



RFCI

July 2018

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 ∞

July 8th, 2pm - Annual Fruit Tasting - This event is always a favorite. It's a great opportunity to taste a great selection of mango varieties, and other tropical and unusual fruits in season. Try something new! Bring a dish for the buffet, and a plant for the raffle. If you would like to help with fruit preparation and setting up the event, please contact Cora at Jencofarm@aol.com, or 727-403-1756.

This meeting will be held **inside** the Martha Center, on the 2nd floor where we have been having our meetings while the Church renovations are taking place.



Aug 12, 2018, 2:00 p.m. Dr. Nick Place, Director of the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) will discuss the University's role in Florida's agricultural development.

∞ Welcome New Members ∞

| | |
|-----------------|-----------------|
| Andrew Schulte | Clearwater |
| Bob Grauer | Odessa |
| Sylvia Stratis | Treasure Island |
| Marsha Curry | Seminole |
| Alberto Berrios | Tampa |

President: Tom Schaefer; VP and Secretary: Cora Coronel; Treasurer: Susan McAveety,
Newsletter/Membership: Denise Provencher

∞ An Expert Opinion ∞

A panel of some of the Club's expert members answered questions from members and guests about a wide variety of topics concerning fruits. Paul Zmoda, Roshan Premraj, Jerry Coronel, and special guest, Will Wright from "Tropical & Rare Fruit Trees, LLC" were the speakers.

From ways to control squirrels, harvest mangoes, and of course growing citrus, the experts were kept busy answering these questions and more. It was a great opportunity to ask those questions we all have bugging us.

One good note heard from more than one person is concerning the growing of citrus. It is good to know that members are seeing results in growing their citrus trees with the now recommended monthly applications of fertilizer and manganese and boron. Some trees are coming back from the brink of death. So, do feed your citrus trees, as these recommendations really seem to help for the backyard grower.

At September's meeting, Will Wright will be back again speaking on gardening in containers. Be sure to come to this meeting to hear about growing fruits in containers.

∞ What's Happening ∞

by Paul Zmoda

It's been so hot outside lately that chores are getting done more slowly than usual with lots of breaks in between.

Once our blackberries were done it was time to remove the floricanes since they won't fruit again. The first-year, non-fruiting, primocanes were tied to the trellis and will flower next year. I prune off the growing tip of these primocanes when they grow to six feet. This leads to branching which in turn leads to more berries.

The hot weather lead to our grapes ripening so quickly. At the proper sweetness, and before the animals could take many, I began snipping off the clusters one at a time. I go the extra step of inspecting each bunch and removing any tiny, green shotberries and spoiled grapes before processing. I am storing the black grapes in a freezer until all the different varieties are harvested, then wine making will begin.

New plantings: cowpeas



Paul's grapes – photos Bryon Provencher

Chickasaw Plums and Shallots

For those of you lucky enough at June's meeting to get some of Paul Zmoda's shallot starts, and some of his Chickasaw plums, here are the directions for growing them in case you missed them.



For the shallots - keep in a cool dry place until fall, September should be fine. Separate each bulb and plant them 6" apart with the growing top of the bulb sticking out above the soil. Harvest in early summer when the greenery starts to turn brown and die back. Don't forget to save some to plant again in fall for the following year's crop. Shallots are a mild onion, often used in French cuisine.



The Chickasaw plum fruit you received can be eaten once fully ripe. Clean and dry the seeds. Once fully dry, cold stratify the seeds for about 3 months. This is easily done by putting some sand in a zip bag and placing the cleaned dry seeds in the bag in the refrigerator for the 3 months. Put the "Take out of the fridge and plant date" on the bag to help you remember when the seeds need to come out and be planted. Chickasaw, or Sandhill Plum is a fast growing, attractive, low-maintenance small tree (12-25 feet).

From the President Tom Schaefer

Thanks to everyone with our Q & A panel last month. We had some good discussions about various plant issues. Please come early and continue to ask questions at our monthly meetings to help with your growing needs.

Florida citrus concerns are still paramount with the greening disease, HBL. On a recent drive to the east coast on SR 60 and along the turnpike, I saw numerous groves with healthy looking citrus trees. Many new plantings were evident as well. The growers are finding ways to grow trees despite the greening disease that threatens them. There were some sad looking trees in other groves. Hopefully our scientists and growers can provide us with even more effective ways of growing our oranges, grapefruit, lemons and limes!

The Fourth Annual Fruit Tasting event will take place July 8th. The mangoes in south Florida are looking great, despite our local freezes. Check out all the varieties that our committee will provide for you, and note your favorites. Let us know which variety you would prefer for our tree sale in the fall. In our area of west central Florida, we need to keep our mangoes warm through the freeze periods. Watch for methods of cold weather protection in upcoming programs. There should be mangoes for sale also. Unfortunately, I will be on vacation in July and miss one of my favorite fruits and events! Enjoy the fun!

