



# RFCI

July 2014

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

<http://www.rarefruit.org>

[Tampa.Bay.RFCI@gmail.com](mailto: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.

---

## ⌘ Upcoming Programs and Events ⌘

**July 13th** - Jamie D. Burrow Coordinator, Canker & Greening Extension Education, University of Florida, IFAS Citrus Research and Education Center, will speak on Citrus Greening. Hear the latest information on this disease.



**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. Be sure to bring your compatible scions and rootstock, if you have them available, to this workshop.

---

## ⌘ Welcome New Members ⌘

Todd Logan St. Pete

Danise Rosak Plant City

Roderick Body Plant City

---

**Great news for active members with extra plants that they would like to sell and share with other Club members!!!** Several members have proposed having a tailgate market to share plants and fruits with the Club at each meeting at the Tampa Bay Garden Club building. The board has accepted this idea, and will allow it on a trial basis.

### Rules:

\*You must be an active member in good standing.

\*Plants must be sold **prior** to the start of the 2:00pm meeting. You've got to get there early!

\*All activity must be done from your vehicle. Do not bring items up to the building or the raffle table to avoid confusion. Stay at your vehicle.

\*If you make a mess, please clean up.

---



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

## ☞ What's Happening ☞

by Paul Zmoda

As I write this, summer is fast approaching and our trees are doing quite well. Each A.M. finds me hand pollinating Ilama and African Custard Apple flowers and collecting pollen for future flowers.

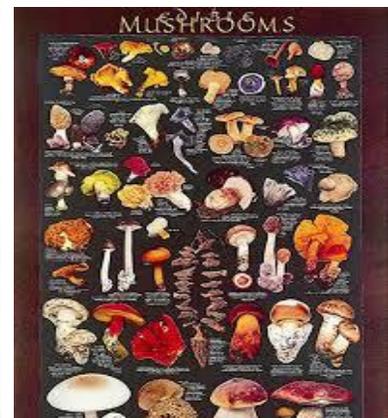
Communicating with a Facebook group called "Hawaii Tropical Fruit Growers"; we were discussing when to expect longan trees to flower. Moderator, Ken Love, endorsed extra potassium twice a year. I used trunk girdling to good effect. I scored three trunks out of six which came back after a freeze. Six months later, I re-girdled only one of the trunks. This year we have blooms and then fruits forming on only the trunk which was girdled twice.

I started a Texas Black Persimmon project years ago. Since I only had a male tree, I required female bud-wood to graft onto my male tree in order to produce fruit. I acquired the appropriate scions from a Texas Natives nursery and grafted them. Now, two years later, the female shoots are holding ten enlarging persimmons.

Our elderberries are showing a nice display of flowers and fruit. Macadamia nuts are almost ready. We have had the best year ever for plums, both wild and cultivated. We harvested 23 pounds of chickasaw plums from one 13 year old tree. These small fruits are very tart, so what to do with them? I decided to make a Bar-B-Que sauce and it turned out quite well.



First, I cooked them with a little water for one hour and let cool. Next, we smashed the pulp through a sieve into a sauce pan and added brown sugar, molasses, liquefied canned peaches, spices, and salt. After simmering until thickened, I canned it in a hot water bath.



## ☞ Florida Mushrooms ☞

### Michael (Mycol) Stevens

Mycologist (one who studies mushrooms) Michael Stevens spoke at June's meeting about the many fungal delights growing in Florida. His lovely assistant and "fun-gal" (Michael's play on the word) Cricket presented a fun presentation including samples, tastings, and a slide presentation. He even popped open a bottle of his very own elixir concoction of, yes, mushroom beer! He'll have to bring enough for everyone next time!



Michael got interested in mushrooms years ago in Seattle while attending an event there. He now considers himself a "fungal-phile", and enjoys teaching others about the "fundamentals" of mushrooms so they are not "fungal-phobes".

