



Tropical Fruit Club of Central Florida Newsletter

JULY 2010

Meetings: 3rd Monday 7:00 p.m. to 8:45 p.m.; July 19th, August 16th September 20th
at Leu Gardens in the Camelia Room, 1920 N. Forest Avenue, Orlando

Officers: President: Pete von Lersner Vice-President: Christine Young
Treasurer: Lincoln Lai Secretary: Bill Saravanja

Committees: Newsletter: Cathy Saravanja Programs: Christine Young, Larry Shatzer, Abe White, Hayri Lawrence, Pam Flesher Library: Jay and Rajani Vaidya
Plant Sale Chairperson: Joann Maynard

2010 Membership Drive: \$15 individual \$20 Family payable to Tropical Fruit Club

Renew at next meeting or send to Lincoln Lai at 688 Carnation Dr., Winter Park, FL 32792
Membership Applications available at club meetings and on line at <http://tropicalfruitclub.org>
Thanks to all the members who have paid their dues for the current year. Please remember to pay your dues if you have not done so for 2010.

A warm welcome to our new 2010 members: Bobby Stoneking, Alan Stoneking, Fran Diehl, Rachel Moore and Brian Rasmussen. It is nice to see each and everyone of you at the meetings.

TFC newsletters available on our website

<http://tropicalfruitclub.org>

Please bring items for the tasting and raffle tables; be sure to label items and complete the sign up sheet

Minutes:

Old Business:

May minutes accepted and stand as written, also the Treasurer's report was accepted.

New Business:

Leu Gardens has advised our club by letter that, due to budget restraints, they will discontinue the practice of offering a one-day of free facilities for the year. Cathy Saravanja will take over the clothing store for selling club logo shirts, hats, caps, and T-shirts, now available at great discount prices at each meeting, there is a limited supply left.

Clyde Stephens gave a brief commentary on his recent group trip to Costa Rica, Doyle Abbott seemed to fair very well through the trip, Doyle and Mae were publicly thanked for their recent contributions of potting plants for the benefit of our club. Larry Shaltzer mentioned a visit to the mango farm in Cape Coral, this farm raises a wide variety of mangos and the trip is well worth the time, the group was split on the idea of renting a bus, half of the group preferred to drive. A trip to the blueberries grove in Yahala, as promoted by The Garden Rebel, was also discussed.

Club wear will be sold at meetings. Available are: polo shirts; various color baseball caps, hats & t-shirts; long and short sleeve button down denim shirts at specially reduced rates. Great deals and nice items for the members to wear at activities and trips. Get yours while they last. Additional items may be ordered. **Eliza and Giraldo Alfonzo did a fabulous job with the previous sales, thanks for all that you both did.**

All members please remember on meeting night that we need to be out of the building and off the property by 9:00 pm according to our contract with Leu Gardens. Do your part and help with the clean up and putting away of supplies. Thank you in advance for your participation.

Upcoming Program : Tropical Fruit Club Member Adam Shafran will give a presentation on the following: Container growing Tropicals (which tropicals to try), Easy way to make your own soil; Varieties of Jaboticaba (myrtacea); Varieties of Annona (annonacea); caring for/cultivating jaboticaba, miracle fruit, annona, and other container grown fruit trees.

Past Program: Noel Ramos – Tropical Horticulture presentation was very informative and interesting. The variety of tropical fruits that can be grown in parts of Florida is very encouraging for Noel tropical fruit lovers. Presentation: Fruits Of The Amazon River Basin by Noel Ramos

An excellent presentation delivered by Noel Ramos on the variety of fruits growing along the Amazon River, each fruit species valuable in nutrition, health benefits, and commercial by-products generated from some, also a brief recap on how native indigenous tribes grew these fruits and actually amended soils to enrich fertile growing conditions as far back to Pre-Colombian eras, known today as the much desired Terra Preta do Indio soils. Noel grows a number of these fruits in South Florida. Here are the fruits mentioned:

Acai, looks like jaboticaba, great for nutritional shakes, sold by Whole Foods.

Cacao for chocolate, also Cupuasso related to Cacao for shakes and white chocolate.

Guarana – super high in caffeine, a base for power drinks, Guarana Antiartica sodas in Brazil.

Abiu – a small melon the size of a large lemon, tastes like honey dew, also for shakes.

Aguaje – high in vitamin A and C, used as a base for juices and ice creams.

Pejibaye – high in carbs, oil, vitamin A and potassium, also found in Central America.

Guanabana – a spiny fiber pulp fruit used as a base for ice creams, shakes and juices.

Caju or Cahsews, and also Theobroma/Macambo – raw nuts for roasting.
Pindaiba – resembling the sugar apple, this attractive red fruit grows on a large beautiful tree.
Jocote or hog plumb fruit – trees commonly grown for rural fence lines.
Amazon Tree Grapes – native to the Amazon head waters mainly in Iquitos, Peru.
An excellent book on these fruits is: Amazon River Fruits by Nigel Smith, Rodolfo Vasquez and Walter Wust, we will try to secure a copy for The Club's library.

