



# RFCI

May 2015

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

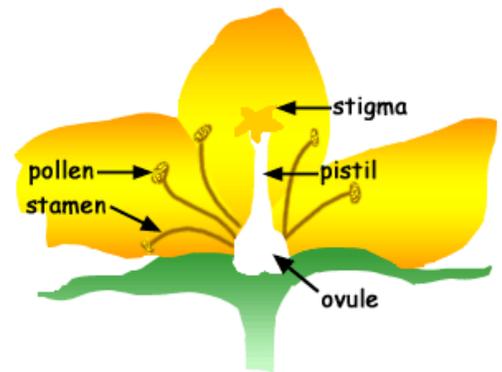
<http://www.rarefruit.org>  
[Tampa.Bay.RFCI@gmail.com](mailto:Tampa.Bay.RFCI@gmail.com)  
<http://www.facebook.com/TampaBayChapterRareFruitCouncilIntlInc>

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

## ∞ Upcoming Programs and Events ∞

### May 10: Club member Ian Greig on Plant Reproduction

- What you should know about sex in the garden,  
understanding the reproduction process in plants will help  
you increase productivity for your fruits and vegetables.



## ∞ Welcome New Members ∞

Lazaro Gomez	Odessa
Homesh Lal	Tampa
Stephanie Weber	Tampa



We want to hear from our members about what topics they would like to learn more about. Put on your thinking caps and share your thoughts. We will be circulating a sheet at our next meeting asking members for suggestions of future topics and possible speakers also.

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

## ∞ In Memory ∞

*It appears that February and March of this year were particularly sad months for us as we lost our president Thom Scott , our perennial answer man, Al Hendry and long time member Elisabeth Reddicliffe , who never missed a meeting, coming to the meetings on the arm of her son, Vern. We will miss all of them and extend our condolences to their families.*



*Thom Scott, our president for the last few years, fell ill as he was working on the State Fair Display in 2012 and has struggled and suffered with cancer since that time, but remained active in club activities.*

*Thom joined Rare Fruit Club International (RFCI) in 1998 and was involved in USF plant sales, State Fair, setting up for meetings and helping at our monthly meetings to ensure the meeting was a success.*

*Thom passed away on March 24th at the age of 60. He was born and raised in Sarasota, and is survived by his parents, Dr and Mrs. Thomas Scott, his brother Steve, and sister Laura. Thom was very dedicated to the Rare Fruit Club International, was always in a good mood, quiet, but pleasant and kind to everyone. He will be sorely missed by the many friends he made at our Club, but we will remember his giving spirit.*



*Al Hendry was also a Florida Native and a very important part of Rare Fruit Club International. He was known as the "Answer Man", who could answer all the questions raised at our monthly meetings, as well as the USF Plant Sales and, at The Annual State Fair. Al graduated in 1984 as one of Sydney Park Brown's second class of Hillsboro County Master Gardeners. Al served at the help desk of the Hillsboro Extension Center for over 25 years, had a wide knowledge of plants, and worked from memory. He was a truly remarkable man, who quietly made quite an impression. He joined the Tampa Bay Chapter of Rare Fruits International in 1984 and has been our regional expert on fruiting plants. He attended every meeting and function until he could no longer walk due to illness. The last USF plant sale he attended was in April of 2014, when he used a walker and slow pace to take his place next to the fruit display to answer and inform others about fruits worldwide. Al passed away on February 1, 2015 at the age of 87. The Club is grateful for the services and guidance he provided to visitors and friends.*

Al Hendry in Sydney Park Brown's garden. Photo by Marina Denny



*Elisabeth Reddicliffe was a member for many years and passed away on February 15th at Tampa General Hospital. She was in the real estate and antique business, but enjoyed the ambiance of the Club and the interesting speakers over the years. She is survived by her son, Vern, whom we have seen many, many times coming into the meetings with his mother on his arm. Even though she was not well and looked fragile, she attended the meetings until she was unable to. She is well remembered by the older members.*

*The board of the Tampa Chapter of Rare Fruit Club International, on behalf of all the members, want to express our sincere condolences to the families of Scott, Hendry, and Reddicliffe.*

*The board intends to plant trees at the USF memorial gardens to commemorate the lives of Thom Scott, Al Hendry and others in the near future.*

*Frederic Engelbrecht*

*President*

### ***The April Plant Sale was a wonderful time for all those who participated!***

I was extremely impressed at how well everything went for the sale...from the initial setup and all plant deliveries (especially with our new vendor - FruitScapes), juice sales, food for workers, sales staff working the entire plant collection, manifest compilations, and final day removal. Members brought many plants, jellies and of course the startup money!

