
Eco farmsweet potato	Starnes	
Kaffir lime	Lavalette	
Taro	Lavalette	
Soursop	Cimifranca	

Healthy Blueberry Muffins



Blueberry harvests are in full swing right now, and if you like blueberry muffins, but not all the calories of traditional recipes, try this one from Driscoll's, and take advantage of this wonderful, healthy fruit.

1 cup whole wheat flour	¾ cup all-purpose flour
2/3 cup packed brown sugar	1/3 cup flaxseed meal
1/3 cup raw oat or wheat bran	1 ½ teaspoons baking powder
½ teaspoon baking soda	¼ teaspoon salt
1 cup low-fat vanilla yogurt	2 tablespoons canola or vegetable oil
¼ cup orange juice or water	2 large eggs
1 package (6 ounces or 1 1/3 cups of blueberries)	

Preheat oven to 400 degrees.

Line 12 muffin cups with paper or coat with cooking spray.

Combine flours, sugar, flaxseed, wheat bran, baking powder, baking soda, and salt in a large bowl, stir well.

Stir together yogurt, oil, eggs, and juice in a smaller bowl.

Add yogurt mixture to the flour mixture, and stir just until blended.

Fold in blueberries just until batter is completely moistened.

Divide batter between the prepared muffin cups.

Bake 18 minutes or until golden brown, and toothpick comes out clean.

Remove muffins from pan and cool on a wire rack.

Calories	186
Total fat	4.77g
Cholesterol	36.5 mg
Sodium	189 mg
Carbohydrates	33.42 g
Protein	5.13 g

Notes

If you would like to share photographs, recipes, experiences with fruits you are growing, or anything fruit related, submit material to the editor at bdprovencher@tampabay.rr.com. When space is available, items will be put into the newsletter.



Blueberries! Blueberries!

*They bounce in my bowl,
Blue little blueberries,
I love each jolly blue soul.*

From a poem by Kathy Patalsky

Tampa Bay RFCI
39320 North Ave.
Zephyrhills, FL 33542