



RFCI

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<http://www.facebook.com/TampaBayChapterRareFruitCouncilIntlInc>

December 2022

TAMPA BAY CHAPTER of the
RARE FRUIT COUNCIL INTERNATIONAL,
INC.

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 ∞

****Please note the earlier start time of 1PM****



RFCI CHRISTMAS PARTY!

Join us for our annual Christmas Celebration for all of our members! We will be providing some food but would love for our members to bring their favorite holiday dish to share. We will enjoy a feast with our RFCI family, and then have a gift exchange. It is recommended that all attendees bring a gift in exchange for a raffle ticket.

Sunday, Dec. 11
1p - 4p Party
American Legion Post 111
6918 N. Florida Ave.
Tampa, FL 33604



President: Hillary Cosenza; Vice President: Dylan Chadwell; Secretary: Jager Mitchell;
Treasurer: Susan McAveety; Newsletter/Membership: Denise Provencher

∞ Nutrition as Medicine for Lifestyle Diseases ∞

Dr. Jaimela Dulaney

Dr. Jaimela Dulaney, MD, PA provided a most informative and sometimes surprising talk about plant-based diets and the real science behind how these diets can improve health. This was not another “eat your veggies” lecture. Her discussion included much in-depth information that you may not have ever heard before regarding the actual components of the plants themselves and how they benefit the body. Lifestyle health problems such as inflammation, high cholesterol, high blood pressure, dementia, diabetes, weight problems, autoimmune diseases, MS, lupus, and even cancer can be prevented and even reversed by proper nutrition. Proper nutrition will treat them all.

Dr. Dulaney is very excited about the potential to prevent or reverse disease through nutrition, and incorporates nutrition education into her primary and cardiology practice. Her journey began when she was young and observed many of her family members develop lifestyle related health issues. This led her to cardiology, and eventually into having a strong desire to make people’s lives better by improving patient health with nutrition.

Many topics were discussed, and many questions from members were addressed, covering many health-related issues. Her family cookbook “Plant-based Wellness Cookbook” was available for purchase and sold quickly. There are many delicious recipes within the book.

On her website are links to her pod casts, covering a wide variety of topics. These are free. There is also more information on nutrition classes and other resources.

If you would like to contact Dr. Dulaney:

Website: <https://doctordulaney.com>

Phone: 941-235-9231

Email: info@DoctorDulaney.com



Photo from L to R - Tom Shaefer, speaker Jaimela Dulaney, George Campani

Dr. Dulaney shared the holiday recipes below. Enjoy!

Vegan Deli Sliced Turkey Breast

Ingredients:

1 block extra firm high protein tofu (14-16oz)
 1 cup vital wheat gluten
 ½ cup water
 ¼ cup nutritional yeast
 2 Tbsp tapioca starch or corn starch
 2 tsp onion powder
 1-2 tsp garlic powder
 ½ tsp sage
 ½ tsp rosemary
 1 chicken-less bouillon cube (dissolved in the water above)
 1 tsp smoked paprika
 *3 Tbsp of hickory, Italian or other seasoning to coat the “turkey”



*It is recommended to use a high protein tofu in a vacuum sealed package. It is much firmer than regular firm tofu and has less moisture and a more chewy texture. If you opt to use regular firm tofu you will need to press it first and remove as much liquid as possible. You may need to adjust the amount of water in the recipe as well. Add the water last, adding just enough to accomplish a firm dough.

Directions:

