

HAPPY  
NEW YEAR  
2016!

# RFCI

January 2016

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

## ∞ Upcoming Programs and Events ∞

**January 10th** - The speaker is Peter Chaires, Executive Director of the New Varieties Development & Management Corp. (NVDMC). His topic will be New Citrus Varieties, rootstock and some information on HLB (citrus greening). Plans for the State Fair will also be discussed. Please sign up at our January meeting to help at the citrus celebration.

**February 4th -15th** is the Citrus Celebration at the Florida State Fair. **(No monthly meeting.)** This has always been an educational event for us at the Fair, as people from throughout the US look to see what we have to offer. Also in February is our display exhibit at the Florida State Fair. We encourage our members to help with designing and implementing the design at the fair! Hopefully we can bring home a blue ribbon! Check with us at our next meeting.



## ∞ Welcome New Members ∞

Mike & Andrea Mallard

Tampa

President: Fred Engelbrecht; Program Manager: Tom Schaefer; Secretary: Fran Grossman, Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher; Photographs: Fred Engelbrecht

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## ☞ What's Happening ☞

by Paul Zmoda

Happy New Year everyone!!!

Oh, what have I gotten myself into now?! A house came onto the market two doors down from our Flatwoods Fruit Farm. Newer, larger, and having more modern conveniences than our present home, I jumped on it and we purchased it at a much lower price than listed. It will take quite a bit of work to bring it up to speed, but the possibilities are endless.

I hope to landscape the front yard with an Italian country style, complete with figs, olives, grapes, and more. Around back, I would like to plant a Japanese-style garden to go with the koi pond. Further back, I'd like to merge into more southern latitude, Oriental scenery starting with Chinese and ending up with Vietnamese.

It's quite boggy way in the back (I envision rice), but filling with tons of wood chips should help a banana plantation take shape.

Meanwhile, at Flatwoods Fruit Farm, our soursop tree (*Annona muricata*) has one enlarging fruit. I have moved this potted tree into our laundry room for the winter.

Equally as exciting is our 22 foot tall Jackfruit tree. It has sporadically produced a male flower spike every few weeks all summer. Recently, it has begun putting out larger female spikes on their own, sturdy pedicels.

I recently cancelled one of my Verizon landline phone numbers. After 34 years, 813-932-2469, is "no longer in service". I can be reached at 813-677-5985 (home), or 813-598-0369 (cell), or by email: Flatwoodsfarm@aol.com.



This is the new Memorial Garden sign, made by member Tom Schaefer, and installed at the USF Botanical Gardens. Tom and member George Campani installed the sign on November 2nd. Kim Hutton, Coordinator for Special Events and Volunteers for the Gardens, was extremely pleased with the sign and said many people had great compliments on the sign.

Pictured are Tom Schaefer (left) and Founding member Judson Newcombe. It was lots of work, but well worth the effort for USF Botanical Gardens and Tampa RFCI! This spring the Club will have a memorial for members. Watch for the date.

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# Pictures from the Christmas Social





Susan McAveety was given a lifetime membership certificate at the December meeting. Susan has been doing the extremely important job of Treasurer for the Club since 1999, when then President Charles Novak asked her if she would be interested in the job. Susan maintains various bank accounts, as well as income and expenses for the Club. She also handles the annual filing with the IRS, and registering with the State of Florida. The Club's Facebook page was set up by Susan, and she maintains this new way of communicating with members and the public. Susan says the job has been challenging from the start, and she really enjoys maintaining financial accuracy for the Club. She also enjoys growing fruits in the back yard of her home.



Founding member Justin Newcombe (right) and Fred Engelbrecht (left) speaking at the meeting.

The gift table was full of wonderful items, and plants.

The food was delicious and abundant. No one had any reason to leave hungry!

## ∞ Local Happenings ∞

**1/11/16 (Monday) 6:30 - 7:30pm Growing Tomatoes in Central Florida**, Lutz Library, 101 Lutz-Lake Fern Rd. Lutz, FL, will cover history of the tomato, needs of tomato plants, diseases, pests.

