



# Tropical Fruit Club Newsletter

October 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:** 3<sup>rd</sup> Monday 7 to 9pm Oct 19<sup>th</sup> Nov 16<sup>th</sup> Dec 21<sup>st</sup> Leu Gardens, 1920 N. Forest Ave., Orlando

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

## Minutes

*Pete von Lersner* called the meeting to order & welcomed Eric from Cleveland, OH; Maureen; & others.

**Old Business:** *Lincoln* gave the treasurers report which was accepted as were the September minutes. Lifetime membership to Rare Fruit Council International is \$500 (versus \$100 yearly). Motion tabled to next meeting.

Nov. 14<sup>th</sup> set for outing to Sleuth's Mystery Dinner Theater, more below.

**New Business:** *Clyde Stephens* noted the diverse and interesting cultural background of our member & proposed posting invitations in local & cultural newspapers & circulating flyers throughout the area. A budget vote will be taken at the next meeting. Nominations for officers will be presented in October. *Clyde* & the Program Committee will act as the nominating committee. Anyone wishing to serve should contact *Clyde* at [bananabyte@aol.com](mailto:bananabyte@aol.com). The vote will be in November. Nominations will include a Plant Sale Chair, *Hayri Lawrence*, the 2009 chair, is asked to participate in a supervisory/advisory position. Minutes prepared by *Bill Saravanja*, abridged by *Shirley Silvasy*

**Upcoming Program Monday 7p October 19<sup>th</sup>** Growing Olive Trees in Florida, **Jean & Cary Cloud** of Dunnellon present the success and challenges of Olive Trees. They will sell olive trees at the meeting. [www.olivetreegrowers.com](http://www.olivetreegrowers.com) Call them if you wish to preorder anything. 352-489-0390

**Past Program** September 21<sup>st</sup> **Nick Francisco** {*Blodgett Gardens & Nursery, Inc.* 3821 Edgewater Dr Orlando, Florida 32804 [nickfrancisco@hotmail.com](mailto:nickfrancisco@hotmail.com)}, a professional farmer & greenhouse operator, continued his discussion from July. Please refer to August's newsletter (online at <http://tropicalfruitclub.org>) Nick demonstrated the BRIX evaluation by refractometer to measure the percent of solids (TSS) in a given weight of plant juice to determine the health of the plant and produce. By the same token, healthier plants are less susceptible to pest infestations as pests attack unhealthy stressed plants.

Nick explained the anionic and cationic growth of plants and trees for healthier plants & fruit & easier pest control. Foliar feeding is key, nutrients goes down the plant to the root system, metabolize in the roots and travel back up through the plant stump with the exact resonance of minerals. Greater mineral resonance results in greater magnetic attraction for foliar nutrients. Solid nutrition is essential for the roots to draw the necessary ingredients that help the plant metabolize for healthier growth, therefore proper and sufficient fertilization plays a key role in feeding plants and trees. Soils must be well balanced, especially with phosphate and potassium; the phosphate-to-potassium ratio should be 2-to-1. Trees store potassium when the ambient temperature is below 60° F. Trees still grow when the above-ground temperature is very cold, that is why the phosphate-to-potassium level is essential. These are the scientific methods that are working successfully for Nick. Since plant science is not a perfect world, you may wish to take the information in this presentation and adjust it to suit your own needs. Our sincere appreciation to Nick Francisco for delivering two exceptional presentations helping us expand our scientific knowledge of plant growth that we can all put to practical use and achieve gardening satisfaction. The growth periods of all plants starts with the germination cycle which ends when the young seed bears its first leaves. The following vegetative cycle and the fruiting cycles then enter into the "realm" of anionic growth and cationic growth, based on the simple principle of atoms bearing a negative or positive electrical charge respectively, all biological life is based on anions and cat ions. During the first two years of growth, fruit trees are kept in a state of anionic growth, many growers follow a practice of pulling off young fruit during the first two bearing years to keep the tree in a state of anionic growth for better tree development.

After the first buds of fruiting begin to swell, the tree converts itself to cationic growth, and at this point, it is recommended to change the fertilizer from an anionic base to cationic, cationic continues through to harvesting.

The process of building healthy soils, plants as well as animal life is one of increasing biological electro-magnetism. Carbohydrates, amino acids, and cellular metabolites are reactive to the energy in the soil that enters the plant's post (trunk) determined by electron reactions. For this, fertilizers play a key role since fertilizers are bundles of energy, their minerals become the tree's or plant's building blocks and work as a magnetic generator bonding atoms, somewhat compared to the process of electro-plating metal finishes like chrome plating, brass plating, silver plating, etc. Keeping the phosphate-to-potassium ratio at 2-to1 is essential at 40 days after planting.