Shroom beer and fungal puns aside, mushrooms are a pretty serious topic to most of us. Identification is important and one should always rely on the assistance of a well-trained, experienced expert if you are thinking of wild-picking mushrooms. Many mushroom varieties look very similar, making identification a real challenge. There are many identification guides available to assist, but hands-on workshops are an invaluable method for seeing, touching, smelling, and learning about habitat and harvesting.

Mushrooms are in their own plant kingdom. There are many ways of identifying a mushroom. All parts of the mushroom are considered, and all of your senses are used, including common sense. Consider the physical appearance of the mushroom, size, shape, color, gill type, and juice color. The smell of the mushroom can assist in identification. Where the mushroom is growing is important; whether it is on decaying matter, in the soil, or on a particular type of tree. There are those mushrooms that are decomposers and thrive on decaying and dead material, and those that are symbiotic with a living host. The symbiotic mushrooms have a mycelial web that penetrates the host.

Spore color is very important. To determine the spore color, take the cap of the mushroom and place it half on a black piece of paper and half on white, so that the falling spores will land on the paper. The contrasting color of the paper will make it easier to see both lighter and darker spore colors. How the gills attach to the stem is another consideration. The season that the mushroom is growing in, be it dry, wet, summer, or winter, for example, also aids in identification.

The part of the mushroom you see is a small part of the entire plant that is growing underground. The above ground portion is the reproductive, fruiting body of the plant. The underground portions are like an internet, sensing the needs of the plant, conditions in the

environment, nutrients, and moisture. When conditions are right, the plant will bloom, producing the above ground portion we see.



Mushrooms have some very interesting and unique characteristics and capabilities. Some glow in the dark. There are varieties that produce milk. Some have hallucinogenic properties. There is a variety of fungus in South America that inhabits the body of an ant, takes control of its nervous system, makes the ant climb up a tree, where the ant will die and the fungus then grows out of the dead ant's head to complete its life cycle. Wow! There are varieties that change the DNA of their host to suit the needs of the fungus.

The fungus among us can also do some valuable work too. Some varieties are being explored for their use in the battle against cancer. There are also environmentally helpful types that are capable of transforming waste from an oil spill into something edible.

Michael suggests always cooking mushrooms before you eat them, even those purchased at the supermarket. Cooking breaks down any toxins that may be present and makes them easier to digest.



Spore prints.

For more information, workshops and hands-on activities, contact Mycol. Mycol focuses on teaching sustainability at his 20 acre farm oasis, Finca Mycol, located just north of Gainesville. The farm is cultivated with edibles, and the focus is on earth friendly living.

Website: <https://www.facebook.com/mycolmichael>  
<http://www.zoobird.com/>

Web sites with loads of mushroom identification guides, interactive identification tools, pictures, and other important information about fungi.

<http://urbanmushrooms.com>

<http://www.fungaljungal.org/identify/mushroom-identification-key/>

<http://www.mycoskey.com/newMycoKeySite/MycoKeyIdentQuick.html>

### ∞ Local Events ∞

July 12-13, 9:30 - 4:30, International Mango Festival, mango market, displays, lectures, chefs, auction, kids activities, sampling, workshops. \$25 adults, \$18 seniors, \$12 kids, Fairchild Garden, 10901 Old Cutler Rd., Miami 305-667-1651, [www.fairchildgarden.org](http://www.fairchildgarden.org)

July 12-13, Tropical Plant Fair, \$5, USF Botanical Gardens, 12210 USF Pine Dr., Tampa. 813-974-2329.

July 19-20, Tropical Fruit Tasting, sample fruits from around the world, plants and trees for sale. Jene's Tropicals, 6831 Central Ave., St. Pete, 727-344-1668. [www.tropicalfruit.com](http://www.tropicalfruit.com)



---

## Fresh and Wild Mushroom Stew

### David Tanis

This rustic skillet mushroom stew is easy to prepare and delicious over pasta, wild rice, or with game for a whole-hearted wild experience.

