



# RFICI

<http://www.rarefruit.org>

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<http://www.facebook.com/TampaBayChapterRareFruitCouncilIntlInc>

May 2016

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

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 ∞

#### **May 8th - The History of the Tampa Bay Chapter of RFICI.** (Rescheduled from March)

The May meeting is an organizational meeting of our club's history: where it came from, where it is, and where it's going. A Power Point presentation and interaction will be led by Tom Schaefer. Come learn about the Club itself. Enjoy the buffet table, plant raffle, literature, and other items for sale, and plants for sale. And of course, Happy Mother's Day!



**June 12th: Water Conservation and Micro Irrigation...Sheila Monihan, UF/IFAS** Learn how to water wisely and conserve all your garden plants. Learn about micro irrigation systems, and how to update your old irrigation equipment.

### ∞ Welcome New Members ∞

Robert Hackney  
Eric Jewett  
Charles Brown  
Dave Bullard  
Venus Matthew  
Crystal Corry  
Michael Kahn  
Paulette Cadwell  
Roxane Hatoum  
Gail Thornhill  
Candy Gale

Ilona Popov  
Margaret Moore  
Michael Demao  
Lisa Wildcatt  
Brian Delaney  
Elizabeth Letsch  
Erika Matulich  
Ann Debaldo  
Theresa Tucker  
Judy Gay

Beth Thornhill  
Joshua Geige  
Jessica Cochran  
Scott Schoenbauer  
Donna Machedo  
Andy Fotopoulos  
Saul Sanchez  
Karl & Christina Kincaid  
Anthea Drakes  
John Compton

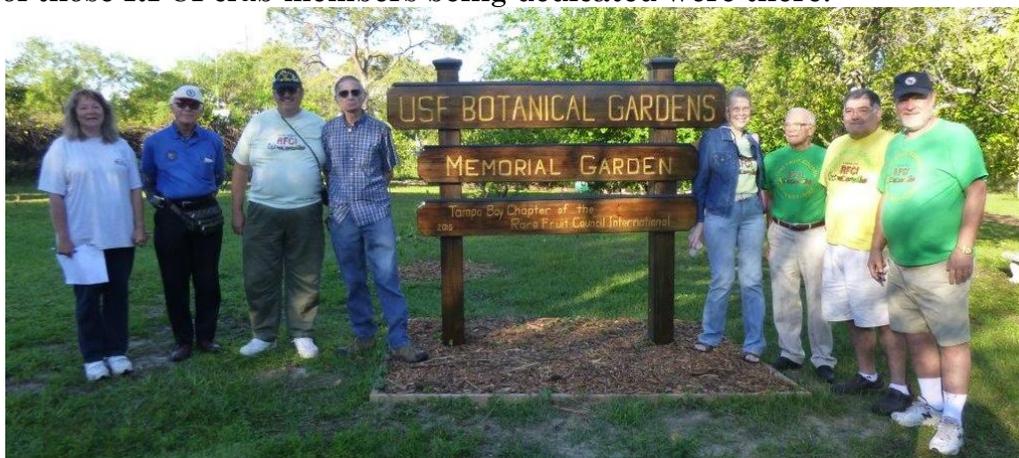
**President: Sandra Kischuk; Program Manager: Tom Schaefer; Secretary: Joe Porter, Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher; Photographs: Fred Engelbrecht**

## ☞ Club Notes ☜

The Club has been busy!

First of all, from Club President Sandra Kischuk, she says the USF plant sale was a huge success! The enthusiasm from everyone was exciting! Many, many thanks to all members who helped with selecting and ordering plants, bringing in equipment and display materials, booth set up, bringing in plants to sell, participating at the sale, helping clean up, speaking with customers, welcoming new members, and just making the day a true success. Thanks to everyone at the sale for an overwhelmingly positive team spirit. Thanks to our treasurer, Susan, for her diligent and meticulous financial documentation. Thanks to Tom Schaefer for encouraging new members, and to Paul Branesky for speaking about rare fruit to curious visitors to the Club's booth. The weather could not have been any more perfect for the entire weekend, and that surely made people want to come out and buy plants.

Sandra also wishes to thank all the RFCI members who helped with our memorial garden at USF, those who coordinated our plans with the Botanic Garden, prepared and ordered the plaques, the sign, planted trees, and participated in Saturday's dedication ceremony. The dedication of the memorial fruit tree garden at the USF Botanic Gardens was on Saturday morning, April 9th, just before the plant sale. Club members and family members of those RFCI club members being dedicated were there.



