



RFCI

October 2021

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 ∞

Plant Sale



October 9th and 10th: USF Plant Sale – The University of Florida has decided to go ahead with having the October Plant Sale and our Club will have a booth there selling plants. This event has always been a great fund-raiser for the Club, and a great opportunity to meet other fruit lovers, and pick up some plants for your garden. Volunteers are needed!!!

See next page for more information.

Note: There is no regular meeting in October at the American Legion.

There will also be a sign-up sheet at the plant sale for the event after the Olive Grove meeting in November, (see below).



November 14th, 2:00pm. Field trip to The Olive Grove!! Deirdre Davis, owner of The Olive Grove, 15016 Rester Drive, Brooksville, Florida 34613 will host our visit Sunday, November 14, 2021 at 2.00 p.m. She will talk about different kinds of olives (some grown in her farm), olive oils, tasting and infusion. Available for sale are olive oils, homemade spreads, soaps, and olive trees.

See next page for more information.

President: Mike Sweet; Vice Presidents: Cora Coronel and Paul Branesky; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

More information on the plant sale:

Volunteers are needed!!

Friday October 8th - Please arrive for 1:00pm to help set up our booth. We need help with unloading and inventory of incoming plants, setting up tables, installing the canopy and fence, as well as the Club's beautiful display and sign.

Saturday October 9th, and Sunday October 10th, during the sale hours, help is needed during the sale to assist in sales, answering questions, manning the new membership table, manning the display, selling juice, and just chatting with customers.

Sunday October 10th, help is needed to dismantle the set-up, load the trailer, inventory remaining plants, and clean up the area.

Please contact call/text Cora at 727-403-1756 or email Jencofarm@aol.com if you can help out in any way, and let her know what days and times you are available. After the sale, all remaining plants will be available to members who helped at the sale at a discounted price.

Note: If you are selling plants that you grew on your own (no citrus), you must plan on staying at the sale to answer questions about your plants. Remember to please price your plants accordingly, as 10% of the sale price goes to the Club, and 20% to USF.

More information on the November field trip:

Meet at the Olive Grove for 2:00pm on November 14th, there is plenty of free parking, bring a chair, and wear your Club shirt! There are other events going on, and wearing our Club shirts makes knowing who we are easier for the staff there.

Note: There is another event later in the afternoon at the Olive Grove at 4:00pm with a band and free gumbo that Club members are welcome to attend. Please indicate on the sign-up sheet that will be at the USF plant sale that you will be staying for the gumbo after our tour of the Olive Grove, as a head count of attendees is needed. If you are not able to attend the plant sale, please contact call/text Cora at 727-403-1756 or email Jencofarm@aol.com to let her know you would like to stay after the Club's 2:00pm tour to attend the 4:00 event.

Apocalypse Gardening

Will Wright



Photo: George Campani

Will Wright (L) with new Club President Mike Sweet (R).

There are certain things we probably do not spend much time thinking about. We are so busy in our daily routines, we don't often take a pause and think about....an apocalyptic event. Our beautiful and diverse world is wild and ever dynamic, no matter how we try to regulate it. Earth is the biggest 'drama queen' there is, constantly changing from peaceful to violent. This constant change has been going on for millennia, we just don't notice it sometimes because we are here for a such a short time. But the evidence of violent change is all around us.

Will discussed the many types of events, natural cycles, and expected changes that occur on this Earth. The talk was a thought-provoking mix of science, geology, astronomy and history. What does this have to do with gardening? Absolutely everything! A very slight change in our climate can make a huge difference for the lives of the creatures on this planet.

This planet is influenced by events from far away in space such as solar flares or meteors, but the majority of events occur right here on Earth. Such events are happening on the globe somewhere, and at any time. This could include floods, earthquakes, hurricanes, melting glaciers, changing riverways and ocean currents, volcanoes, droughts, rising global temperatures, and even pandemics and a troubled economy.

Gardening and growing our own food seems more important than ever.
Will recommends we all try to do the following:

- * Be familiar with your soil. Get your soil analyzed at your local extension office. With this information you will know what adjustments you need to make to maximize your production efforts.
- * Learn the patterns of sun and shade in your yard to maximize growth.
- * Don't be afraid to experiment. Any gardener who doesn't experiment is missing out. Just because someone else says a plant can't grow here, does not mean it won't. Try new plants you haven't tried before.

