

RFCI

AUGUST 2020

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 American Legion Post 111,
6918 N. Florida Ave, Tampa 33604

⌘ Upcoming Programs and Events ⌘

No meeting for August. Due to the ongoing Covid-19 situation, the Club meeting for August has been cancelled. The health and safety of our members continues to be top priority. Please watch the Club website and the newsletter for details concerning future meetings, video conferences and other news. The current situation will be assessed again for September.

Please follow the health guidelines of local, state, and federal agencies and stay healthy.

Plants for Sale to our Members

RFCI has a limited supply of plants for members only at reasonable prices. These plants, all in 3-gallon pots, will be available 2nd week of August 2020.

20 mangoes (maha chinook variety)	\$30 each
2 sugar apples	\$25 each
1 red guava	\$25 each
2 passion fruits	\$22 each
2 star fruits (sri kembangan)	\$30 each

Members interested please call/text Cora 727 403-1756, or email jencofarm@aol.com You will be given directions for pickup. Plants are first come, first serve.

President: Fred Engelbrecht; Vice Presidents: Cora Coronel and Kenny Gil; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

☞ What's Happening ☞

by Paul Zmoda

The avocados have suddenly started to ripen. 'Fantastic' and 'Brodgon' are giving us a daily feast of fresh fruit.

Our grapes are about done but still providing hand-squeezed juice. I have a freezer full of purple grapes which will be started in the wine making process very soon.

Orinoco bananas are producing a steady supply of green fruit for frying or made into soup. Fully ripe ones get sautéed in butter until golden brown and caramelized.



Our longan tree's crop is almost ripe and the crows have noticed. If I turn my back for a few minutes, they descend by the hundreds, determined to strip the fruit.

A few African custard apples ripened. Smallish and attractively colored, they taste like strained carrots baby food.

African custard fruit - photo Paul Zmoda

A few facts about crows. Fruit stealing by crows is certainly frustrating for us humans. They're so good at it because crows are extremely intelligent birds. They are known for their problem-solving skills and amazing communication skills. For example, crows teach other crows how to identify humans. In fact, research shows that crows don't forget a face. Crows remember who feeds them too.

Crows usually stay together in a group called a murder. They are omnivores, eating just about anything. A good part of their diet is insects, worms, carrion, garbage, even mice, so they are actually helpful sometimes too in eliminating pests and cleaning up.





Naranjillo - Lilo *Solanum quitoense*

This South American native is an interesting, though not well-known little plant. It is grown for its edible orange fruits, that are about the size of a cherry tomato.

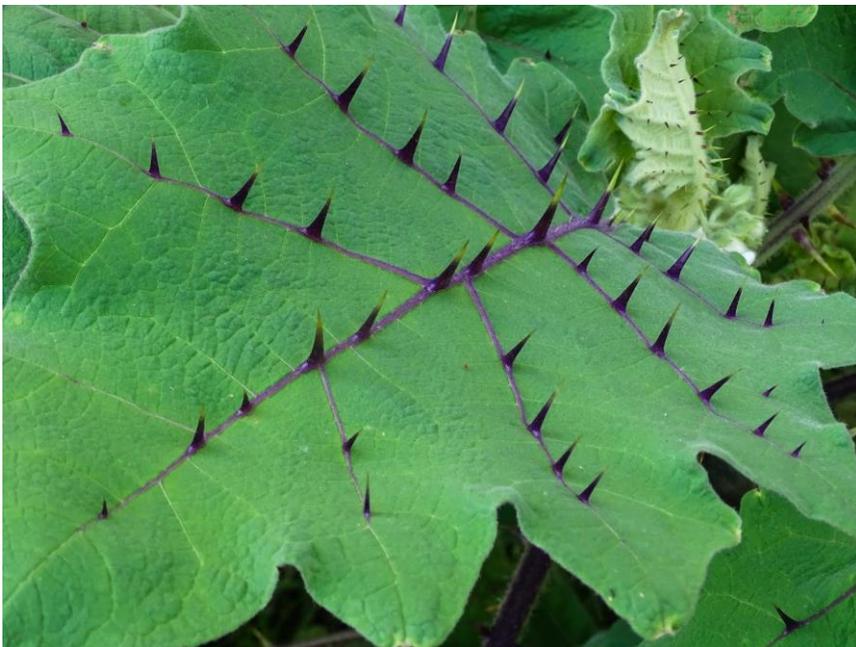
The fruit is covered with fuzz until it is ripe. At that time the fuzzy hairs will rub off. The pulp inside is green/yellow, with an excellent flavor that is both sweet and sour. The fruit is mostly eaten fresh out of hand, but is also used to make beverages, desserts, and preserves.

The plant itself is covered with dangerous looking spines on its stems and leaves, but are quite harmless.

Naranjillo can take light freezes. The plants are also perfect in containers, as this method of growing will keep the plant free of nematodes that are present in Florida soils.

Fruit set is thought to be best when daylight hours are in the 8-10 hour range, in autumn as the days shorten. Pink buds yield white flowers, that will provide the fruit pods.

Plants are easy to grow, and a unique conversation piece in the garden or on the patio.



