



RFCI

February 2015

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 Christ the King Church, 821 S. Dale Mabry,
Tampa

⌘ Upcoming Programs and Events ⌘

February 5 - 16th - NO REGULAR MEETING. Come to the Florida State Fair! We will be having our annual **Citrus/Fruit Celebration on the 8th from 10 - 4pm**. If you know anyone with extra washed fruit to share, contact Sally Lee at yukyee@aol.com or 813-982-9359.

March 8th - The speaker for March will be Justin Cain from Chemical Dynamics to talk about fertilizers.

⌘ What's Happening ⌘

by Paul Zmoda

I hope 2015 brings much success in your horticultural pursuits. Winter means time to prune your deciduous trees. Once they become dormant, as evidenced by dropping all their leaves, it's time to get to it. Gather all your tools together and make sure they are sharp. Hand saws, loppers and pruning shears are normally required. What do you want to prune? Do you have peaches, plums, persimmons, pears, apples, nectarines, grapes, or others? Each kind calls for a distinct, correct strategy. Central leader or modified central leader trees are treated differently. Muscadine or bunch grapevines require different styles of pruning.



Pruning is an ongoing process that eliminates dead material, thins out crowded branches or causes more branching by using heading cuts. You are the judge and can shape your plants as you wish.

Loquats, white sapote and the "Vietnam" Pomegranate are setting new fruits nicely. All the citrus got a thorough foliar feeding with TARA14 as well as a light application of lime for calcium in the

root zone.

I planted lots of seeds such as: peach, persimmons, cherimoya and red and green sugar apples.

Mangoes are really blooming at this time. Be sure to encourage their pollinating insects which include paper wasps, flies, and ants.

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

∞ Beekeeping with the Gilkisons ∞

Mike and Laura Gilkison spoke at January's meeting about beekeeping. The Gilkisons make fine quality beekeeping hives, supplies, and materials at their business Honey Bees Supplies and More. Using cypress, a local wood with excellent resistance to rot and termites, they craft these fine bee homes. Mike and Laura wish to share their knowledge and passion for bees with others, and assist those interested in learning to keep bees, how to set up a hive and start enjoying this sweet hobby. They are also quick to point out the very important facts on how important bees are to agriculture and the food supply. They also extol the virtues and benefits of the product of bee activity; honey. Here are some of the many exciting facts about bees and honey.



Statistics on Pollination

- **AGRICULTURE'S DEPENDENCE** Millions of acres of U.S. fruit, vegetable, oilseed and legume seed crops depend on insect pollination, including honey bees. According to a Cornell University study, the increased production of 2010 agricultural crops as a result of honey bee pollination is valued at more than \$19 billion.
 - **ADDED VALUE** In addition to producing honey, honey bees produce beeswax and help pollinate agricultural crops, home gardens and wildlife habitat.
- **CROP DEPENDENCE** The almond crop is entirely dependent on honey bee pollination. Without honey bees, there would be no almonds. More than 80 percent of the world's almonds are produced in California¹ To pollinate California's approximately 790,000 bearing acres of almonds² requires more than a million colonies of honey bees.

- Numerous other crops are 90 percent dependent on honey bee pollination. Some of those crops include apples, avocados, blueberries, cherries, cranberries and sunflowers. Other crops such as cucumbers, kiwi fruit, melons and vegetables are also pollinated by honey bees.
- **LIVESTOCK FEED** The production of most beef and dairy products consumed in the United States is dependent on insect-pollinated legumes (alfalfa, clover, etc.). Although alfalfa hay does not require insect pollination, it is grown from seed that is entirely dependent on insect pollination. Honey bees are one of the pollinators used to pollinate alfalfa fields for seed production in California, a major source of U.S. alfalfa seed production.

