



# RFCI

August 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 ∞

**August 14th:** Panel of members will answer your questions about all kinds of fruits. So if you are wondering how to grow a plant better, solve a problem, prepare for cold weather, or anything else, then jot your questions down and bring them to the meeting. Our last question and answer meeting covered an amazing amount of topics, and brought forth much great information and advice. Tom Schaefer will be moderator, and provide a slide show.



**September 11th:** Speaker and topic to be announced.

## ∞ Welcome New Members ∞

Kevin Williams	Tampa
Michael Sharpe	Seminole
Ugur Soylu	Tampa
John Dismukes	Tampa
Sarah Pemberton	Tampa
Janet Hough	Tampa

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

## ∞ July's Annual Fruit Tasting ∞



The annual Club's fruit tasting was a delicious success!

A big Thank You to Cora and Jerry Coronel for coordinating July's yummy fruit tasting, and to her team who worked with her to select, purchase, prepare, and present the awesome variety of fruits. For those who responded so quickly to Cora's "call for help," Kudos! Your spirit in volunterring is what makes this Club so great. Taking part in these types of activities makes the Club fun for you and helps build long-term friendships that we hope you will cherish in the years to come. Fantastic job!

Many thanks to the crew of members who went to the Fort Myers area to pick, sort and weigh (200 pounds!) of mangoes. (top left picture) There were at least 15 varieties of mango, and several Lychees and Sapodillas. Mango varieties at the tasting included Nam Doc Mai, Pim Sane Mun, Pickering, Lemon Meringue, Carabow, Carrie, Glenn, and Alphonso.

The picture above right is of a new variety Mahoo Shanook. Many thanks to Vicky and Joe's Mango Grove, Finca Brava, for supplying the fruit. There was a wine tasting table with wines made from tropical fruits. Remaining pictures clockwise. The meeting room was full of pleased members and visitors.

The team of members staffed the serving table.

Also pictured is very long time member Charles Novak, who shared his knowledge of chestnuts that he has in his garden.

The plant raffle table was overflowing with beautiful offerings of fruit plants and other garden treasures.

The 61 page manual Florida Friendly Best Management Practices for Protection of Water Resources by the Green Industries from the Florida Department of Environmental Protection was handed out to all members present at the meeting.



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## ☞ What's Happening ☜

by Paul Zmoda

Our veggie gardens are getting a bit of rest until Fall. I spread half a truckload of chipped tree trimmings up to 6 inches deep all over the raised beds. Organic matter disappears so quickly in the Florida weather.

As the grapes ripened, they became more and more attractive to birds, so I covered the vines with bird netting. I also had to step up my night time patrols for hungry opossums and raccoons.



Our Ice cream bean tree has lots of pods growing on it now, but is getting so large that it is shading lots of other trees. I've begun cutting it way back. Yellow Cattley guavas are hanging in great profusion on our 18 year old seedling tree. Jelly Palm fruits are so delicious. Too bad that they all ripen at once and are done in one week. We have two clusters on one palm now (7/17).

I potted up twenty tea camellia rooted cuttings and a few seedlings of Bill Vega's custard apple.

New plantings: coffee, Japanese blueberry, and a Flatwoods plum seedling.

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## FROM ZEPHYRHILLS

Our garden in northern part of the Tampa Bay area has seen a wonderful spring that produced abundant peaches and blueberries. The dwarf everbearing mulberry outdid itself this spring. I have taken some cuttings which are rooting nicely and hope to share with others at future plant raffles. This mulberry fruits all year, with spring bringing the largest bounty. The fruit is sweet and delicious out of hand.

We purchased a loquat variety called Christmas. This variety fruits in the early part of winter, and will extend the season of fruiting. The common loquat fruits in late winter into spring, so having fruits earlier means extended enjoyment.

The Pindo palms or Jelly Palm are producing really well this year. The fruits are so delicious it's hard to stop eating them fresh. Our fruits will never see the inside of a jelly jar!



Over the winter we had a fuchsia flower that created a couple of fruits. Wondering if they were edible, I was surprised to learn they are, and have been cherished since the times of the Inca. Fuchsia doesn't care much for Florida summers, but grows through the winter with beautiful tubular flowers that hummingbirds also enjoy.

We recently had the delight of visiting a fellow gardener and fruit lover in Dade City, whose hilltop 210' elevation farm revealed some interesting surprises. There were avocados, cherries, pomegranates, persimmons, and more. However, the owner of this paradise, a woman named Pearl, grows a wide variety of fruits one would never expect to see in Pasco County. She has several mangoes, lychees, papayas nearly tipping over with fruit, guavas of numerous varieties, passion vines dripping with fruit, and rows of pineapples. Even a miracle fruit. But mangoes!? She explained the elevation allows the coldest air to drain well away from her farm, and it also keeps just a bit more air movement too. This is an excellent example of micro-climate at its very best!

### *From the seed chairman*

There will be some exciting new offerings for members at the Seed Table in the coming months. Some very rare and unusual fruits will be represented. Because they are very rare, quantities will be very limited. You must come to the meetings to get them, and they probably won't last long!



One selection is an ultra-rare Annona from South America with white fruits, that doesn't have a variety name yet. So little is known about it that not much information is available. Gardeners need to grow it, and determine cultural information to share with others.

The Red Strawberry Guava is a very easy to grow variety, with fruits that are not mealy in texture as is often the case with more tropical guavas, and it is touted as having a very tasty fruit with strawberry flavor.

Then there is the Cannibal's Tomato. This tropical tomato was actually served as the perfect accompaniment to the cannibal's favorite meal. This cherry type tomato hails from the South Seas, and is very pretty in flower and fruit.