Tomatillo – Miltomate

Physalis Ixocarpa



Pronounced (to-ma-TEE-yo), the tomatillo is a type of husk tomato, with fruits that are usually larger than those of other varieties of husk tomato. The fruits are enclosed in a thin, papery husk. Tomatillos are from Mexico, but do well in Florida gardens too. Cultivate them the same way as tomatoes, of which they are a cousin.

They are commonly used as the main ingredient in salsa verde. Tomatillo means “little tomato”, but using a regular tomato will not get the same authentic culinary result.

The fruit are usually eaten when still green, but are yellow when fully ripe. They are also used in moles, salsas, and stews. You know they are ripe when the fruit fills the husk.

Easy Salsa Verde Elise Bauer

1 ½ lb. tomatillos
 ½ cup chopped white onion
 2 (or more) cloves garlic
 ½ cup cilantro leaves
 1 tbsp fresh lime juice
 2 jalapeno or serrano peppers, chopped
 Salt to taste

The tomatillos are commonly boiled/simmered for 5 minutes, but instead of boiling, you can also pan sear them on a skillet to add another dimension of flavor.

Simply place tomatillos in the skillet with a little oil, and high heat. Sear on one side, flip and brown the other side. Remove from heat.

Place the cooked tomatillos, lime juice, onions, garlic, cilantro, and peppers in the food processor and pulse until all ingredients are finely chopped and mixed.

Season with salt, and refrigerate to cool.

Serve with chips, or as an accompaniment to Mexican dishes.



Scientists are saying a new Peptide could control HLB

HLB (Huanglongbing), or Citrus Greening Disease as it is more commonly known has devastated citrus not only in Florida, but worldwide. University of California Riverside (UCR) scientists have found a peptide naturally present in Australian Finger Limes, and other wild citrus relatives that are naturally resistant to HLB, may be a new treatment.



Examining plants such as the Australian finger lime that are tolerant to greening, allowed scientists to isolate the genes that produce this naturally occurring peptide that is responsible for this immunity. Two years of testing has shown positive results.

The antimicrobial peptide has numerous advantages over some treatments currently in use. It is safe for human consumption, easy to manufacture, and is stable outdoors in high heat. It also is highly cost effective as it only needs to be applied a few times per year. By developing the peptide into a vaccine-like solution to protect healthy trees from infection, it can induce the plant's own innate immunity.

Currently, some growers in Florida are spraying antibiotics and pesticides in an attempt to save their trees from greening, but the effects are greatly reduced in hot weather. This peptide is stable in 130 degree heat. The peptide solution can be injected or applied in a foliar spray, and it will move systemically through the tree, and remain stable.



Dr. Hailing Jin and her team have received grants from the USDA to continue research into this exciting new treatment for greening.

Source: UC Riverside Newsroom/ Citrus Industry

Tampa Area Open Air Fresh Markets

Each market is unique and captures the culture of the surrounding area.
Check schedules before you go, as some are not open all year.

SEMINOLE HEIGHTS SUNDAY MARKET

Hillsborough High School Lawn 5000 N Central Ave, Tampa, FL 33603
10am – 2pm the second Sunday of each month

COREY AVENUE SUNDAY MARKET

Corey Avenue Between Boca Ciega Ave and Gulf Blvd, In the Heart of St. Pete Beach, Florida 33706
10am – 2pm every Sunday October through the end of May

DUNEDIN DOWNTOWN MARKET

John L. Lawrence Pioneer Park, Main Street and Douglas Avenue Dunedin, FL 34698
9am – 2pm on Fridays and Saturdays each week from November until June

NORTH TAMPA MARKET

Carrollwood Cultural Center- 4537 Lowell Rd., Tampa, FL 33618
10am – 2pm the second Saturday of every month

Green and Gold Market at USF

Marshall Student Center Front Lawn at University of South Florida, , 4103 USF Cedar Cir, Tampa, FL 33620
10 am to 2 pm
1st & 3rd Thursdays during the Fall and Spring Semesters

FRESH MARKET AT HYDE PARK VILLAGE

Hyde Park Village, 742 South Village Circle, Tampa, FL 33604
10am-3pm the first Sunday of each month

FRESH MARKET AT WIREGRASS

28211 Paseo Drive, Suite 100 Wesley Chapel, FL 33543
10am – 2pm every first & third Saturday each month. First Saturday only Nov. to Jan.





Live in each season as it passes: breathe the air, drink the drink, taste the fruit.

Henry David Thoreau

∞ Club Notes ∞

Your submissions for the newsletter, pictures, notes of interest, events, tips, recipes, questions, etc. are especially needed - please send them to bdprovencher@tampabay.rr.com
Submissions for the next newsletter due by: **August 22nd**.

The Club would love to hear from anyone interested in joining the Board. It's a great way to learn the goings on within the Club and being involved in planning events, such as the plants sales, farmer markets, fruit tastings, and the Citrus Celebration at the State Fair.

Note: The election of the new Board members will be rescheduled when regular meetings resume. If interested please come to the next meeting once meetings resume.

If anyone knows of a farm stand that sells lychee fruit, or a U-pick farm for lychees, please let me know: bdprovencher@tampabay.rr.com

∞ 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, 12722 Prosser Rd., Dade City, FL 33525

RENEWING MEMBERS

Send check or money order for \$20 made out to Tampa Bay RFCI and mail to:
Tampa Bay RFCI, 12722 Prosser Rd., Dade City, FL 33525



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.
