



Tropical Fruit Club Newsletter

December 2008

Officers: Pres: Pete von Lersner VicePres: Christine Young
Treasurer: Lincoln Lai, Secretary: Shirley Silvasy

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

Meetings: 3rd Monday 7:00p.m. to 8:45p.m. Dec 15th, Jan 19th, Feb 16th Leu Garden, 1920 N. Forest Ave., Orlando.

Program December 15th Annual TFC Holiday Feast . If you can-- come early to help setup! stay late to help clean up!

The club provides dinnerware, ham, turkey and a vegetarian main entree. Please bring an index card listing ingredients and the recipe to share. Desserts seem to be abundant, if you bring a dessert please also bring a starch or vegetable to serve 12 people & serving utensils for your dish. (Remember to take your serving dishes & utensils home with you.)

The University High School Chorus will be ♡♪♪♪♪♡. Come and Enjoy!

November Minutes by Shirley Silvasy Call to order by VicePresident Abe White, guests welcomed. **New Business:** October Treasurer's Reports approved. Nominating committee slate approved: President Pete Von Lersner, VicePresident: Christine Young, Secretary, Shirley Silvasy, Treasurer, Lincoln Lai. Members asked to volunteer for **Annual TFC Holiday Feast**. **Old Business:** Christine Young reported on Olive tour.

****Special Thanks to outgoing officers and to Doyle Abbott for a seamless nomination process****

November Program Chef Olive Mackay, "Raw Food Awareness". Heating food above 118° destroys vital nutrients and enzymes; impedes digestion and absorption. Living foods retain important enzymes. Raw foods have the requisite enzymes for processing; fermentations also creates these enzymes. Several health issues have been improved for raw foodists. In addition to avoiding cooked foods, the whites (sugar, flour, rice, etc), animal products, and processed foods are removed from the raw food diet. Besides fermented foodstuff, nuts and seeds round out the fruit and vegetable table. There are very delicious creative recipes available. Chef Mackay hosts a monthly raw food meet-up; coordinates Raw Challenges; teaches classes and workshops.

Website: www.rawfood.meetup.com/241 email: ForTheLoveOfRaw@yahoo.com

More items were on the November tasting & raffle tables than listed on the sign-in sheets,

if you brought something & do not see your name here....*thank you* and **Thank you** to the following members:

Tasting Table Cecilia & Adrian Novenario: Tamaran; Phyllis Stephens: Pumpkin Cake;

Pam Flesher: Guava w/cream cheese, Lincoln & Daphne Lai: Carambola preserves, Monstera fruit,

Maria Orlando: Pretzels Jean House: Cookies; Dick Smith: Sapotes; Bob Burns: Mango Bread;

Mort & Luzmin Garcia: Sweetened Cassava

Raffle Table Mae & Doyle Abbott: key limes; Abe White: Pummelo, multiplying onions, vegetable plants;

Jean House: Basil plants; Clyde Stephens: calamondin; Eliza & Jerry Alfonzo: Ambersweet Oranges;

Hayri Lawrence: Loquat Tree; Dolores Taylor: Coffee Cans; Cecilia & Adrian Novenario: Mint;

Wolf Von Lersner: Fresh Cranberries; Lloyd & Sousan Orlando: Mango Tree, Avocado Tree, Cactus Fruit;

Pam Flesher: Tangerines, Grapefruit; Jim Ford: Monstera, Houseplant Book;

Lincoln & Daphne Lai: Kumquats, Monstera; Dick Smith: Sapotes

***Special Request* Chris Marshall vaiaata@earthlink.net Seeds, plants or order info: [pisonia alba](http://pisonia.alba) Philippine Lettuce Tree commonly grown in India - large, tender, yellow green leaves. Apparently it rarely seeds but grows well from cuttings.**

Please bring extra 1 and 2 gallon pots to meeting so we can start potting up plants for the 2009 plant sale

Upcoming Events 10:30a Sun Dec 14th Beekeeping Class, Frederickson Apiaries, Geneva 407-765-1048

1 pm Saturday Jan 10th. Manatee Rare Fruit Council has invited TFC to attend their meeting, a pot luck, and a tour of the **Palma Sola Botanical Garden Park, 9800 17th Ave NW in Bradenton, FL 34209. www.mrfc.org** Their club planted more than 60 trees at the park creating a premier display of rare fruit trees in SW Florida to help educate the public to the wonderful tropical fruits that can be grown and enjoyed by everyone in our area. Please RSVP to Shirley at silvasy@aol.com; 321-228-4310

2009 membership: \$15 individual; \$20 family payable to Tropical Fruit Club.

See Lincoln Lai or mail to 688 Carnation Dr, Winter Park 32792

Useful links for information on tropical fruits (included on Central Florida Tropical Fruit Club website)

- *Central Florida Tropical Fruit Club <http://tropicalfruitclub.org> {links, past newsletters, contact info}
- *Agricultural Extension Agencies <http://solutionsforyourlife.ufl.edu/map/index.html>
 Orange <http://ocextension.ifas.ufl.edu/> (407) 254-9200; *Lake* <http://lake.ifas.ufl.edu/> (352) 343-4101
 Osceola <http://osceola.ifas.ufl.edu/> 321-367-3000 *Seminole* <http://www.seminolecountyfl.gov/coopext/> 407-665-5551
- *UF Institute of Food & Ag Sciences <http://trec.ifas.ufl.edu/fruitscapes/>
- *UF/IFAS Publications – EDIS Electronic Data Info Source <http://edis.ifas.ufl.edu>
- * Brevard Rare Fruit <http://www.Brevardrarefruit.org> {pictures & info on tropical fruits}
- *Tampa Rare Fruit Council <http://www.rarefruit.org/> *Fairchild Tropical Botanical Garden <http://www.ftg.org/>
- *Rare Fruit Council International <http://www.tropicalfruitnews.com/> Manatee Rare Fruit Council www.mrfc.org
- *Tropical Fruit Growers of South Florida <http://tropicalfruitgrowers.com/>
- *Tropical Research & Education Center, 18905 SW 280 Street, Homestead, FL 33031 Phone: 305-246-7000
- * Florida Gardening Magazine www.floridagardening.com/html *California Rare Fruit Growers <http://www.crfg.org/>
- *Hawaii Tropical Fruit Growers <http://www.hawaiitropicalfruitgrowers.org/index.html>
- *Gene Joyner's Articles <http://www.quisqualis.com/joyart00.html>

Reminders, RENEW your membership, Sign up to visit the Manatee Rare Fruit Club; bring 1 or 2 gal pots to meeting!!!!
Share your comments & suggestions Silvasy@aol.com 321-228-4310



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