The Bornean Hairy Banana is a very rare variety of Musa with fruits that are juicy, and taste like a kiwi. A must for the Banana collector.

The white knobby Noni fruit is reported to have health benefits and is used in a variety of medicinal and health products.

Purple prickly pear is a rare variety of Opuntia producing purple pads. It is very ornamental as well as edible. Speaking of very drought tolerant plants, the Banana Yucca produces delicious fruits 4-6" long that have long been a delicacy of American Indians.



If you're from up north, you've surely had fuchsia flower baskets, with their bright colored blooms cascading so beautifully. Did you know fuchsia fruit is edible? The Bolivian Fuchsia has tubular flowers and produces one of the largest fruits of the fuchsias. They are actually quite tasty.

Turn up the heat in your meal with the Aji Mango Pepper. It is colored like a mango, flavored like a mango, but add some heat, and it really is quite neat.

Add some blue Angel Cherry Tomato that really does have touch of blue to its stems, leaves, and fruit.

Be sure to check the seed table!

## Vegan BBQ Jackfruit Sandwich

Jackfruit is considered a vegan's dream food, as it makes an excellent meat substitute even the hardcore meat lover can't deny. The fruit has a texture of pulled pork, which is perfect for mimicking meat, and easily absorbs whatever flavors you give it.

It is very easy to make a vegan "pulled pork" sandwich with the jackfruit.

Simply cut up the fruit and harvest the flesh.

Toss with your favorite BBQ spices and BBQ sauce and simmer a few moments to absorb the flavors.

Put into your favorite bun and enjoy!



## ∞ July Tasting Table ∞



*This is a sampling of the wonderful offerings at the buffet 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
Vega	Pollo	Payne	Apple walnut pie
Latimer	Brownies	Gary	Baked beans
Newcombe	Carambola salad	Krotz	Pasta salad
Kirby	Deviled eggs	Kischuk	Peppers
Rafina	Fruit	Coronel	Fried rice and peach cobbler
Rivera	Watermelon	Ugur	Turkish potato salad
Campani	Coleslaw	Ferreira	Jackfruit
Orr	Oriental salad	Soto	Yellow rice
Lohn	Brownies	Shenoi	Fresh corn salad
Branesky	Papaya salad	Branesky	Mango salad
Clarke	Potato salad and strawberry cake	Chinnery	Baked chicken



## July Plant Raffle



Here is sampling from the plant raffle table. Thank you to everyone who brought in plants to share at the raffle.

Plant	Donor	Winner
Red mombin	Kirby	Williams
Yellow mombin	Kirby	
Chives	Vaccaro	
Blue basil	Demiry	
Avocado	Jene's tropicals	
Blueberry	Jene's tropicals	Reginald
Neem tree	Whitfield	
Seedling mango	Petersen	
Yam	Petersen	
Purple yam	Provencher	
Apple cactus	Provencher	
Pagoda flower	Provencher	
Shampoo ginger	Provencher	
Orange berry	Schaefer	
Pomegranate	Coronel	
Puerto Rican oregano	Payne	
Longan	Orr	
Cuban oregano	Davies	
Jackfruit	Ferreira	Lohn
Raja puri banana	Starke	Petersen
White dragonfruit	Kass	
Tumeric	Yuko	
Orinoco plantain	Premraj	Jakuta
White sapote	Premraj	
Senna	Krotz	



## ∞ Club Notes ∞



The Club is planning a bus trip to the internationally known ECHO farm and educational facility in Fort Myers on November 5th. This excursion includes a tour of ECHO, a garden nursery visit, and possibly dinner plans afterward. Cost for members is \$25, cost for non-members is \$45 (includes a one year membership to the Tampa Bay RFCI). Signup sheet and more information will be at the next meeting. Please sign up so we know how many buses are needed. If you cannot attend August's meeting, just let a board member know you wish to attend.

ECHO is dedicated to fighting hunger, and educating farmers throughout the world. Access

to ECHO is only through guided tours. This is a fascinating walking tour through the most creative working farm you have ever experienced. There are unique demonstrations, plants, and techniques useful to farmers and gardeners everywhere. There is a fabulous nursery with trees, shrubs, vines, perennial vegetables, and herbs that you can purchase for your garden. There are seeds and books too. This is a place definitely worth visiting.

**Editors Note:** In future newsletters look for a new feature highlighting various members' gardens. I will be visiting these gardens and writing about them. The first gardens in the spotlight will be those who have signed up to host tours of their garden to other members. What plants they grow, and information on how to view the garden will be provided. This project will be fun, and certainly provide members with information on who to contact about learning how to grow their favorite fruits.

Fran Grossman and Paul Branesky have been working the Tampa Farmers Market. The Market is scheduled from 10am to 1pm on the 4th Friday of each month. Paul and Fran have been joined by other RFCI members including Bill Vega, Susan McAveety, and Sandra Kischuk. The Club has also been the Temple Terrace Market. Farmers Markets are a wonderful opportunity to educate the public about growing rare fruit, to sell your extra plants and fruit (the proceeds go to the selling members, not the Club), and to tell people about our Club. Contact Fran or Sandra if you would like to help out, or if you would like to do a 30 minute talk about rare fruit.

[http://www.tampa.va.gov/TAMPA/features/Healthy\\_shopping\\_support\\_healthy\\_eating.asp](http://www.tampa.va.gov/TAMPA/features/Healthy_shopping_support_healthy_eating.asp)

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, or questions about growing fruits - please send them to [bdprovencher@tampabay.rr.com](mailto:bdprovencher@tampabay.rr.com)  
Submissions for the next newsletter due by: August 22nd.





***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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