Fran Grossman, coordinator for the Club's participation in the Veterans Hospital nutritional awareness event in Tampa reports it was a very successful day. Information about the Club, and about the nutritional values of fruits was distributed to an inquiring crowd, and members' plants were sold.

Fran also reported that another event, the Temple Terrace Farmers Market, proved to be another successful event for the Club for selling fruit, and plants, as well as sharing information about our Club. Bill Vega and Rochan Premraj brought plants to sell. Many people stopped by to ask questions about the Club, and about plants in their yard. These events are fun and are a great opportunity to share with others, and meet people. More volunteers and plants are needed if anyone would like to participate. Contact Fran at [gardenfrangrossman@aol.com](mailto:gardenfrangrossman@aol.com)

## Pictures from the Plant Sale



### Local Events

**June 8th - 6:30 - 7:30pm** "Harnessing the Power of the Immune System" - a presentation of TBRI's life saving research, with Dr. Akiko Tanaka, who has given her riveting presentation at our RFCI club meeting previously. If you want to know more about nature's power to cure, and the immune system, don't miss this presentation. Please RSVP at the website [www.tbri.org](http://www.tbri.org) at [rsvp@tbri.org](mailto:rsvp@tbri.org), or 727-576-6675, Tampa Bay Research Institute, 10900 Roosevelt Blvd. N, St. Petersburg, FL 33716

**May 22nd 10am to 4pm**, annual Manatee Rare Fruit Council Tree Sale, Bradenton Area Convention Center, 1 Haben Blvd, Palmetto, Fl. A must event for fruit lovers. Thousands of plants available. Indoors.

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## ∞ What's Happening ∞

by Paul Zmoda

Thank you to all members who made our big spring sale a success. We couldn't have had better weather for it. Saturday afternoon, Luisa and I headed down to Ybor City, where the Festa Italiana was under way. There, we had one of our wines entered in the home made vino competition. Many entrants drank and shared their wines, ate cheese, crackers, and fruit while the judges did their job. I shared a jar of our home grown olives. This surprised many people who had no idea that olives can be grown here.

I planted lots of pawpaw seeds in citra pots. These tall potting containers allow the taproots to form better than standard pots. I also planted lots of persimmon and peach seeds to use as rootstocks next year.

Rootstocks that were ready got grafted with five different persimmons and two plums. I top-worked a mango and two large persimmons, as well as adding a sixth persimmon cultivar onto our persimmon cocktail tree.



New plantings: 30 Simpson stoppers, 2

pomegranates, a fig, ceylon red peach, a grafted loquat, a real bay tree, pole beans, okra, 2 grapevines, and a bed of rosemary.

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## *Spring Recipes*

The appetizer, entree, and dessert recipes below all use springtime fruits and other edibles available in our backyards and markets now. Enjoy the great tastes of spring!

### Stuffed Pea Pods

By Pam on allrecipes.com

#### Ingredients

20 pea pods  
 1 8 ounce package herb and garlic flavored cream cheese softened  
 1 bunch spinach rinsed, stemmed

#### Preparation

Remove string from pods and trim off blossom end. Make a small slit on flat side of pod. Soak pods in ice water for about 1 ½ hours. Drain and dry. Using pastry bag pipe cheese into pods until full. Arrange on platter lined with spinach or lettuce. Dot the cheese filled pods with the peas. A couple of pieces of shaved baby carrot will add color. Or baby shrimp can be used. Garnish with pansies or other colorful edible spring flowers.



## Weeknight Lemon Chicken Skillet Dinner

Photo: Justin Walker; Styling: Carla Gonzalez-Hart

### Ingredients

12 ounces baby red potatoes, halved  
1 tablespoon olive oil, divided  
4 (6-ounce) skinless, boneless chicken breast halves, pounded to 3/4-inch thickness  
3/4 teaspoon kosher salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
2 thyme sprigs  
4 ounces cremini mushrooms, quartered  
1 tablespoon chopped fresh thyme  
1/4 cup whole milk  
5 teaspoons all-purpose flour  
1 3/4 cups unsalted chicken stock (such as Swanson)  
8 very thin lemon slices  
1 (8-ounce) package trimmed haricots verts (French green beans)  
2 tablespoons chopped fresh flat-leaf parsley



### Preparation

1. Preheat oven to 450°.
2. Place potatoes in a medium saucepan; cover with water. Bring to a boil, and simmer 12 minutes or until tender. Drain.
3. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken and thyme sprigs to pan; cook 5 minutes or until chicken is browned. Turn chicken over. Place pan in oven; bake at 450° for 10 minutes or until chicken is done. Remove chicken from pan.
4. Return pan to medium-high heat. Add remaining 2 teaspoons oil. Add potatoes, cut sides down; mushrooms; and 1 tablespoon thyme; cook 3 minutes or until browned, stirring once. Combine milk and flour in a small bowl, stirring with a whisk. Add remaining salt, remaining pepper, flour mixture, stock, lemon, and beans to pan; simmer 1 minute or until slightly thickened. Add chicken; cover, reduce heat, and simmer 3 minutes or until beans are crisp-tender. Sprinkle with parsley. Yields 4 servings. Total time 30 minutes.

