



Tropical Fruit Club Newsletter

September 2009

Officers: **President:** Pete von Lersner **VicePresident:** Christine Young,
Treasurer: Lincoln Lai, **Secretary:** Shirley Silvasy

Programs: Abe White, Hayri Lawrence, Pam Flesher, Clyde Stephens

Meetings: 3rd Monday 7 to 9pm Sept 21st Oct 19th Nov 16th Dec 21st Leu Gardens, 1920 N. Forest Ave., Orlando

TFC newsletters & photos available on our website <http://tropicalfruitclub.org>

Minutes (*good attendance*) *Christine Young* called the meeting to order & welcomed guests.

Old Business: *Lincoln* gave the treasurers report which was accepted as were the August minutes.

Hayri Lawrence presented information on a group "trip" to Orlando's Sleuth Mystery Dinner Show (*more page 2*)

Several members reported on the recent Brevard Rare Fruit Council MultiClub picnic and the tour of the mango farms, sounds like you missed a delicious event time.

New Business: *Larry Shatzer* moved to become members of the Rare Fruit Council Intl. at a cost of \$100, membership to be renewed on an annual basis *Doyle Abbott* seconded, after a brief discussion the motion was passed by a show of hands. *Shirley Silvasy* will not be able to continue the newsletter after November, someone else will need to volunteer or be appointed.

Upcoming Program Monday 7p Sept 21st Nick Francisco of Blodgett Gardens & Nursery, Inc. 3821 Edgewater Dr Orlando, Florida 32804. Nick, a professional farmer & large commercial greenhouse operator, presented a slide show at July's meeting and discussed the BRIX evaluation scale for plants and produce. He will continue his informative discussion of soil and plant issues.

Past Program August 17th **Dawn Gates** of Dawn's Enchanted Garden, a RN, Master Herbalist & Aromatherapist, spoke about the health benefits of common fruits. Benefits included reducing stress & inflammation, lowering blood lipids, boosting the immune system, serving diuretic, analgesic & antiseptic functions. A few of the many plants were elderberry, blackberry, blueberry, grapes, olives & passion fruit. In addition to the fruits, the flowers & leaves have medicinal properties. Dawn's study of herbs began as a child when her Native American grandmother taught her how to create simple medicines from herbs, roots & berries. Her BS in Nursing gave her the medical understanding of health conditions and traditional pharmaceuticals. Her programs draw from Traditional Chinese Medicine (TCM), Ayurvedic, Eclectic, & Native American practices. Dawn also treats a variety of animals holistically including cats, dogs, ferrets, horses, cattle, & reptiles.
www.dawnsenchantedgarden.com 352-669-1963 and 407-967-6042 (cell) dawnsenchantedgarden@yahoo.com

Sat 6p (or 7:30 or 9) Oct 17, 24 or 31 Sleuth Mystery Dinner Show,

\$36.50, a steeply discounted rate, covers show, dinner, wine, & beer. 8267 I-Drive Orlando.

Kim & Scott Tie the Knot is about a Italian wedding ~ the audience is part of the wedding party. I thought we go for Saturday night so people can sleep in the next day as they can have as much wine and beer they can drink. <http://www.sleuths.com/>

The meal starts with salad, wine & beer, then a choice of **Honey glazed Cornish Hen, Four cheese lasagna with or without meat balls** or for \$ 3.20 extra **Prime Rib**. Then desert and coffee. We solve the murder mystery and we go home.

We need at least 15 people to qualify for group discount & they don't all have to be members of the Tropical Fruit Club.

I can get it as family discount for \$ 36.50, which is about \$2 less than regular group discount, I think that is a very good deal as it is \$16.45 off the regular \$52.95. Come on lets have some fun as a group.

Contact Hayri gardenreb@earthlink.net 407-529-9785 to voice your interest in attending.

Tasting & Raffle Tables

Tasting *Mae Abbott:* mango-peach cobbler; *Bob Burns:* Haupia (Coconut pudding);
Horace & Goldie Thompson: Carrot Bread; *Norma E. Loepf:* Cream cheese/pepper jam;
Cheryl and Joe Da Mota: Quacamole and chips; *Wolf von Lersner:* meringues, chips, dips;
Adam Shafran: Kery Carambola; *Lincoln & Daphne Lai:* Longans & Mint; *Delores & Tim Ferlauto:* melon;
Carmen Smith: corniks *TFC:* fruit juice, papayas, pretzels, coconut-choc chip cookies;

Raffle *Radomir Stec:* Strawberry plants; *Clyde Stephens:* Calamondins clusters, mangoes;
Steve Korpacz: Jackfruit plant; *Shirley Silvasy:* Cottonseed meal; *Debbie McDowell:* Century cactus;
Ben Shaddrick: Avocado; *Pam Flesher:* Canistel; *Doyle Abbott:* Key Limes;
Jose & Cheryl DaMota: Papaya; *Jean House:* Pink Ginger; *Hayri Lawrence:* Pineapple, Yucca;
Abe White: lemon grass, papaya, passion vine; *Jim Ford:* Okinawan spinach, starfruit, bromeliads;
Larry & Drew Shatzer: 3 gingers, Brogden Avocados; *Winston Lowe:* Banana Plant *Robert;* Papaya;
TFC: Dwarf Red Banana *If you didn't sign in, thank you for your contribution.*

Maholo Bob Burns or Popo (pronounced the *kamaina* way) for sending along his favorite *haupia* or coconut pudding recipe. This is traditionally served at luau's and to welcome visitors.

3 cups coconut milk (or 24 oz of canned coconut milk)
½ cup cornstarch
½ cup sugar
¼ tsp. salt
1 cup Baker's Angel Flake Sweetened Coconut (optional but it makes it more *ono*)

Add water to grated coconut until the coconut is just covered. Stir the mass a few minutes and strain. Alternative: 3 cups of canned coconut milk.

Measure coconut milk into a pot. Add sugar, cornstarch, and salt and stir until the cornstarch is dissolved. Add 1 cup of Baker's Angel Flake Sweetened Coconut or equivalent if desired.

Cook on medium heat, stirring constantly until it boils. When it starts to thicken use low heat, but continue to stir to avoid burning the bottom of the mixture in the pot. (I cook mine in a double boiler and add a little)

Pour into a shallow pan and let cool. Serve at room temperature or chilled.

Of Interest

Monday 7p October 18th Growing Olive Trees in Florida, Jean & Cary Cloud of Dunnellon will present a program on Growing Olive Trees and will have olive trees to sell at the meeting. www.olivetreegrowers.com
352-489-0390

Monday 7p November 15th Election of 2010 officers.

Monday 7p December 21st Annual Holiday Potluck. Sign up to volunteer at the social event of the year!

**Glenda Haskell sent along an interesting plant source, <http://www.gardenofdelights.com/Common.html>
¿Who is your favorite plant or produce source?**

Sorry, I will not be able to continue the newsletter after November, who's next?

Share your comments & suggestions: Shirley Silvasy silvasy@aol.com 321-228-4310