But I was most impressed with all the discussions, meetings, cooperation and communications among all the members. Had it not been for everyone's dedicated efforts, our sale would have ended differently. Things went very smoothly. To watch everyone do their thing was exciting.

A huge thanks goes out to Steve of FruitScapes, from Bokeelia, for his support of our Club!!! Steve, the owner, shared much info with us that was very useful in placing our order, especially with our short two week notice! Fred drove several members to Bokeelia (on Pine Island outside of Ft. Myers) to see the nursery and get hands on experience in negotiating the plants and terms. Thanks to Cora and Jerry for their persistence contacting Steve! When others said it couldn't be done, we all came through for our Club! After unloading vendor plants, we met with Steve to discuss citrus greening and other issues to get his thoughts and be able to better educate others. We also made it known that UF/IFAS local county extension offices were the best sources of plant information.

Without Thom Scott at the sale, his presence was still felt. Bill Vega, Paul Zmoda and I went to Thom's house to collect some plants he had wanted to sell. His family members said the proceeds were



to be donated to the Club. Thanks to Paul who primed the plants for sale. We will be planting a tree at the USF Botanical Memorial Gardens in Thom's name.

I truly missed Al Hendry, who passed away Feb 1st of this year, providing the education needed at the front of our exhibit. His knowledge was immense and he had such a kind demeanor. Other members stepped up to help

educate the public and our members about our club and fruits. Thanks to all. We will also be planting a tree in Al's memory.

Thanks to everyone who helped make this a successful event- a heartfelt thank you.

Tom Schaefer, VP (photo, Tom Schaefer)

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## ∞ What's Happening ∞

by Paul Zmoda

Spring is here, and it sure is evident in our fruit trees. My Yuzu citrus project trees are blooming for the first time. I can't wait to make ponzu sauce with the fruit juice. Grumichamas are flowering at last, two jaboticabas are flowering, as is our macadamia nut tree. So is the main mayhaw tree with many additional cultivars top-grafted onto it.

The fruit from Bob Heath's loquat was absolutely wonderful, orange in color throughout, large and delicious, quite worthy of further propagation, so I grafted a few. On April 18th, I hosted an open house garden tour. About thirty people showed up to observe and learn about our rare fruit trees. Thank you, Monica Brandies, for letting the public know about this opportunity.

New plantings: 'Dana White' macadamia nut tree, propagated by our late President Thomas Scott. Two grafted white sapotes, a 'Mortensen' grape, pineapple, okras, amaranth, beans, and a 'Yehuda' loquat.

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From In the Field Magazine April 2015.

It's blueberry season in Florida!

Did you know these interesting facts about blueberries?



Blueberries are among the highest anti-oxidant value fruits. Their antioxidant value is largely derived from poly-phenolic anthocyanidin compounds such as chlorogenic acid, tannins, myricetin, quercetin, and kaempferol.



Antioxidants give blueberries their deep blue purple color and help protect you from getting sick.



Eating blueberries can improve your memory and your sense of balance.



North American Indians traditionally used blueberries for food, medicine, and dye for baskets.



Research studies suggest that chlorogenic acid in these berries help lower blood sugar levels and control blood glucose levels in type-II diabetes mellitus.



Blueberries grow in clusters on bushes but don't ripen at the same time.



Blueberries don't ripen after they have been picked.



Blueberries are one of the only natural foods that are truly blue in color.



Blueberries rank as the second most important commercial berry crop in the U.S.

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## Blueberry-Coconut Tartlets

Pastry Chef Allyson Buchta, Phil's Cookshop, Lexington, Kentucky

<u>Ingredient</u>	<u>Quantity</u>
▶ Flour	1 cup
▶ Toasted shredded coconut, divided	1-1/3 cups
▶ Baking powder	1/8 teaspoon
▶ Unsalted butter	1/2 cup
▶ Condensed milk	1 (14-ounce) can
▶ Eggs, lightly beaten	2
▶ Blueberries	2 cups



To prepare the crust: In a bowl, combine flour, 1/3 cup of the coconut and the baking powder; stir until blended. Using a pastry blender, cut in butter until coarse crumbs form. Mix in 2 tablespoons water; knead mixture to form a dough. Wrap in plastic; chill at least 30 minutes.