### Ingredients

1 1/2 pounds cultivated brown mushrooms, like shiitake, cremini, or portobello  
1/2 pound pale wild mushrooms, like chanterelle, King trumpet, or oyster  
Extra virgin olive oil  
1 large onion, diced  
Salt and pepper  
1 teaspoon chopped thyme  
1 teaspoon chopped sage or rosemary  
Pinch red pepper or cayenne flakes  
1 tablespoon tomato paste  
3 small ripe tomatoes, peeled, seeded and chopped  
1 tablespoon all-purpose flour  
Porcini broth, or chicken broth, heated  
1 tablespoon butter  
3 garlic cloves, minced  
3 tablespoons chopped parsley



Fred R. Conrad - New York Times

### Preparation

Clean mushrooms, keeping colors separate, and trim tough stems. Save stems for the stock. Slice mushrooms.

In a wide skillet, warm 2 tablespoons olive oil over medium high heat. Add onion, season with salt and pepper. Cook, stirring until onion has softened and brown, about 10 minutes. Remove from pan and set aside.

Add 1 more tablespoon oil and turn heat to high. Add brown mushrooms, and stir-fry until nicely colored, about 3 minutes. Lower heat to medium. Add thyme, sage, red pepper, and tomato paste. Add tomatoes, stir well and cook for 1 minute. Sprinkle with 1 tablespoon flour, stir to incorporate and cook for 1 minute more. Stir in reserved onions.

Add 1 cup mushroom broth and stir until thickened, about 1 minute. Gradually add 1 cup more broth and cook for 2 minutes. Sauce should have gravy-like consistency.

Just before serving, put butter and 1 tablespoon olive oil in wide skillet over medium high heat. When butter begins to brown, add chanterelles, season, and sauté for 2 minutes, until cooked through and beginning to brown. Add garlic and parsley, stir, and cook for 1 minute more. Add the chanterelles to the brown mushroom mixture. Stir and serve.

Yields 4 - 6 servings.

<http://www.nytimes.com/recipes/1015198/fresh-and-wild-mushroom-stew.html>

---

## ❧ June 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
Coronel	Banana bread	Branesky	Salad, lychees, longans
Lee	Fried rice	Scott	Watermelon
Latimer	Watermelon	Lohn	Pecan sandies
Young	Mango, pineapple	Clarke	Baked chicken, rice w/sausage
Clarke	Pineapple cherry crumb cake	Vega	Baked chicken
Nguyen	Choux a la creme	Baker	Chocolates
Feist	Lemon cookies	Rooks	Watermelon bowl
Johansson	Cantaloupe	Payne	Cookies
Telega	Chocolate cookies	Whitfield	chicken



## ❧ June 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	Amyot
Hot pepper	Vega	
Passion fruit	Novak	Latimer
Surinam cherry	Novak	Conroy
Jicama	Scott	
Rosemary	Scott	
Guava - pink	Branesky	
Purple haze dragonfruit	Lohn	Amyot
Starfruit	Musgrave	
Curry tree	Musgrave	
Fig	Butts	Telega
Sugar palm	Provencher	
Apple cactus	Provencher	
Luffa gourd	Provencher	
Purple yam	Provencher	
Triple crown blackberry	Zmoda	
Jackfruit	Orr	
Loquat	Levesque	

---

## Notes

If you would like to share photographs, recipes, experiences with fruits you are growing, or anything fruit related, or ask a Club expert a question, submit material to the editor at [bdprovencher@tampabay.rr.com](mailto:bdprovencher@tampabay.rr.com). When space is available, items will be put into the newsletter.

Available: Colchicine medicine, for treatment of gout. A long used natural treatment for this condition. Contact Charles Novak at [charles.novak@gmail.com](mailto:charles.novak@gmail.com) or call 813-754-1399.

Wanted: 1 gallon pots and larger. Contact Charles Novak at [charles.novak@gmail.com](mailto:charles.novak@gmail.com) or call 813-754-1399.

---



Tampa Bay RFCI  
39320 North Ave.  
Zephyrhills, FL 33542