Preheat oven to 350 degrees

1. Break up the tofu and place it into a food processor with the regular metal blade. Run the processor for around a minute until the tofu is broken down.
2. Add all of the remaining ingredients and let the food processor run for a couple of minutes. You want the mixture to form a dough. Letting the processor run will help knead the dough. We want this seitan to be firm so we need it to knead for a bit. If your dough seems a bit too dry, you can add another few tablespoons of water, just don't add too much more! Start at 1/2 cup and work from there.
3. Once you have a smooth but firm dough, remove it from the food processor and place on a clean counter. Knead the dough with your hands for about a minute, forming a kind of oval shaped loaf with the dough.
4. Cut a piece of parchment paper and aluminum about 3x bigger than the loaf of dough. Take the parchment paper and lay it out flat on top of the aluminum foil. Sprinkle half of the hickory, or whatever seasoning you are using in the center of the parchment paper. Place the loaf on the seasoning and roll it around. Sprinkle the remaining seasoning over the top and press it in. The goal is to fully coat the loaf in the seasoning!
5. Place the loaf back in the center of the parchment paper/foil and fold up the sides, pinching at the top to seal it up, then twist the ends to fully seal the foil.
6. Place on a baking sheet and put in the oven on the middle rack. Bake sealed for 30 minutes. After 30 minutes carefully open up the foil, and continue baking for another 30-40 minutes.
7. Remove finished “turkey” breast and let cool at room temp. Seal the foil back up and place the “turkey” breast in the fridge over night to rest. This step is important to get the texture we are trying achieve. If you try and serve it before it rests it will not be nearly as firm.
8. Once the “turkey” breast has been in the fridge overnight, you can remove it and slice it to serve. It should at this point be firm enough to slice using a mandolin or a sharp knife. Store in an air tight container in the fridge for up to 10 days.

Pumpkin Pie!

Ingredients:

CRUST

- 4 dates
- ¼ cup pecans
- ¼ cup walnuts
- ¼ cup rolled oats

PIE FILLING

- 1.5 cans of pumpkin puree
- ¼ cup maple syrup
- 4 chopped dates
- 1 box silken tofu
- 1 tsp cinnamon
- ¼ tsp clove
- ¼ tsp allspice
- ¼ tsp nutmeg



Directions:

CRUST

- Add ingredients to a food processor and mix with the S blade until a dough ball forms.
- Transfer to a pie plate and press to pack ingredients into a crust.
- Set aside or in refrigerator while making filling.

FILLING

- Preheat oven to 350°F.
 - Place all ingredients into a food processor with S blade, blending until smooth.
 - Transfer blended filling to prepared pie crust and bake for 50-60 minutes, or until filling begins to crack.
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∞ What's Happening ∞

by Paul Zmoda

Not another hurricane? Yes, afraid it was true. Nicole did more damage here, but mostly to our forested area in the back.

As the Fall weather cools, I continue planting vegetables to sustain us through the winter and beyond, and I freeze some for future meals.

I spent the last week in October visiting my siblings and my father. We stayed in Gettysburg, PA for what may be my Dad's last WWII army reunion. Walking back to the hotel following a wreath-laying ceremony on the site of what was once a civil war battlefield, I noticed



a tree whose leaves were a bright yellow. A tree I instantly recognized but rarely see in person. A ginkgo! Ginkgo trees come from an ancient line of plants and first appeared over 290 million years ago.

It is a very unique plant with its fan-shaped leaves and peculiar fruit – many of which had recently fallen. The fruit itself is barely palatable in a fresh state. As it spoils though, you would never consider even tasting it since the smell resembles dog feces. The seed however, are commonly eaten in Asia. It is advised to not eat too many as they contain a toxin. After toasting, the flavor is described as similar to a stinky cheese. I brought some seeds back to grow.

Photo of Ginkgo fruit and the autumn glory of the leaves. Paul Zmoda

Pineapples

The Club's resident pineapple expert, Ian Greig, reminds us that December/January is the perfect time to plant out pineapple starts. New plants can easily be started from crowns removed from fruit purchased at the market or from suckers from this year's harvest. Remember that Pineapples are an 18-month plant so that plants started this winter will be ready for harvest in July/August 2024.



Photo: GrowEnjoy.com

Call for volunteers!!!!



Save the date! February 9-20, 2023 is the Florida State Fair.

The Club is now looking for volunteers to work on the Clubs' display that will be present during the entire length of the Fair, and also for volunteers to help at the Citrus Celebration, which next year will be held on the 3rd Sunday of the Fair.

If you know of any citrus fruit that may be available to bring for citrus tasting, also let George know.

Please contact George Campani at Kamp177@yahoo.com, or 727-787-2639 to let him know you would like to volunteer for these activities.

☞ Club Notes ☜

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: **December 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, 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



I Heard the Bells on Christmas Day (Excerpt)

I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!

—HENRY WADSWORTH LONGFELLOW





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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