



Tropical Fruit Club Newsletter

February 2009

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. Feb 16th, Mar 16th Leu Garden, 1920 N. Forest Ave., Orlando.

2009 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 32792

Need volunteer to repot, label & tend banana plants for plant sale. Call Abe White 407-629-1984 or email awhite115@cfl.rr.com
Dwarf Cavendish & Gold Finger need 4' pots, *Dwarf Red & Gold* need 1 gal pots.

Minutes Pete vonLersner called the meeting to order and welcomed guests: Keith Becker, Brian Smylze, Martha Merritt, Sheila Lucia, Joe & Margaret Branham. **Old Business:** Lincoln gave the treasurers report which was accepted by the membership. About 6 members attended the Manatee multi-club meeting in Bradenton. The Tropical Fruit Display garden is a joint project between the Manatee Rare Fruit Council and the park. More than 60 specimens are growing there, including some passion fruit vines. A nice feature of the event was a raffle for visitors. **New Business:** Hayri Lawrence agreed to chair the Annual Plant Sale. Pam Flesher suggested growing on banana starts from Agritech; Clyde volunteered to look into it & \$300 was authorized. Pam noted that pictures of the fruit or flowers would be helpful for the plant sale.

Program February 16th Tiare Meer speaks on Spring Gardening. President of *Simple Living Institute, Inc & Homegrown Delights, LLC*, Tia grew up working on her grandparents organic farm in Pittsburgh, PA; graduated **UCF** with a *Liberal Studies Degree in Botany, Wellness, & Environment* and a *Certificate in Non-Profit Management*. She also completed *Biointensive Workshops with Ecology Action*, Willits, CA. Tia spent a year in Hawaii working with the **Lyons Arboretum**. With the **Kokua Foundation** she developed gardens & classes for public schools. On her **Econ Farm** in East Orlando, she demonstrates permaculture & biointensive mini-farm techniques, sustainability, and simple living. Tia has been featured in local media: *Orlando Sentinel*, *Orlando Weekly*, & *East Orlando Sun*; & in January's "**O**" Magazine article "**Back to Basics**."

January Program Clyde Stephens and Pete Von Lersner presented **A photographic diary and description of the places, people and events encountered during the Tropical Fruit Club's June 2008 journey through Southwestern Costa Rica. THE TOUR WAS LED BY CLYDE & PHYLLIS STEPHENS. Several travelers added their own comments. Tantalizing!**

If you didn't sign in, thank you for your contribution. Thank you to the following members:

Tasting *Bob Burns:* Key Lime Pudding; *Benny & Carmen Cambare:* Cocktail Peanuts;
Mae Abbott: Hamhock Soup; *Jean House:* Oatmeal & Chocolate Cookies; *Hayri Lawrence:* Organic Eggs;
Joann Maynard: Cheese, Crackers, Fruit Cake; *Phyllis Stephens:* Brownies

Raffle *Clyde Stephens:* Calamondin; *Hayri Lawrence:* Tamarind; *Heinz Wutscher:* Pummelo;
Joann Maynard: White Grapefruit & Lemons; *Pete von Lersner:* Grafting CD; *Jim Ford:* Pineapple, Monstera;
Abe White: Turnips, Kale, Romaine; *Ronald Hache:* Pineapple; *Roberta Witherspoon:* Gingers, Monstera

Upcoming Events

Mon. March 16, 2009, 7p TFC program on **BLUEBERRIES** will be presented by *Gary K. England*, Regional Specialized Extension Agent II - Commercial Horticulture

Sat. & Sun. March 21st & 22nd 9a-5p **Leu Garden 2009 plant sale**. Set up on Friday the 20th. Time to start your cuttings and repot plants to donate to the sale, our main fundraiser for the year. Please bring extra 1 and 2 gallon pots to the meetings.

Mon. April 20, 2009, TFC program 7p *Tom MacCubbins*, horticulturist and writer, presents the *Challenges of Florida Gardening*

Useful links for information on tropical fruits are included in our Central Florida Tropical Fruit Club website <http://tropicalfruitclub.org> along with membership applications, past newsletters, recipes, photos and contact info

Persimmon Bread II from Bob Burns

INGREDIENTS:

1 cup persimmon pulp
2 tsp baking soda
3 c white sugar
1 c vegetable oil
4 eggs
1-½ tsp ground cinnamon
½ tsp ground nutmeg
1-½ tsp salt
¾ c water
3 c all-purpose flour
1 c chopped walnuts

DIRECTIONS:

Preheat the oven to 350 degrees F (175 degrees C)
Grease three 6x3 inch loaf pans
In a small bowl stir together persimmon pulp & baking soda
Let stand 5 minutes to thicken the pulp
In a medium bowl combine sugar, oil, eggs, cinnamon, nutmeg & salt
Blend until smooth
Mix in persimmon pulp & water alternately with flour
Fold in nuts
Divide batter into prepared pans, filling each pan ¾ full
Bake 1 hour in preheated oven or until toothpick inserted comes out clean
Cool in pan for 10 minutes before removing to a wire rack to cool completely

From: <http://allrecipes.com/Recipe/Persimmon-Bread-II/Detail.aspx>

Baked Lemon or KeyLime Pudding [Online Recipes for Everyday Cooking]

1 c sugar
3 Tbs flour
¾ c milk
juice of 2 lemons, strained
1 Tbs butter or margarine, melted
2 tsp grated lemon peel
2 eggs, separated

In a medium bowl, combine sugar & flour.
Stir in milk, lemon juice, butter, & lemon peel until blended
In a small mixing bowl, beat egg yolks; add to the lemon mixture.
Beat egg whites until stiff peaks form; fold into lemon mixture.
Pour into a greased 1 quart baking dish; set in a larger pan with ½" water
Bake, uncovered, at 350° for 55-60 minutes.

Recipe courtesy of Jeannie, author: Jersey Girl

**Reminders, ~RENEW your membership, ~Sign up to volunteer at the Mar 21, 22 Plant Sale; ~Identify your donations to the tasting & raffle tables ~bring 1 or 2 gal pots to meeting!!!! ~Help set up and clean up at meetings.
Special thanks to Bob Burns for sharing his recipes, Share your comments & suggestions Silvasy@aol.com 321-228-4310**



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