



Tropical Fruit Club Newsletter

September 2008

Officers: Pres.: Ervin Janssen **Vice Pres./Programs:** Abe White **Treas.:** Lincoln Lai, **Secretary:** Pete von Lersner
Committees: Newsletter, **Librarian:** Shirley Silvasy **Roster:** Heidi Flinchbaugh **Field Trip:** Christine Young

Meetings: 3rd Monday 7:00p.m. to 8:45p.m. Sept 15th, Oct 20th, Leu Garden, 1920 N. Forest Ave., Orlando. Bring your items for the tasting and raffle tables; please label your items; don't forget to complete the sign in sheet. If you would like to share your recipe or info on your plant, please send to silvasy@aol.com

Program for September *What about growing vanilla? Abe White*

Minutes from August Meeting by Pete von Lersner

Call to order by President Ervin Janssen. **Old Business:** Minutes & Treasurer's Reports approved. Dues reduced to half for rest of year. \$10 for family; \$7.50 individuals Pam shared info on trip to Marilyn King's orchard on Merritt Island **New Business:** RSVP 2p Sunday, Sept 14th, Tampa Bay Rare Fruit Council Invite Pam Flesher shared a jackfruit, history & flyers from Robert is Here FruitStand in Homestead, FL. www.robertishere.com

August Program Following questions posed:

What to do with sour or ornamental pomegranates: add zinc, replace with better variety

Citrus leaf miners: usually do not harm mature plant, can treat with systemic, repeat 3-4 weeks

Use key lime for lemon: yes, has a stronger juice

Cook banana blossoms: depends on variety whether bitter or mild, bitter—soak 1st; slice and stir fry, soup

Banana plant has extra long leaf in center: will be fruiting, enjoy.

Soot on sapote: apply fungicide or oil spray. When do mulberries fruit: usually 3 years.

What is Roselle: cranberry hibiscus; hops used for beverage.

Note from Panama Dear Friends of the Tropical Fruit Club,

After we returned to Bocas del Toro nearly 2 months ago, it has been a pleasure savoring the fruits of our labors. We arrived at the end of the mango season but soon came jak fruit...over 100. Some weighed 17 pounds. Phyllis boiled the seeds to eat. Then the tasty flesh around the seeds are on the breakfast table every morning. Our cakes, pies and breads are nice and moist chocked full of jak fruit. Of course, there are always bananas, plantains and casava--yuca. Royal palm heart salads are on the table almost daily. We had to chop down a large young coconut palm that was growing toward the roof but all was not wasted. The palm heart also went into a salad.

It is hard work harvesting avocados about 40 feet high but worth the effort by our gardener. (I would not think of risking my life up there!). Our nutmegs, limon grass and all spice have spiced up the pot too. I am lucky that Phyllis takes her vengence out on pili nuts instead of me. She cracks pili nuts by the hundreds, then roasts them in cakes, bread, pies and just plain nuts to enjoy at sunset. That makes me the official taster. I like the way she feeds the monkey (that is me).

Speaking of sunsets, colors are enhanced with our special sunset special by adding cane juice to freshly harvested guanabana...sour sop en ingles. So delicious it makes you want another one. Of course, these are served with thin crispy breadfruit chips from our trees.

Sure was a pleasure leading the club to Costa Rica and we will see you at the November meeting.

Saludos, Clyde & Phyllis Stephens in Bocas del Toro, Panama

More items were on the tasting & raffle tables than listed on the sign-in sheet, if you brought something & do not see your name here....*thank you* and **Thank you** to the following members:

August Tasting Table Pam Flesher: Papaya, Tamarind, Jackfruit; Marie Orlando: Chocolate cookies,

Bob Burns: Tropical Jello; Lincoln & Daphne Lai: Brownies, Starfruit; Heidi Flinchbaugh: Mango marmalade/crackers;

Shirley Silvasy: Hummus, sprouts & veggies in spinach wrap (From Ethos Vegan Kitchen)

August Raffle Table Abe White: bell, hot & jalapeno Peppers, multiplying onions, Glenda Haskell: Key Lime Trees;

Heidi Flinchbaugh: Avocados; Anonymous: Cardboard Palm, Passion flowers, Firebush

****Special Request**** Please bring any extra 1 and 2 gallon pots to meeting****

Upcoming Events

Sun Sept 14 2p Tampa Rare Fruit Council hosts meeting (Tampa Garden Club, 2629 Bayshore Blvd, Tampa.)

There will be food & speaker Chris Rollins (Director, Dade Fruit & Spice Park). Brevard RFCI, Manatee RFCI, Sarasota Fruit & Nut Society, and The Tropical Fruit Club of Central Florida are invited. RSVP Silvasy@aol.com 407-482-0042

Sat-Sun Oct 11-12 10a-3p Fall Plant Festival & Sale, Tampa Rare Fruit Council USF Botanical Gardens

Thursday Oct. 16 6:00-7:00pm Orange Ag Ext Agency Central Fl Tropical Fruit Free - PRE-REGISTRATION REQUIRED

Tropical and subtropical fruit crops for home landscapes. 6021 S Conway Rd Orlando 32812-3604 (407) 254-9200

Nov 2, Olive Branch Tree Farm Citra, Fl. Tour starts at 10am; cost \$13 per person includes lunch and olive samplings.

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 County Ag Extension <http://ocextension.ifas.ufl.edu/> (407) 254-9200

*Lake County Ag Extension <http://lake.ifas.ufl.edu/> (352) 343-4101

*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/>

*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.hawaitropicalfruitgrowers.org/index.html>

Note from the Editor: What's Growing In Your Yard? Any volunteers to share a short list or article for our newsletter about what's fruiting in your yard? Like to put something in the newsletter or have questions? Your comments & suggestions are welcome. Please email silvasy@aol.com, or call 407-482-0042.

Reminder, bring any 1 or 2 gal pots to meeting!!!!



**Shirley Silvasy
Tropical Fruit Club
10001 Creekwater Blvd
Orlando FL 32825-7759**