• Source: National Honey Board Press Kit

¹³ USDA/NASS, *2009 California Almond Acreage Report, April 30, 2010 4*

²USDA/FAS, *Almonds: 2009/10 Forecast Overview*

- Pollination is an important factor in growing fruits and nuts, since for most of these crops pollination is a prerequisite for fruit production. Pollination is the transfer of pollen from the stamen, or male part of a flower, to the pistil, or female part of a flower. Pollen is transferred by wind, splashing rain, moths, butterflies, birds, or honeybees, depending on the plant species. Most fruit trees are pollinated primarily by bees, while most nut trees are pollinated primarily by wind. The agent of pollen transfer (for example, a bee) is called the “pollinator” whereas the “pollinizer” is the source of pollen.



- Some fruits are self-pollinating, and can fertilize themselves without any bees involved. Navel Oranges are a good example of a fruit that can self-pollinate. Most fruit trees—pears and apples in particular—are self-sterile for their own pollen. If you plant all Royal Delicious apples, for example, you won’t get fruit, with or without bees. Just as we don’t often marry our cousins, apple and pear trees require cross-pollination with “pollinizer varieties” that are not closely related to produce a full crop of fruit.
- These fruits need bees in order to produce, or we just wouldn't have them: Apples, Almonds, Blueberries, Cherries, Avocados, Cucumbers, Onions, Grapefruit, Orange, and Pumpkins.

To contact the Gilkisons, purchase a hive, supplies, or just learn more, check out the following information.

Website: <http://honeybeessuppliesandmore.com>

Email: ContactUs@honeybeessuppliesandmore.com

Telephone: Mike or Laura 813-300-1113



Benefits of Honey



- **Naturally Suppresses Coughs** If you're stuck with a cough that won't go away, studies show that honey works as well as or better than many over-the-counter cough syrups in soothing it. Honey's thick consistency coats your throat and the sweet taste is thought to trigger certain nerves that make your throat less sensitive to the cough impulse.
 - **Soothes Burns** Applying a thin layer of honey to a minor burn can help quell the stinging sensation and have an anti-inflammatory effect. The antibacterial qualities of honey may also prevent the burn from becoming infected, which could result in a quicker healing time.
 - **Aids Sleep** One of the many soothing properties of raw honey is its ability to help provide sleep relief. Honey may help facilitate the action of tryptophan, which helps make people sleepy. Plus, if you are suffering from a cough that keeps you up at night, a teaspoon of honey could help soothe your throat while you sleep.
 - **Helps Heal Wounds** Applying a thin layer of raw honey to a minor wound may actually help sterilize the cut and help it heal more smoothly, with less scabbing. The application of honey to the site of the wound will help keep it moist, and exposure to oxygen helps to activate an enzyme in honey that forms hydrogen peroxide, which has antibacterial capabilities. Gently apply with a cotton swab, and cover with a Band-Aid. However, honey is only appropriate for minor cuts that you would otherwise simply apply antibiotic ointment to – any deep cuts or cuts that appear infected should be evaluated by a medical professional.
- **Boosts Immunity** The phytonutrients in raw honey have antibacterial and antiviral properties that may help boost your immune system and fight sickness. If you're feeling a little under the weather, try making a "Hot Ozzy" by combining 1 tablespoon of honey and 2 teaspoons of lemon juice in a 1/2 cup of hot, but not boiling, water.

Check <http://www.honey.com/> for the buzz on honey, recipes, nutritional, research, health studies, and more.

For more information on bees and beekeeping, check out the following websites.

- <http://www.freshfromflorida.com>
 - Apiary Bee Inspection
 - Registering Hive
 - Florida Apiary/Citrus Industry Link - Mapping Service
 - Rules and Regulations
 - Publications
 - Cottage Food Industry
- <http://www.usda.gov>
 - Honey Bee Research
- <http://floridabeekeepers.org>
 - University of Florida
 - Bee College
 - Master Beekeeping Program
- <http://gardens.usf.edu>
 - Bee Keeping Workshop
- <http://tampabaybeekeepers.com/>
- Tampa Bay Beekeepers Association - Monthly meeting: Second Thursday of each month at 7:30pm. NEW BEE group meets at 7pm for Q&A time.

