



RFCI

September 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

∞ Upcoming Programs and Events ∞

September 10th, 2:00pm - Kumquats - Local grower and general manager of Kumquat Growers in Dade City, Greg Gude discusses the tasty and versatile delight that is the kumquat. The Gude family has been in the kumquat business for generations, so they have a lot of information to share.



October 14 and 15th - The Plant Sale at USF!!! Volunteers are needed for this semi-annual fundraiser for our Club that is so much fun!! Signup sheets will be at the September meeting. We need your help starting Friday afternoon to set up, and on Saturday and Sunday for the sale. What better way to spend part of a weekend than at a Plant Sale! If you have room to include a plant manifest form, please do. Please see page 2 for details.

∞ Welcome New Members ∞

Terry Zuknick	Venice
Richard Lariviere	Land O Lakes
Mark Bertsche	Thonotosassa
Susan & Edward Barker	St. Petersburg
David & Banni Miller	Tampa
Jodie Morgan	Riverview
Jose Murga	Riverview
Danise Rosak	Plant City
James West	St. Petersburg
Kathy & Joe Terry	Seminole

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

More information for October's Plant Sale

Please contact Cora at 727-403-1756 or jencofarm@aol.com for details about volunteering for this next sale. She is the primary contact, and can tell you about the volunteering opportunities available.

If you have plants to sell, or other fruit related items such as jams and jellies, a plant manifest form needs to be completed. This form will be available at the next meeting. All plants must be healthy, no diseases or pests, and they must be labeled with the correct name and the price. A portion of the sale does go to the Club and to USF.

If you're not sure how to help, stop on by and see the Club at the Sale anyway, and listen to what members share with others about rare fruits. It's a great learning experience.

Sign up for volunteering at the September meeting! It's always a fun time!

∞ Bananas! ∞

At the August meeting, Celeste Welch, of Sulcata Grove in Sarasota, spoke about bananas, and how to grow them. In 2007, Celeste and her family had the opportunity to live on the edge of the Amazon jungle in the Pastaza province of Ecuador in South America. While living there, exposure to the wonderful plethora of tropical fruits in that region grew their love of raising tropicals. They purchased land in Sarasota in 2011 and now have over 100 varieties of tropical and subtropical fruit trees. They also raise chickens, honeybees, and Sulcata tortoises.



Celeste and daughter with Fred Engelbrecht
Photo by Steve Lohn

With over 65 varieties of just bananas alone, the diversity of size, color, and taste is an amazing adventure at this farm. Celeste brought in some plants for sale. She was able to answer many questions about the nutrition and growing of these wonderful fruits.

Below is a page of resources provided by Celeste that is all about bananas that members can check out for more information.

Bananas

Banana Catalog (TARS/Brian Irish)

Fantastic resource! File is large and can be slow to load

<http://sun.ars-grin.gov/may/documents/CatalogFinal-v1.0-web.pdf>

Banana Forum

Great place to ask questions and trade plants

bananas.org

Promusa

Good search feature to learn more about bananas

<http://www.promusa.org>

Honduran Foundation for Agricultural Research

Primarily in Spanish but second link has fact sheets in English

<http://fhia.org.hn>

http://www.fhia.org.hn/htdocs/banano_y_platano.html



Banana Nutritional Deficiencies

This site has great photos (note fig. 22 shows sigatoka fungus damage)

<http://www.haifa-group.com/files/Guides/Banana.pdf>

IFAS Pictures of Banana Diseases

http://miami-dade.ifas.ufl.edu/pdfs/tropical_fruit/Banana%20Disease%20Rev%20.pdf

IFAS Information on Growing Bananas in Florida

<http://edis.ifas.ufl.edu/mg040>

Banana Fertilizer

<http://www.diamond-r.com> The Homestead, FL location carries banana fertilizer

<http://www.going-bananas.com> Going Bananas carries their own fertilizer mix

Books About Bananas

The World of Bananas in Hawaii - Kepler/Rust

The Complete Book of Bananas - Lessard

Bananas You Can Grow - Waddick/Stokes

Bananas and Plantains - Robinson/Galan Sauco

Banana: The Fate of the Fruit that Changed the World - Koepfel

☞ What's Happening ☞

by Paul Zmoda

It has been brutally hot outside lately. Most things are growing so fast and maintenance is constant, but work breaks are numerous for me so I don't keel over from heatstroke. Lots of weeding and pruning needs to be done.

Keeping an eye on our single soursop fruit. It is now well over a pound in weight. I fashioned a nylon sling from pantyhose to support this fruit when it finally drops free of its branch, otherwise it would splatter on the ground.

Monstera deliciosa, or ceriman, is blooming and setting its pickle-shaped fruit. I have never tasted it before, so I am looking forward to that.



Texas black persimmons are ripening. These look and taste like miniature black sapotes. Kari starfruit are hanging from the tree in great abundance. Vanilla orchids are a climbing vine. I had potted up a dozen vine sections in rich, fluffy compost two months ago. They are growing nicely in this humid heat.

New plantings: dill, long beans, molokhiya, and giant Callaloo.