## Ginger-Peach Shortbread Cobbler

From Myrecipes.com

Photo: Alison Miksch; Styling: Marian Cooper Cairns

### Ingredients

1 cup butter, softened  
 1/2 cup loosely packed light brown sugar  
 1/8 teaspoon kosher salt  
 2 1/4 cups plus 3 Tbsp. all-purpose flour, divided  
 1 (1/2-inch) piece fresh ginger, peeled  
 3/4 cup turbinado sugar, divided  
 7 to 9 medium-size peaches, halved  
 2 tablespoons fresh lemon juice  
 1 large egg white, lightly beaten  
 2 teaspoons granulated sugar



### Preparation

1. Preheat oven to 400°. Beat first 3 ingredients and 2 1/4 cups flour at medium speed with a heavy-duty electric stand mixer just until combined. Place dough on a lightly floured surface; roll to 1/4-inch thickness. Cut about 14 rounds with a 2 1/2-inch fluted round cutter. Place rounds in a single layer on a baking sheet; cover and chill until ready to use.
2. Pulse ginger and 1/4 cup turbinado sugar in a food processor 5 to 6 times or until well combined. Stir together ginger mixture and remaining 1/2 cup turbinado sugar in a large bowl. Add lemon juice, peaches, and remaining 3 Tbsp. flour; toss to coat. Place peach halves, slightly overlapping, in a greased (with butter) 10-inch cast-iron skillet, and pour any remaining juice over peaches.
3. Bake at 400° for 15 minutes. Remove from oven, and nestle shortbread dough rounds among peaches. Brush rounds with egg white, and sprinkle with granulated sugar. Bake 17 to 20 minutes or until golden brown. Yields 6-8 servings. Total time 1 hour 10 minutes.

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*We welcome your submissions for the newsletter, pictures, notes of interest, events in your area, tips you've tried or learned that you would like to share with others - please send them to [bdprovencher@tampabay.rr.com](mailto:bdprovencher@tampabay.rr.com)*  
*Submissions for the next newsletter due by: May 23rd.*

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## The Winged Bean



The winged bean (*Psophocarpus tetragonolobus*), also known as the Goa bean, four-angled bean, four-cornered bean, Manila bean, Mauritius bean, winged pea, or asparagus pea, is a tropical legume. It grows abundantly in hot, humid regions of the world. This plant is amazing in that it is so useful. All parts of the plant are edible, the tuber, leaves, flowers, immature pods, and the mature beans. The plant is also very nutrient rich. Winged bean is often called "the one plant supermarket".

Winged bean is a perennial, although it can be grown as an annual. If the foliage freezes to the ground, new growth will arise in spring from the tuber below ground. Winged bean is hardy to zone 8. The plant itself grows as a vine. Flowers are large and blue. Pods are 6-9 inches long and will turn from green to brown when ripe and ready to release the seeds.

The beans are similar to soybeans in usage and nutritional content, being 30 - 40 percent protein.

Eat the **immature pods** raw or cooked as a crunchy vegetable. They taste similar to asparagus.

Cook the **beans** for 2-3 hours before consuming as you would any other bean. Or roast them as you would peanuts.

The tuberous **root** can be eaten raw or cooked. The tuber is high in protein and nutrient rich, up to 20%, much higher than other edible roots. The taste is like potatoes. Tubers can also be ground to make a flour or coffee like drink.

**Leaves and flowers** can be eaten raw or cooked as spinach, and also have high protein.

To germinate, soak seeds overnight before planting. Germination is in 5-7 days. Growth is very fast, with the flowers appearing as early as 40 days after sowing. Pods can be harvested in less than 2 weeks, with fully mature seed bearing pods ready in about 6 weeks. Some varieties will only flower once the day length becomes shorter than 12 hours (in the fall), others are day length neutral.

Seeds of this plant will be available at May's meeting.



*Note from the Editor: I received a notice from Club member Sully Lavalette, that her husband Robby Lavalette passed away on Feb 22. We offer the Club's deepest condolences on his passing.*



***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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