Preheat oven to 400°F. On a lightly floured surface, divide dough into 6 equal pieces; roll each into a 4-inch circle. Place pastry in six 3-inch tartlet pans. Prick bottom crusts; bake 10 minutes. Cool on a wire rack.

In a bowl, combine condensed milk, eggs and the remaining 1 cup coconut. Stir in blueberries. Spoon about 1/3 cup mixture into each shell. Bake until filling is set, about 25 minutes. Sprinkle with shredded coconut and serve with mango sorbet, if desired.

YIELD: 6 portions

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### 🌀 Notes 🌀

This is your newsletter! It's about our members and what they are doing concerning fruits. 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** 6 curry leaf trees - 5' to 10', - must pick up - call Arnold Stark at 813-753-8857.

Also: Lillian and I have had a request from the Sataf Park, site of the Israel Fruit Tree Garden, for cuttings of different varieties of figs and pomegranates. They have an extensive planting of Middle Eastern figs, among other fruits, and would like to expand their plantings. They will handle the importation. If you have unusual varieties, and can provide cuttings, please send me a list via e-mail ([alsofaac@aol.com](mailto:alsofaac@aol.com)), or you may call me - Arnold Stark at 813-753-8857. (Web search for Israel Fruit Tree Garden for more info on restoring this important historical Biblical garden.)

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## Local Events

**5/13/15 6:00 - 8:00pm Small Scale Mushroom Cultivation** with Dr. Whitney Elmore. Workshop topics include cultivation, and species selection. Land O Lakes Community Center - contact Pasco County Extension Office at 352-518-0156

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*Another picture of the Plant Sale by Tom Schaefer*

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***Fun facts about bananas.*** From: April, In the Field Magazine.

The banana plant is called a mat. They are not a tree. The mat consists of one or more trunk-like structures with tightly packed layers of leaf sheaths, a fibrous root system, and an underground stem called a corm.

The fruit cluster is called a hand.

Bananas are native to Southeast Asia, and were introduced to Florida in the 16th century.

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## A Mother...

*When you're a child she walks before you,  
To set an example.  
When you're a teenager she walks behind you  
To be there should you need her.  
When you're an adult she walks beside you  
So that as two friends you can enjoy life together..  
Author Unknown*



## Rare Fruit Tree Sale

**Sunday May 17, 2015, 10 AM - 4 PM**  
**Bradenton Area Convention Center**  
**Haben Blvd. and US 41/301 Palmetto**



**Free Admission**  
**Free Parking**

**Inside and Air**  
**Conditioned**

**Expert Advice**  
**Loading Assistance**

We will have a wide variety of Citrus Trees, Unusual Tropical  
 Fruit Trees, Bushes & Vines as well as Herbs and Spices

### Reasonable Prices

- Apples (Low Chill varieties)
- Atemoya
- Avocado
- Banana
- Barbados Cherry
- Bay Leaf
- Blackberry
- Black Sapote
- Blueberry
- Carambola
- Caimito
- Canistel
- Cashew
- Cherimoya
- Coconut
- Figs
- Grapes
- Grumichama
- Guava
- Jaboticaba
- Jackfruit
- Jujube
- Kumquat
- Longan
- Loquat
- Lychee
- Mangoes
- Dwarf Mangoes
- Macadamia Nut
- Malay Apple
- Miracle fruit
- Mulberry
- Monstera
- Papaya
- Passion fruit
- Pineapple
- Plantain
- Peaches (Low Chill)
- Pears (Low Chill)
- Persimmon
- Plum
- Pomegranate
- Pummelo
- Raspberry
- Rio Grande Cherry
- Rollina
- Sapodilla
- Soursop
- Star Fruit
- Strawberry
- Sugar Apple
- Surinam Cherry
- Wax Jambu
- White Sapote

Also many other varieties. All plants subject to availability.

**Over 5000 plants for sale!**

Sponsored by Manatee Rare Fruit Council, a non-profit organization.

[www.mrfc.org](http://www.mrfc.org)

No Credit cards accepted, but ATM on site



***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.*

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