Steve Lohn captured the fruit display table with many in-season fruits, and a picture of a wire cage used for protecting a prized fruit from squirrels and other creatures who want to sample your delicious fruit.

☞ Greens, Greens, Oh Microgreens! ☜



Many people don't realize that many seeds of common fruits, vegetables, and herbs, and greens can be used to grow microgreens. Growing microgreens is incredibly easy, and you don't even need a garden! A microgreen garden can be done indoors entirely under lights, in a bright window, or greenhouse, or on your balcony or patio. Even when you think you don't have any space for fresh produce, you've got room for microgreens! What a bright, fresh way to add color and nutrition to soups, salads, tacos, any meal at all, at any time of day. It's also a great way to reuse those salad containers and other recyclables.

Some vegetables, such as those in the cabbage family might not perform as well in Florida's warm winters, and not provide those large heads. That is not a problem because the seeds can be grown for those highly nutritious baby greens.

Sprouted seeds are usually categorized as follows:

Sprouts - the youngest and smallest

Microgreens - slightly larger, about 2" tall

Baby greens - the largest group - 3 - 4" tall

Try these seeds as young greens to brighten any salad or dish, at any meal; amaranth, aragula, basil, beet, broccoli, cabbages, carrots, celery, kale, mustard, onions, radish, spinach, sweet pea, swiss chard. There will be plenty of seeds of many of these at the next meeting. Grab some and try growing delicious, nutritious sprouts.

☞ August 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	Yellow rice	Zmoda	Sliced starfruit
Engelbrecht	Fried plantains	Lohn	Sliced starfruit
Shenoi	Cherry, black eye peas, potato	Premraj	India chips
Kirby	Mango and jicama salad	Galang	Kent mangoes
Latimer	Cherry pie	Davies	Brownies
Hope	Pineapple cake	Westerfield	Pineapple
Sakuta	Blueberries	Ebert	Brownies, fruit bars
Clarke	Turkey enchilada, black beans	Clarke	Okra, tomatoes
Clarke	Apple cheesecake, garlic bread	Frase	Watermelon
Balderas	Watermelon	Oliver	Brownies
Dexter	Diet banana bread		



∞ August 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
White tumeric	Vega	Barker
Tamarind	Coronel	Tyler
Brown turkey fig	Coronel	
Dragonfruit	Zmoda	Campbell
Cereus cactus	Zmoda	Provencher
Yellow passionfruit	Luba	Kirby
Moringa	Male	Tyler
Purple yam	Provencher	Tyler
Jicama	Provencher	Dexter
Giant star potato tree	Provencher	Black
Surinam spinach	Provencher	Tyler
Pony tail palm	Provencher	Fotopoulos
Pony tail palm	Provencher	Bill
Guava	Premraj	
Cranberry hibiscus	Black	
Cuban oregano	Niklas	
Miracle fruit	Payne	
Key lime	Payne	Fotopoulos
Jackfruit	Popov	Godwin
Tillandsias	Dexter	Randall
Yellow passionfruit	Clarke	
Praying hands banana	Branesky	
Ginger	Whitfield	Payne
Thevetia - lucky nut	Hartzler	
Basil	Krotz	
Pereskia grandifolia	Hartzler	Davies
Fig	Wheeler	Hartzler
Longevity spinach	Wheeler	
Galangal	McAveety	
False roselle	Clemons	Terry
Katuk	Clemons	
Banana	Clemons	

∞ Local Events ∞

September 10th - Fall Planting Bazaar - 10am - 2pm, Bob's Berries - 11501 Winn Rd., Riverview, plants, fruits, organic fertilizer, honey, fall fruits & veggies, neem products and more!

Register now for the great Landscape Show, September 14-16 at the Orlando Convention Center. Fabulous place to meet other people in the horticulture industry, new tools, new plants, classes, workshops, all kinds of good stuff! Only \$20 for the whole 3 days. Five acres, with over 200,000 square feet, 800+ vendors, lots to see. <http://remote.fngla.org/thelandscapehow/>

September 23rd - Inaugural Honey Bee Lunch - 12 Noon - a private garden lunch before the annual Taste of Honey Event, \$40, www.usf.edu/ua/rsvp or cvgoldstein@usf.edu

September 23rd - 9th annual Plant City garden festival - 9am - 3pm, downtown at the Train Depot, Free, Plantcitygardenclub.org

September 26th - AvocadoFest! - tropical fruit enthusiast Steve Brady discusses best avocado varieties for Florida, avocado tasting, 1131 Blvd of the Arts, Sarasota. TropicalFruitSociety.org

October 28th - 33rd annual fall garden extravaganza - downtown Munn Park - 201 East Main St, Lakeland - over 50 vendors - everything garden related, free.

∞ Club Notes ∞

A member is looking for **Ylang-ylang**, if anyone has either a seedling, or seeds available to share, please bring them to the seed table at the next meeting.

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: **September 22nd**.

Before the start of September's meeting, at **1:00 sharp**, Tom Schaefer will be giving a small class on working with spreadsheets on the computer. Bring your laptop if you like. Class will be about 30-40 minutes.

∞ 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
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