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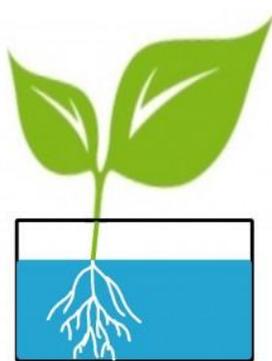
November 2017

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, McLoughlin Center,  
821 S. Dale Mabry, Tampa

## ⌘ Upcoming Programs and Events ⌘



**November 12, 2017, 2:00 p.m., Growing with Hydroponics!** Francisco Rivera, Small Farms and Alternative Enterprises faculty at the Hillsborough County Extension office, will speak on Hydroponic Gardening. He will talk about which plants can be grown hydroponically (without soil), their requirements, different hydroponic methods (and their advantages and disadvantages), and current research initiatives. A variety of hydroponic “setups” will be on exhibit to demonstrate “do-it-yourself” hydroponic systems.

**December 17, 2017, 2:00 p.m., The Incredible Can't Miss it Annual Holiday Party!** *Please note the meeting this month falls a week later than normal. Delicious buffet, gifts, and a fabulous time!*

## ⌘ Welcome New Members ⌘

Dena Alessi-Bowden	Tampa
Matthew Byrd	Sebring
Mike Escobar	Lutz
Elizabeth Graham	Tampa
James Miller	Tampa
Gregory Pelini	Apollo Beach
Edward Ross	Tampa
WM Paul Mitchell	Tampa
Melva Stennis	Valrico
Samantha Villaloo	Brandon
Catherine & Salvatore	Tarpon Springs
Velardocchia	

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

## ☞ A Letter and Note of Thanks from our President ☛

*All photos at the USF Plant Sale by Fred Engelbrecht*

*I think the USF Fall Plant Sale may be typical of a fall sale. Saturday was steady but not swamped. Sunday was slow, but sales continued! We met and helped many patrons learn and purchase some interesting fruit trees, shrubs and vines. They even tasted some Ice Cream bananas that were just ripening! And some miracle fruit samples helped make them taste a little sweeter. Our fruit display was excellent along with the new photos! That always draws people to our location.*



*A sincere **Thank You** goes out to those special members who prepare for the sale, work countless hours on details, obtain the plants, price plants, approve manifests, make the new display & provide samples, being cashiers, sales people and helpers, provide food for the workers, get the juice ready for sale, set-up & tear down, bring the tents, chairs, tables & fencing, store the club's trailer, and write the checks! Members brought good things to sell as well, from small plants to large, even jams and jellies! Some plants that I'm not familiar with too! It's*

*exciting. However we still need our newer members to join in this group of workers for us to be successful. Our success depends on you. I know it was difficult to get involved this year since we missed our September meeting where we discuss needing help. But spring will be here when you're ready to start planting again! The USF Spring Plant Sale in April is usually bigger than the fall sale. Help is always needed!*

*The variety of plants provided was very good considering the recent hurricane. We had some good deals at the end for those members who helped at the sale. But you must support our club by helping for a day or two to benefit from the lower pricing.*

*By the way, don't forget to protect your sensitive plants from a sudden cold snap that might slip in during our winter period! We'll talk more about cold weather protection soon.*

*Brief rain sprinkles didn't dampen our spirit. New members signed up and received a free gift plant. We'll find out totals in the final tally from Susan. Please make sure you reach out and welcome new members at every meeting and discuss their reasons for joining our group. If they need help with specifics, introduce them to the more experienced growers for answers. That's one of our goals: helping others succeed in growing "Rare fruit trees" in our area.*



I am so pleased with the comradery in our club! It's such an enjoyable way to help and learn at the same time from our more experienced growers. Listening to them teach and explain is educational in itself. They have some good recommendations also.

So many patrons were not aware that we are a non-profit organization that teaches at our meetings how to grow all the various fruit trees here in west central Florida. Our newsletters on our website have so much information in them for growing so much. Maybe someone

could volunteer to make a table of contents of the topics, year by year.

I provided a "Walk and Talk" on Saturday about growing fruit trees in general to guests. We walked throughout the Memorial Garden discussing the fruit trees and seeing what they are like when many are mature. Paul Zmoda had a "Question and Answer" period on Sunday about growing trees. What a great time to learn more!



The fruit juices that we provide for sale are so good! And our production and sales staffs are excellent too!

We will discuss our sales results at our next meeting.

Mark Govan, of the radio show Florida Gardening, has asked that we join him on a Sunday morning to talk about our club. He is on WDAE 970 from 7- 9 am Sunday mornings. He is a great resource for anything gardening! Have a question, call Mark Govan! I'll try to keep you informed when we'll be on the radio

talking about the Tampa Rare Fruit Council. Thanks to our Facebook supporters too!

Sincerely,

Tom Schaefer, President 2017-2018

Tampa Bay Chapter of the Rare Fruit Council International, Inc.

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## ☞ What's Happening ☜

by Paul Zmoda

The October sale was a success at USF. I had to control my impulses to buy more plants. I sold out of my offerings. The native paw-paws went quickly, as expected.