Skinny Honey Lime Chicken Enchiladas

- 2 large - chicken breasts, cooked and shredded
- 12 oz - green enchilada sauce
- 1/3 cup - honey
- ¼ cup - lime juice, (about 2 limes)
- 1 tablespoon - chili powder
- 1 teaspoon - garlic powder
- 8 medium - whole wheat tortillas
- 2 cups - Mexican cheese, shredded
- ¾ cup - 1% milk
- 4 tablespoons - cilantro
- 1/3 cup - light sour cream



Preheat oven to 350 degrees. In a 9 x 13 baking dish, pour a few ounces of enchilada sauce to slightly cover the bottom of your dish. Set aside. Whisk together the honey, lime juice, chili powder and garlic powder. Pour this marinade over the shredded chicken and stir so all chicken gets covered in marinade. Let sit for 30 minutes. Place chicken into middle of tortilla and top with cheese. Roll tightly and place into baking dish. Repeat. Sprinkle remaining cheese on top. Coat the enchiladas with the leftover marinade using a pastry brush. Bake for 20 minutes or until tortillas are slightly brown. While enchiladas are in the oven, make the enchilada sour cream sauce by placing the milk, remaining enchilada sauce, 2 tablespoons cilantro, and 2 tablespoons sour cream in a small saucepan on medium heat. Stir frequently until thoroughly heated. Drizzle the enchilada sour cream sauce as desired onto enchiladas which can also be topped with leftover sour cream and cilantro.

Recipe from <http://www.honey.com/>

Honey Balsamic Fig Glaze

- 1/3 cup - honey
- 2/3 cup - very hot water
- 1/4 cup - balsamic vinegar
- 1 cup - dried figs, chopped
- 1/8 teaspoon - ground cloves
- 1/2 cup - shallots, diced
- 3 Tablespoons - olive oil
- 1 Tablespoon - fresh rosemary or marjoram, chopped (or 1 tsp. dry)
- Salt and pepper, to taste

In a bowl, combine honey, hot water, vinegar, figs and cloves. Let the mixture stand for 15 minutes. Meanwhile, in a saucepan, sauté the shallots in oil over moderately low heat, stirring occasionally, until they are softened. Add the honey-fig mixture. Bring to a simmer; add the herbs and cook, stirring occasionally, for 5 minutes. Season with salt and pepper. If desired, purée in a blender or food processor until smooth. As a glaze or basting sauce: Brush or spoon the warmed glaze over the roast or ham during the last 30 to 40 minutes of roasting, basting every 10 minutes or so. Remaining glaze can be simmered to thicken and served as a side sauce. Recipe from <http://www.honey.com/>

No-Bake Chocolate Brownies

- ½ cup - honey
- ¼ cup - coconut oil
- ¼ cup - almond butter
- ¼ tsp - sea salt
- 1 tsp - vanilla extract
- 1 tsp - ground cinnamon
- ½ cup - chopped almonds
- ½ cup - chopped walnuts
- ½ cup - semi-sweet chocolate chips
- ¼ cup - sunflower seeds
- ¼ cup - dried cranberries
- 1 cup - rolled oats
- 1 tbsp - butter



In a medium-sized saucepan, heat honey, coconut oil, almond butter, sea salt, vanilla and cinnamon over low heat. Next, in a large bowl combine chopped almonds, chopped walnuts, semi-sweet chocolate chips, sunflower seeds, dried cranberries and rolled oats. Add the honey mixture from the saucepan into the bowl and mix. Using your hands or a spatula, grease an 8" x 8" pan with the butter. Press the brownie mixture into the pan and refrigerate until hardened. Cut into 16 bars and serve.

Recipe courtesy of Fitness Expert Bárbara Trujillo Gómez

☞ Local Happenings ☞

February 21st, Marie Selby Botanical Gardens, Sarasota, Plant and Garden Festival, all kinds of plants, expert advice, arts, tools, demos, music, and food. www.selby.org, or 941-366-5731.

☞ Notes ☞

If you change your address or email, or are missing a newsletter, or need a badge, contact the editor at bdprovencher@tampabay.rr.com, or at the address on this page.





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
39320 North Ave.
Zephyrhills, FL 33542