



Tropical Fruit Club Newsletter

March 2008

When life hands you a lemon, say, "Oh yeah, I like lemons. What else ya got?"
- Henry Rollins.

Officers: **President:** Ervin Janssen **Vice President:** Abe White **Treasurer:** Lincoln Lai
Secretary: Pete von Lersner

Committees: **Newsletter:** Pam Flesher **Mailing:** Shirley Silvasy **Roster:** Heidi Flinchbaugh
Librarian: Shirley Silvasy

Next meeting: Monday night, March 17 from 7:00 p.m. to 8:45 p.m. Leu Garden, 1920 N. Forest Ave., Orlando.
Please bring something for the raffle and/or tasting table.

Program for March Our speaker for March will be Debra Taylor from the Seminole County Jail. Debra is the head horticulturist at the jail in charge of the jail plant growing project. Debra has a great program for us on "Good Bugs and Bad Bugs". She is a very interesting and fun speaker.

Minutes from our February meeting Submitted by Joann Maynard

The meeting was called to order by President Ervin Janssen.

There were no visitors in attendance.

The minutes from our January meeting, printed in the newsletter were approved as printed.

The treasurer's report given by Lincoln Lai was approved as read.

Old Business:

A sign up sheet was passed for the upcoming Leu Gardens Plant Sale which is March 29th and 30th.

We will have one more meeting before this event so if you did not sign up you still have time.

Clyde Stephens spoke of the upcoming trip to Costa Rica in June. All plans are in place.

Heidi Flinchbaugh asked everyone to look over the membership roster and contact her to make any changes.

New Business;

Clean up after our meetings. We need to share this responsibility. A clean up roster was suggested.

Our speaker was Chef Joel Olson who provided everyone with a taste of Zesty Chicken Meatballs, Lemon Croutons and Lemon Curd. Thank you Joel. The food was excellent and enjoyed by all.

The meeting was adjourned.

Thanks to those that provided items for the tasting table and plant raffle.

Joann Maynard

Understanding The Produce Code

Have you ever noticed those little stickers on the fruits and vegetables you buy? Have you ever looked close and seen the numbers on them and wondered what they mean? Each sticker has a 4 or 5 digit code called a Price Look Up Number, which helps the grocery store cashier when you are checking out. There is more to the sticker. It can tell you how the produce was grown and the country of origin.

Five numbers beginning with a 9 means organic, for example: 90411.

Five numbers beginning with an 8 means genetically modified, for example 80411

Four numbers beginning with a 3 or 4 means conventionally grown, for example 3041 or 4041.

Choose to buy organic whenever you can. Organic produce, meat, and dairy, as well as wild caught fish. Organic foods are free of pesticides, growth hormones, synthetic fertilizers, and genetically engineered substances, and that means fewer toxins in your body and a healthier Mother Earth. Practice organic growing in your garden and using less toxic products in your home. Read the labels on the foods you buy, the products you use on your body, and the products you use in and around your home. Choose natural and Eco friendly products. Products that are healthier for you, your family, your pets, and the environment. Reading the labels and understanding the ingredients, what they are and what they do, will help you become a wiser and healthier person. Learn about the different kinds of preservatives and what they do to your body. If you don't know an ingredient or chemical, you can look it up on the internet or check out books at the library. Stay informed. You have a choice. And always remember to recycle.

How to Get Sick: Keep It in Plastic

Before you store your leftovers in one of those disposable plastic containers, consider that these types of products release carcinogenic toxins into foods. The toxicity is increased when foods contain high amounts of water or when they are highly acidic. Water is one of nature's most effective solvents, and unfortunately it is quite effective at drawing out toxins from plastic.

According to The Safe Shopper's Bible, cling film contains carcinogenic by-products such as DEHP — di(2-ethylhexyl)phthalate — and DEHA — di(2-ethylhexyl)adipate — while regular plastic wrap contains residual traces of vinylidene chloride.

If you wash and reuse plastic water bottles, be aware that repeated washing and reuse of disposable water bottles may accelerate the breakdown of the plastic, increasing your exposure to potentially harmful chemicals. Do not use plastic water bottles more than twice at the most. As for aluminum wrap, you already know it's bad. Some aluminum inevitably leaches into the foods it touches. Use stainless steel and glass cookware. Avoid Teflon and especially avoid Teflon if it has become scratched and is peeling because pieces come off when you are cooking and enter your body when you eat.

Store It Safe

Just because you're avoiding plastic containers, it doesn't mean that your leftovers need to go to waste. Choose glass or ceramic containers to store your food. They won't release any chemicals, and they're microwave-safe.

Another plus: You won't be cluttering up a landfill with all that discarded plastic.