* Have early, midseason, and late varieties of fruits. This will greatly extend your harvest time.



* Save seeds! Many plants can be grown again next season from seed you save.

* Maximize space. Small yards, patios, and even balconies can be filled with productive produce. It is amazing how much produce can be grown in even a small yard.

* Learn how to preserve produce for future use.

Good resources for classes in any of these topics include your local extension office, University of Florida publications, and our Club meetings.



☞ What's Happening ☜

by Paul Zmoda

Our longan tree did not let us down this year. We harvested over a hundred pounds, sold most, and still have a few here and there for ourselves.

I was looking forward to enjoying at least part of our pecan crop which was the largest since planting 26 years ago. Once the squirrels found them, the battle was on. They would knock off as many as they chewed up. I employed five traps, a pellet rifle, and a snare set-up, but still lost every one!

Photo: Paul Zmoda

We are still eating avocados on a daily basis. These delicious fruits are loaded with monounsaturated fats – the ‘good’ kind that can help lower cholesterol.

We got our first jackfruit of the season. It was about seven pounds. Every week we have enough passionfruit to make some fresh juice. Almost as good as orange juice. We love it.

Q & A

Question: I went to harvest a ripe looking pineapple, and found the fruit had several holes in it, and if that wasn't bad enough, the top leaves of the pineapple crown itself fell off, and there was evidence of something chewing it from the inside. I found two beetles on the plant, black with a reddish stripe. Did they have anything to do with this problem? What happened to my poor pineapple?

Answer: Definitely sounds like damage from the Mexican bromeliad weevil (*Metamasius callizona*). This evil weevil was accidentally imported in a shipment of ornamental bromeliads from Mexico and quickly spread through Florida, damaging not only native populations of bromeliads and ornamental bromeliads in the landscape, but it loves pineapple too. The larvae mine into the meristematic tissue of the plant, killing the plant. You may see the adult beetle if you are lucky, but probably not until it's too late.

On ornamental bromeliads, the recommended control is a product with imidacloprid, such as Bayer Bioadvanced Complete Insect Killer. For edibles such as pineapple, close monitoring may be preferred to chemical control. Signs of eggs, tunneling, waste piles, leaf damage and adult weevils may indicate their presence.



5 health benefits of eating avocado

Avocados are a source of vitamins C, E, K and B-6, magnesium and potassium.

Avocados can help to reduce bad cholesterol levels and increase levels of good cholesterol.

Avocados are full of fibre, so they're good for your digestive health!

Avocados contain good fatty acids that have anti-inflammatory properties.

Avocados can keep you feeling fuller for longer, meaning you eat less between meals.

musclefood
healthy living for all

Avocado - Nutritional Facts per 100 g

Nutrients mg Percentage

Folates	81 µg	20%
Niacin	1.738 mg	11%
Pantothenic acid	1.389 mg	28%
Pyridoxine	0.257 mg	20%
Riboflavin	0.130 mg	10%
Thiamin	0.067 mg	5.5%
Vitamin A	146 IU	5%
Vitamin C	10 mg	17%
Vitamin E	2.07 mg	14%
Vitamin K	21 µg	17.5%
Sodium	7 mg	0.5%
Potassium	485 mg	10%
Calcium	12 mg	1%
Copper	0.190 mg	21%
Iron	0.55 mg	7%
Magnesium	29 mg	7%
Manganese	0.142 mg	6%
Phosphorus	52 mg	7%
Selenium	0.4 µg	<1%
Zinc	0.64 mg	6%



∞ Club Notes ∞



REMINDER OF DUES PAYMENT DATES

All members: During the Covid crisis, all memberships were extended for one year as the Club could not meet during that time. Your new due date for payment of dues membership is on the mailing label for your newsletter if you receive by mail, or is part of your email if you receive by electronic means. Please use this new date for your renewals. If you have any questions, please contact the membership chairperson at the meetings, or at bdprovencher@tampabay.rr.com

Contributing to the newsletter is a great way to share what you are doing in your garden with other members, learn what other members are growing, and get your questions answered.

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: **October 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, 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.

Tampa Bay RFCI
12722 Prosser Rd.
Dade City, FL 33525