



RFCI

May 2017

**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, McLoughlin Center,
821 S. Dale Mabry, Tampa

œ Upcoming Programs and Events œ



May 14 - Olives, Michael Garcia, Pres. Olive Growers of Florida
(It is also Mother's Day)

Hear how to grow olives in Florida, the best varieties, cultural requirements, and achieving success with this Mediterranean native that is surprising everyone.

œ Welcome New Members œ

Anthony Facenda	Valrico
Barbara Taylor	Apollo Beach
Dinh Le	Wesley Chapel
Jessica Pruitt & Janice Davis	Dade City
James Sheridan	Seffner
Todd Jent	Plant City
Ray & Hilda Reyes	Wesley Chapel
Michele Loger	Valrico
Victor Rivera	Land O Lakes
Nilda Hansley	Valrico
Susan Salgado	Tampa
Claire Prickett	Zephyrhills
Nicole Odell	Tampa
Mike Delucia	Tampa
DaLane Terrell	Lutz
John Meade	Riverview
Suzie Vong McCracken	Ruskin
Gregory Syder	Auburndale

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

Pictures from the USF Plant Sale.

The weather was absolutely perfect for a plant sale, bringing the crowds. Plant sales were good, the juices as always, were very popular. Huge thanks go to all members who helped set up, provided plants, manned the juice table, and assisted all those who visited the Club's booth. Photos by Steve Lohn.





∞ What's Happening ∞

by Paul Zmoda

It has been so dry here lately. Good thing we have a well, or we'd have huge water bills. I got an interesting raspberry plant at our last meeting's plant raffle. I understand it came from Charles Novak, so it should be good.

I grafted four Texas Black persimmon seedlings with my proven female budwood. This is another milestone in my quest to have bearing trees.

Our 'Glenn' mango is setting a second crop as the first is growing nicely.

Hand pollinating our red passionflowers is paying off. There are now many green-striped fruits hanging.

If you grow tropical guavas, be sure to check them often. They ripen very suddenly and will fall and be eaten by animals. Ours is 'Miami Supreme', and is really good quality. Not a single fruit fly larva in them, which is unusual.

I bought two avocados at our USF sale - 'Choquette', and 'Mexicola Grande'. These got planted immediately near the stump of the big oak which we had taken down. Thank you Roshan Premraj for the dragonfruit cuttings, which are planted at the base of that stump.

New plantings: yardlong beans, Chinese pumpkin, hot peppers, more okra, and Joyner butter beans.



A little about yard long beans. This Asian staple loves warm weather, and the vining plants grow rapidly, producing beans that can be up to 18" in length! The pods themselves can grow several inches in just one day. They come in red or green varieties. When choosing them at the market, understand that even fresh they may look limp and wrinkly. That's because they are so long! They taste similar to green beans, but do not like being boiled or

otherwise cooked with water, as they will become water-logged and bland. Stir-frying in oil, sautéing, or deep-frying are the preferred methods of cooking long beans.

The classic Chinese method of preparation involves initially deep-frying the beans, then stir-frying with aromatics, garlic, green onions, and Sichuan peppercorns. This makes the taste and texture extraordinarily juicy, tender, and bursting with green bean flavor. Add pork if you like. Indonesian style starts by stir-frying the beans, then simmering in coconut milk to lend a sweet burst of flavor.



Some photographs from member Steve Lohn of his garden, where spring has definitely sprung!



Mauritius Lychee



Ice Cream Banana



Persian Lime



Macadamia Nut Flowers

∞ Local Events ∞

Manatee Rare Fruit Council - Annual Fruit Tree Sale - Sunday May 21st, 10 - 4,
Bradenton Convention Center, Haben Blvd., Free admission, free parking, over 5000 plants
available, expert advice, cash only, more info. 941-729-5985



Hello from the Peach State! Member Jan Elliot, formerly of Florida, now living in Georgia, writes how much she misses her Florida garden and the fresh tropical fruits that were readily available here. She still enjoys creating her shopping trips and meals around using the tropical fruits and vegetables she loves. There is a very large international market near her home where she does her shopping. The veggies are very fresh, but the fruits are picked unripe, and are so tasteless in comparison to those available in Florida. She loves reading the newsletter, and hopes the big plant sale will be a huge success for the Club.



Peach and Blackberry Cobbler

This recipe has 5 star reviews and you will want to enjoy this dish again and again. Peaches and blackberries are coming into season, so your ingredients will be fresh, juicy and delicious.

4 cups peeled and sliced fresh peaches

¼ cup white sugar

1 tablespoon lemon juice

1 ¼ cups all purpose flour

2 teaspoons baking powder

1 cup milk

1 cup fresh blackberries

1 teaspoon ground cinnamon

½ cup melted butter

1 cup white sugar

½ teaspoon salt

Preheat oven to 350 degrees. Mix peaches, blackberries, ¼ cup sugar, cinnamon, and lemon juice in a bowl.

Pour the melted butter into a 9x13 inch glass baking dish and evenly coat the bottom and sides.

Whisk flour, 1 cup sugar, baking powder, and salt in a bowl; mix in milk, stirring just to moisten dry ingredients. Pour batter into prepared baking dish and distribute fruit mixture evenly over the batter.

Bake in the preheated oven until cobbler is golden brown, about 45 minutes.



Grilled Peaches

Many folks don't realize that peaches are a natural for the grill. They are so easy to prepare for the grill, and so delicious. The grilling intensifies the sweetness and brings out the juiciness.

Be sure the grill is on a medium setting.

Halve the peaches.

Remove the pit.

Brush both sides with butter. Add some cinnamon to the butter if you like. Molasses, bourbon, or maple syrup can also be used to coat the peaches. You needn't use anything at all; peaches are great alone as well.

Grill for 4 - 5 minutes. Enjoy with savory dishes, or as a dessert.

⌘ Club Notes ⌘

What are our members up to? If you have something fruity going on that you would like to share with other members, we'd love to hear about it!

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, recipes, or questions about growing fruits - please send them to bdprovencher@tampabay.rr.com Submissions for the next newsletter due by: **May 22nd**.

⌘ Membership information ⌘

NEW MEMBERS

Download and fill out a membership application from: <https://rarefruit.org/membership/>, and send with check or money order for \$20 made out to Tampa Bay RFCI to: Tampa Bay RFCI, 39320 North Ave., Zephyrhills, FL 33542.

RENEWING MEMBERS

Send check or money order for \$20 made out to Tampa Bay RFCI and mail to: Tampa Bay RFCI, 39320 North Ave., Zephyrhills, FL 33542.



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.
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