I finally visited Bill Vega's yard. His fruit trees are packed in close together, but that's a good thing as they protect each other from wind and winter cold, and don't seem to suffer from competition. His citrus are doing much better than mine. Bill's custard apple tree is huge and healthy - the only *Annona reticulata* I know of in this area. He had to pull it back up after hurricane Irma laid it down. Bill also has an extensive rainwater collection system amounting to hundreds of gallons. Very impressive.

On Thursday, October 19th, I hosted a tour of our Flatwoods Fruit Farm for the Hillsborough County Master Gardeners.

Our persimmons are ripening so quickly - we eat lots daily. I picked the first dwarf Orinoco plantains - ninety days from flowering to the hot oil, where I turned them into Tostones, a twice-fried treat.

I set up llama and caper seeds in their own sprouting boxes.

New plantings: Goldfinger banana

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## Ginger Lime Fruit Salad

Paige Grandjean

RECIPE BY Cooking Light March 2017

This colorful and nutritious salad is easy, delicious, and goes with just about any meal.



1 ripe mango, chopped  
 1 cup quartered strawberries  
 ½ cup blueberries  
 1 cup of seedless grapes, halved  
 2 nectarines, sliced, seeds removed  
 ¼ cup blackberries  
 1 teaspoon grated lime rind  
 1 tablespoon fresh lime juice  
 ½ teaspoon grated ginger

Combine all ingredients in a bowl and let stand 5 minutes to allow flavors to macerate.

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## Farro, Bacon and Fruit Salad

Sara Tane

RECIPE BY MyRecipes

- 1 ½ cups uncooked farro
- 6 slices thick, center-cut bacon
- 1 ½ cups brussels sprouts, trimmed and halved
- 2 tablesppons extra virgin olive oil
- 1 tablespoon honey
- 1 tablespoon fresh lime juice
- 1 teaspoon kosher salt
- 1 cup fresh blueberries
- 1 cup fresh strawberries, quartered
- ¼ cup chopped mint
- ¼ cup chopped basil
- 4 ounces goat cheese



Everything's great with bacon!

Bring 3 cups of water to boil in a medium pan, add the salt, then add farro, cover and simmer for about 15 minutes, or until al dente.

In a medium skillet, cook bacon until crispy, then remove bacon to a paper towel. Leave drippings in the pan. Once cooled, crumble the bacon to course pieces. Add the brussel sprouts to the pan with the drippings, and cook until slightly brown and crispy, about 6 minutes. Transfer sprouts to a large bowl and top with the bacon pieces.

In a small bowl, whick together olive oil, honey, lime juice and salt.

Add farro, blueberries, strawberries, mint, and basil to the bowl with the sprouts and bacon. Toss with the oil mixture. Top with goat cheese and immediately as a warm salad, or refrigerate, and serve chilled.

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## Spinach Pomegranate Salad

Elvira Silva

This super easy holiday salad looks like Christmas on a plate!

- 1 10oz bag baby spinach leaves, rinsed and drained
- 1 red onion, sliced very thin
- ½ cup walnut pieces or almond slivers
- ½ cup crumbled feta
- ¼ alfalfa sprouts
- 1 pomegranate, peeled and seeds separated
- 4 tablesppons balsamic vinaigrette



Place contents of the spinach bag into a salad bowl. Add other ingredients. Drizzle the dressing over the top, and toss.

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## Holiday Fruit Crisp

Savorynothings.com

### Filling:

4 medium apples, cored and cubed  
2 firm pears, cored and cubed  
1 tablespoon lemon juice  
1 cup fresh cranberries  
¼ cup maple syrup  
2 tablespoons sugar  
2 tablespoons cornstarch  
½ teaspoon ground cinnamon  
¼ teaspoon ground ginger

### For Topping:

2/3 cup rolled oats  
¼ cup brown sugar  
2 tablespoons flour  
3 tablespoons butter  
¼ cup pecans, chopped  
Pinch of salt



### Directions:

Preheat oven to 350F.

Lightly grease an 8x8 inch square baking dish or spray with cooking spray.

To make the filling, add the cubed apples and pears to a large bowl and toss with lemon juice. Stir in the remaining ingredients and mix very well. Add to the prepared baking pan and bake for 30 minutes or until the fruits have softened, stirring once halfway through.

Meanwhile, prepare the topping by mixing all topping ingredients together with your fingertips until coarse crumbs form.

Remove the dish from the oven and stir the fruit well. Top with the oat crumble and bake for another 15 minutes or until golden brown. Allow to cool for 15 minutes before serving warm.



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### ☞ Local Events ☞

November 11th - Annual Open Garden at Monica Brandies Garden at 1508 Burning Tree Lane, Brandon. Wander the garden, buy plants. For a list of plants/prices email: [monicabrandies@yahoo.com](mailto:monicabrandies@yahoo.com)

December 1-2, Holiday Garden Fest sponsored by the Tampa Garden Club. Find special holiday gifts, plants, supplies, handmade items, and gourmet delicacies. Free. 10-4. Come hungry. For more info check out: [tampagardenclub.com](http://tampagardenclub.com)

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### ☞ Club Notes ☞

Be sure to check the Nov/Dec issue of Florida Gardening magazine for the article on Club member Maryhelen Zopfi's garden.

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](mailto:bdprovencher@tampabay.rr.com) Submissions for the next newsletter due by: **November 22nd**.

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### ☞ 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.

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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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