Some Alternatives To Hazardous Chemicals

For This

Air Freshener

Bleach

Cleaners-general

Coffee Cup Stains

Coffee Pot Stains

Drain Cleaner

Grease remover

Hand cleaner for paint/ grease

Insects on plants

Mildew remover

Multi-purpose cleaner

Roach repellent

Try This

Simmer Cinnamon and Cloves

Use Borax instead

Baking Soda and Hot Water

Moist Salt

Vinegar and Hot Water, Let Stand

½ cup baking soda+1/2 cup vinegar + 2 quarts boiling water

Borax on a damp cloth

Baby Oil

Soapy dish water on leaves then rinse

Equal parts vinegar and salt

Mix ½ cup ammonia, 1/3 cup vinegar, ¼ cup baking soda into 1 gallon warm or hot water

Chopped bay leaves and cucumber skins, also boric acid with sugar

Roberta Witherspoon asks “Does anyone have a source for Budwood?”

I was disappointed to receive the following reply [excerpt] from the Bureau of Citrus: Because of the new regulations on citrus propagation, the Bureau of Citrus Budwood Registration will no longer distribute budwood or seeds to homeowners. Budwood or seed will be distributed only to citrus nurseries or research agencies registered with the Division of Plant Industry. If you know of a source, please contact me. Thanks, Roberta.
Email: robertacentralfl@bellsouth.net or phone: 407- 363-9921.

Thank you to the following members:

February Tasting Table

Doyle & Mae Abbott Jabotacabas	Jerry O’Keefe Soda
Pari & Barry Hakimian Spicy Chickpeas in Alvi Leaves	Benny Cambare Oranges, Spicy Cheez it
Kathy Anderson Loquats	

February Raffle Table

Abe White Turnips, collards, carrots, leeks, romaine	Mort & Luzmin Garcia Sugercane
Adrian & Cecilia Novenario Sugercane	Bob Burns Ruby Red Grapefruit
Hayri Lawrence Sugercane in pot	Jim Ford Grapefruit, Persian Lime
Kathy Anderson Pink Grapefruit	Steve Ellis Blood Oranges Pink
Jerry Alfonso Pink Grapefruit	Christine Young Klunamwa banana plants, Pummelo
Roberta Witherspoon Cuttings: Ground Orchids/Plumeria	

Up Coming Events

March 29 & 30 Annual Leu Garden Plant Sale/ Tropical Fruit Club Sale

Enjoy the garden while shopping for plants and garden accessories. Hours: 9:00 a.m. to 5:00 p.m. (Garden members can enter at 8:00 a.m.) Free Admission to Garden both days. TFC will have a booth with plants for sale (our annual fund raiser).

April 26 & 27 Apopka Foliage Festival

A fun plant festival every year. A plantaholic must. Hundreds of plants for sale, arts and crafts, and a bus tour to see local nurseries. Hours: 9 a.m. to 5 p.m. Location: Kit Land Nelson Park, which is just north of downtown Apopka on Park Ave. There is also a plant sitter you can leave your plants with while you walk around the festival.
Free admission.

June 21& 22 Redland Summer Fruit Festival

Hours: 10:00 a.m. to 5:00 p.m. Admission \$6; (Children under 12 are free) This annual event showcases local agriculture, and tropical fruit plants. Over 50 vendor booths featuring local wines, yummy foods, and rare fruit samplings. Co-Sponsors: Fruit and Spice Park, and Southern Florida Tropical Growers, Inc.
Fruit & Spice Park 24801 S.W. 187th Ave., Homestead, FL 33031 Phone: 305-247-5727

July 10, 11, 12 & 13 Rare Fruit Conference

Local and international tropical fruit experts will present programs to participants from Florida, California & Hawaii. The conference will include tours of gardens, farms, packing houses, a winery and government research stations. The conference will be conducted by the Friends of the Fruit & Spice Park and is open to all. Contact the Park for information and reservations. Fruit & Spice Park 24801 S.W. 187th Ave., Homestead, FL 33031 Phone: 305-247-5727

Newsletter Editor Needed: Pam is looking for someone to take over the newsletter. Please let her know if you are interested. April will be Pam’s last newsletter.

Emergency Personnel look for ICE in your cell phones

A campaign encouraging people to enter an emergency contact number in their mobile phone's memory under the heading "ICE" (for "In Case of Emergency"), has rapidly spread throughout the world as a particular consequence of the terrorist attacks in London. Originally established as a nationwide campaign in the UK, ICE allows paramedics or police to be able to contact a designated relative or next-of-kin in an emergency situation.

The idea is the brainchild of East Anglian Ambulance Service paramedic Bob Brotchie. Bob, 41, who has been a paramedic for 13 years, said: "I was reflecting on some of the calls I've attended at the roadside where I had to look through the mobile phone contacts struggling for information on a shocked or injured person. Almost everyone carries a mobile phone now, and with ICE we'd know immediately who to contact and what number to ring. The person may even know of their medical history."

By adopting the ICE advice, your mobile will help the rescue services quickly contact a friend or relative -- which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word ICE and the number of the person you wish to be contacted. For more than one contact name, use ICE1, ICE2, ICE3 etc. It's so simple that everyone can do it. Please do, and please pass this on...it may save a life.



Tropical Fruit Club
P. O. Box 37
Windermere, FL 34786