Tasting Table Donations

Dolores Taylor – Tea; Goldie Thompson – Cream Cheese and summer Berry Preserves and crackers; Gloria Chin – Raisin Cookies; Robert Wu – Watermelon; Bob Burns – Tropical Jello; Phyllis Stephens- Green Papaya Bars; Martha VonLersner – Pineapple Banana Cake; Lincoln and Daphne Lai – Honey Roasted Peanuts; TFC – Mango Peach Salsa, Tortilla Chips, papaya, banana/coconut; guava and crackers, drinks/orange peach mango & pina colada; Cathy Saravanja – Blueberry Pound Cake; Jean House – dessert item ; Jim Ford – Sweet Lemons; Roberta Witherspoon – Plums; Debbie McDowell – Popcorn;

Raffle Table Donations

Clyde and Phyllis Stephens – papaya plants, Daturo; Horace and Goldie Thompson – Papaya Plants; Abe White – Bananas (10) , Florida Multi Onions; Lincoln and Daphne Lai – papaya, alma fig, basil, sugar cane, chives, purple yam, mint, southern home grape, society garlic; Hayri Lawrence – black sapote loquat; Pete von Lersner – Sapote seedling

Note: During the raffle, please be mindful to the people who are helping with the raffle. Listen for your number and pick out your prize quickly. And don't forget to turn off your cell phone as a courtesy to others. Please print your full name and items contributed in order to be recognized for your contribution. Let's make our club fun and interesting for everyone one. Thanks for your cooperation.

If you didn't sign in, thank you for your contributions for the tasting table and raffle table.

Information on upcoming activities and events your may wish to attend contributed by Pam Flesher are as follows:

Mark Your Calendars

July 10 & 11 14th Annual Mango Mania Tropical Fruit Festival at the German American Social Club, 2101 Pine Island Rd., Cape Coral, FL Saturday 10am -7pm Sunday 10am-5pm Admission: \$6 Adults or \$5 advanced purchase. Children under age 10 free. Mango Mania is a Summer Festival and Celebration of Pine Island's Mangos and other tropical fruits. Two days of mangos, music, arts & crafts, food, contests, children's activities, plant sales and more. www.mangmaniafl.com

July 10 & 11 18th Annual International Mango Festival at Fairchild Tropical Botanic Gardens 10901 Old Cutler Road, Coral Gables, FL 33156 Phone: 305-667-1651 www.fairchildgarden.org Admission: Adults \$20 Seniors (65 and over): \$15 Children 6-17 \$10 Children 5 and under: Free Fairchild members : Free Fairchild's 18th Annual International Mango Festival will celebrate **The Mangos of India**. Visit the festival to buy

your hand selected Mango trees and fruit, enjoy Mango lectures and smoothies, view the world's largest display of Mangos, take part in the world's only Mango auction and buy mango merchandise and botanical art. There will also be mango culinary demonstrations and an International Fruit market. Dr. Richard J. Campbell, and Noris Ledesma the Curators of Tropical Fruit, have carefully selected mango cultivars for the plant sale that are well-suited to contemporary conditions. These cultivars represent a new generation of mangos with superior horticultural traits. They remain small in stature, yet produce top quality fruit. Trees are approximately 3 ft. in height, growing in a 2 gallon plastic pot. For your convenience, a tree holding area is available on Saturday, July 11. (Sorry, we cannot pre-sell, hold or ship trees.).

Editors Note:

A special thanks to Pete von Lersner, Lincoln Lai, Abe White, Wolf von Lersner, Hayri Lawrence for all their really hard work repotting plants and air layering in preparation for the Plant Sale next year. I was there also and I learned a lot from the group on digging up, repotting, even a certain way of watering and storing and transporting the plants. Great group to work with and thanks again to everyone. Hayri and I had an interesting side trip hunting down potting soil – Hayri is a pro at finding the best deals so if you want a great deal on soil and mulch, etc. - visit www.reliablepeat.com producers of fibrous peat and custom blended potting soils.

And an extra special super duper thanks to Doyle and Mae Abbott for facilitating their wonderful yard, plantings and trees for the event. Hope to see Doyle and Mae at the meetings soon – you are missed.

Bon Voyage to Jean House - who is attending a family reunion in Mission Viejo, California which is located a little north of Capistrano. Have a wonderful trip Jean and we look forward to seeing you again at the August meeting.

Clyde and Phyllis Stephens and group had a wonderful Costa Rican vacation and it is good to have them back in town.

To share your comments and suggestions please email me at: wsaravanja@gmail.com or tel: 407-365-8875.

Interested in links to other clubs or to extension services, check our website <http://tropicalfruitclub.org> or some older newsletter issues on the website.