 WORD FIND

BEANS OF ALL KINDS

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 C H S T R I N G L E S S E O N E A R
 A O E O O I O A O G S D D U N R O E
 R C O L O E O X N U N E O T B O B A
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ADZUKI
 BOSTON BAKED
 CANNELLINI
 FAVA
 GARBANZO
 HEIRLOOM
 KENTUCKY POLE
 LIMA
 PINTO
 RED NOODLE
 RUNNER
 SOY
 TEPARY

BEANSTALK
 BROAD
 DRY
 FIBER
 GREAT NORTHERN
 HELIOTROPIC
 KIDNEY
 MUNG
 PROTEIN
 ROMA
 SCARLET RUNNER
 STRING
 WAX

BLACKEYE
 BUSH
 FABACEAE
 FLAT
 HARICOT
 JACK
 LEGUME
 NUTRITIOUS
 RED
 ROUND
 SHELL
 STRINGLESS
 YARDLONG

Summer Bean Salad

This easy summer salad is an American classic. It takes only about 10 minutes to prepare, and will serve up to 8. You can use cannellini, kidney, garbanzo, green, wax, or black beans for this recipe. Select 3 or 4 of these beans, whichever colors and flavors are your favorite.

Ingredients

1 15 ounce can each of the 3 or 4 beans you want to use in the salad.

$\frac{3}{4}$ cup of finely chopped red onion

2 celery stalks chopped fine

1 cup of chopped flat leaf parsley

1 teaspoon finely chopped rosemary

$\frac{1}{3}$ cup apple cider vinegar

$\frac{1}{4}$ cup sugar (more or less to your taste)

3 tablespoons olive oil

1 $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper



Preparation

In a large bowl, mix the beans, celery, onion, parsley, and rosemary.

In a separate bowl, mix together vinegar, sugar, olive oil, salt, and pepper. Add this dressing to the beans, and mix well to coat all the ingredients evenly.

Chill the salad in the refrigerator for several hours to allow the flavors to marinate.

Did you know?



- There are about 40,000 bean varieties in the world's genebanks, although only a fraction are mass-produced for regular consumption.
 - Beans are the one of the longest cultivated plants.
 - Beans were placed with the dead in ancient Egypt for travel into the afterlife.
 - Beans are botanically a fruit, used as a vegetable.
-



☞ June 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 |
|--------------------------|------------|------------|
| Plumeria | Vega | Kirby |
| Dragon fruit | Vega | Morgan |
| Brazil sugar apple | Luba | Morgan |
| Ice cream banana | Provencher | |
| Edible cactus | Provencher | |
| Red leaf dwarf cavendish | Provencher | |
| Purple yam | Provencher | |
| Tamarind | Coronel | Jacobs |
| Tamarind | Coronel | Morgan |
| Orinoco plaintain | Premraj | Luba |
| Ackee | Jacob | |
| Texas everbearing fig | Gill | Kirby |
| Ilama | Zmoda | |
| Flamboyant | Gutierrez | |
| Plaintains | Clarke | |
| Hot pepper | Clarke | Provencher |

☞ June 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 |
|---------|------------------------------------|--------|-----------------------------|
| Campani | Brownies, milk | Soto | Banana nut bread |
| Sweet | Chili, corn bread | Kirby | Sweet potato salad |
| Larsen | Sugar cookies | Grauer | Sour cream coffee cake |
| Miller | Macaroni salad | Clarke | Beef chili |
| Clarke | Sausage, peppers, onions, potatoes | Bowman | Sweet potatoes, green beans |
| Black | Watermelon | Clarke | Cole slaw |

∞ Club Notes ∞

Lost wedding ring? It's a long shot, but if anyone is missing a man's wedding ring, gold, with initials inside, please come to the seed table at the next meeting, or contact bdprovencher@tampabay.rr.com. A man's wedding ring was found inside one of the seed containers as seeds were being sorted for June's meeting. This ring could have been at the bottom of this container for a long time, quite possibly years, we don't know, but perhaps it slipped off when someone was looking at the seeds at the seed table one day in the past?

Send in 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: **July 22nd**.



∞ Local Event ∞

July 14 and 15 – Mango Mania!! Can't get enough mangoes? Head for the 22nd annual Tropical Fruit Fair at the German-American Social Club, 2102 Pine Island Rd, Cape Coral. Adults \$6.00, kids under 10 free. <http://mangomaniafl.net/>

∞ 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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Zephyrhills, FL 33542