**1/19/16 (Tuesday) 2:00-3:30pm All About Seeds** Take the mystery of out seed planting by learning the best times to start seeds, what is needed for germination and why some seeds fail to develop. Potting methods using ordinary materials found around the house will also be discussed at this FREE University of Florida Pasco Extension seminar. For more information, call the UF/IFAS Pasco County Ext. Office at 352-518-0156. New River Branch Library, 34043 St Rd 54, Zephyrhills, FL 33543



**1/30/16 9:00 - 5:00pm Kumquat Festival** - Free. Downtown Dade City. This annual "Old Florida" event is about celebrating all things kumquat. Foods made with kumquats, kids area, entertainment, crafts. [Kumquatfestival.org](http://Kumquatfestival.org)

## ∞ Cooking with Fruit, Nut, and Grain Oils ∞



This guide will help you choose what oils are best suited for specific cooking techniques, or using raw.

There are three basic types of oils:

**Saturated:** These oils are solid at room temperature and very stable. Because they resist oxidation, they tolerate higher temperatures.

**Polyunsaturated:** These oils are liquid at room temperature, and are the least stable for cooking because they oxidize easily. Safflower and sunflower are examples, if not labeled for high heat or "high oleic".

**Monounsaturated:** These oils are also liquid at room temperature, but are more stable than polyunsaturates. Examples are canola, nut, and olive oils.

### Storing oils:

Air, light and heat cause oils to oxidize and turn rancid. Oil should smell and taste fresh and pleasant. If in doubt, throw it out! Rancid fats may contribute to health problems. Store in airtight glass bottles in a cool dark place. The refrigerator is ideal.

**Cooking with oils**

Oil	No heat	Low heat	Med. heat	Med. high heat	High heat	Characteristics and uses
* Heat tolerance of these oils can vary more than others, so check labels for manufacturer recommendations. If smoking occurs, lower heat to avoid consuming unhealthy, damaged oils.						
Almond, refined	X	X	X	X	X	Clean, neutral flavor and a high-heat wonder. Potential allergen.
Avocado, refined and unrefined	X	X	X	X	X	Neutral flavor, good for dressings. Wonderful for searing meat, and mashed potatoes.
Butter	X	X	X			Flavor varies depending on origins. Best blended with other oils for a higher smoke point to prevent burning.
Camelina, unrefined	X	X	X			Grown in Washington, botanically related to canola, distinct broccoli-like flavor.
Canola, refined	X	X	X	X	X	Neutral flavor, good all-purpose oil. PCC does not sell GE canola oil.
Coconut, refined	X	X	X	X		Neutral flavor, versatile for baking and cooking. Potential allergen.
Coconut (virgin), unrefined	X	X	*			Mild coconut flavor, great for baking, curries, and soups. Potential allergen.
Ghee (clarified butter)	X	X	X	X		Clarifying butter removes moisture and particles to give higher heat tolerance. Often used in Indian cooking.
Grapeseed, refined	X	X	X	X	X	Clean, neutral taste. Emerald green color.
Macadamia nut	X	X	X	X		Nutty, buttery flavor. Potential allergen.
Olive (extra virgin), unrefined	X	X	*			Wide range of flavors, depending on origin. Ideal for cold dishes, salads, pesto and dipping bread.

Oil	No heat	Low heat	Med. heat	Med. high heat	High heat	Characteristics and uses
Peanut, refined	X	X	*	*		A classic for tempura, fish, stir-fries and Asian dishes. Potential allergen. Heat tolerance can vary greatly.
Pumpkin seed, unrefined	X	X				Dark green oil with robust flavor, best in dressings.
Red palm	X	X	X			Dark red oil, rich in carotenes (vitamin A). Be careful as this oil may stain kitchen counters and utensils.
Safflower, refined	X	X	X	X	X	Mild flavor, good all-purpose oil.
Sesame, refined	X	X	X	X	X	Adds light sesame flavor to seared meats and stir-fries.
Sesame, unrefined	X	X				Highly aromatic, nutty, best in dressings and sauces.
Sunflower, refined	X	X	X	X	X	Neutral, all-purpose oil, good source of vitamin E.
Vegetable shortening (palm fruit), refined		X	X	X		Flavorless, good for vegan baked goods. Not hydrogenated (no trans fat).
Walnut, refined	X	X	X	X		Adds a hint of walnut flavor to salads, marinades and sautés. Potential allergen.

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## ∞ Club Notes ∞

We welcome your submissions for the newsletter, please send them to [bdprovencher@tampabay.rr.com](mailto:bdprovencher@tampabay.rr.com)  
 Submissions for the next newsletter due by: January 22nd.




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***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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Tampa Bay RFCI  
39320 North Ave.  
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