About 80% of plant food comes from the air through the plant's leaves, travels down to the root system, metabolizes in the roots and then travels back up through the plant with the exact necessary resonance as they pass through the plant's stump. Foliage nutrient sprays can switch plants from cationic to anionic growth. By reading the Brix levels in your plants through the leaves, you can improve the Brix levels in your plants, Nick recommended (in his first presentation) as a first step to purchase Turf & Garden Pro liquid concentrate as a composting tea along with a Turf-Pro sprayer that attaches to the garden hose, set the sprayer rate knob to #4 and spray your plants from top to bottom per instructions. Spray (feed) the plants weekly; Nick sprays some plants as much as every 3 days. This principle must work in conjunction with soils amended with appropriate plant feeding chemical fertilizers or composting of good soil to improve soil minerals along with adequate watering. By comprehending these basic scientific plant growing concepts, this becomes a simple affordable method to taking a scientific approach for helping you understand the physical state of your plants as well as taking the necessary action required to produce healthy vigorous plants and fruits or vegetables in your garden. Notes by *Bill Saravanja*, abridged by *Shirley Silvasy*

You can contact Nick for advice and request both of his slide presentations; help with soil testing info testing & for plant tissue test kits. Nick recommends Pike Agri-Labs website <http://www.pikeagri.com> & *Dr.A.F. Beddoe, DDS*, book: **Nourishment Homegrown** full of valuable information for growing healthy plants.

\$30 refractometer (scale 0-32) sold on the internet

**6:30p Sat Nov 14<sup>th</sup> Sleuth Mystery Dinner Show**, 8267 I-Drive Orlando \$35.50, a steeply discounted rate, covers show, dinner, wine, & beer. ***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**. Desert & coffee. We solve the murder mystery and we go home. I can get \$2 less than regular group discount, I think that is a very good deal as it is \$16.45 off the regular \$52.95. Lets have some fun as a group. Contact Hayri [gardenreb@earthlink.net](mailto:gardenreb@earthlink.net) 407-529-9785.

**Tasting Table**     *Mae Abbott*: Starfruit ; *Bob Burns*: Tropical Jello;

*Horace & Goldie Thompson*: Homemade guava jam with cream cheese; *Dolores Taylor*: Nuts;

*Adam Shafran*: Momridica chamotia; *Lincoln & Daphne Lai*: Starfruit & Mint;

*Nancy Zelzsik*: lemon crisp cookies; *Sousan Orlando*: artichoke/ spinach & homemade pita chips

*TFC*: fruit juice, pineapple, orange, banana

**Raffle Table** *Clyde & Phyllis Stephens*: Beauty berry plants; pots; *Bob Burns*: Pineapple plants;

*Adam Shafran*: Synsepalum dulcificum (miracle fruit); *Pete von Lersner*: Dragonfruit cuttings;

*Ben Shaddrick*: Starfruit; *Pam Flesher*: Organic Green Tea, Garlic;

*Lincoln & Daphne Lai*: Starfruit & Aloe Vera Plants; *Jose & Cheryl DaMota*: Key Limes;

*Hayri Lawrence*: Pineapple, Yucca; *Jim Loep*: Minature Pineapple;

*Abe White*: Guava, Miracle Fruit, Jalepeno plant, bell pepper plant *Jim Ford*: Limes, spinach, ginger;

*Winston Lowe*: Banana Plant *Roberta Witherspoon*: Monstera Deliciosa;

*If you didn't sign in, thank you for your contribution.*



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What is *Momordica charantia*? I wondered. Personally I love botanical names, sure makes it easier to understand what is being talked about. It is especially helpful if you work in a greenhouse and there are several different names for the same plant. Or if you are travelling and dealing with different languages *Answer via Wikipedia where you can find additional botanical, culinary & medicinal information* : A tropical and subtropical vine (Cucurbitaceae family), grown for edible fruit among the most bitter of all veggies. English name for plant & its fruit: *bitter melon or bitter gourd* ([Chinese](#): 苦瓜; [pinyin](#): kǔguā), [Japanese](#): goya, [Tagalog](#): ampalaya, [Punjabi](#), [Hindi-Urdu](#), [Nepali](#): karela, [Vietnamese](#): khổ qua/ mướp đắng (bitter luffa), [Spanish & Caribbean](#): Carilla, Balsamino and Saraseed. Bitter melon is used in cooking much like we use cucumber, green pepper, & chayote. Also used in traditional Asian medicine. Like most bitter-tasting foods, bitter melon stimulates digestion help with sluggish digestion, dyspepsia, and constipation, it can make heartburn and ulcers worse. Also a mild inflammation modulator & a demulcent. Special thanks to *Adam Shafran* for this exercise.

## Bitter melon



## VISIT OUR KIDS TROPICALS NURSERY

17229 PHIL C. PETERS RD. WINTER GARDEN, 22 MIN. FROM ORLANDO OPEN BY APPOINTMENT

PLEASE CALL AHEAD **407-877-6883**

*THREE ACRE TROPICAL OASIS HERE IN S. W. ORANGE COUNTY*

**EXPERIENCE A TASTE OF THE TROPICS**

*RIGHT HERE IN CENTRAL FLORIDA!!!!!!*

*SPECIALIZING INFruit TREES, GINGERS, ORCHIDS & BAMBOO*

UNLIKE OTHER PLANT NURSERIES WE ARE QUITE UNIQUE: THROUGH-OUT OUR 3 ACRES WE CAN SHOW YOU THE PLANTS FOR SALE IN POTS GROWING, FLOWERING & FRUITING IN THE GROUND  
*RIGHT HERE IN CENTRAL FLORIDA.*

23 YEARS LATER WE HAVE MATURE FLOWERING & FRUITING TREES LIKE:  
**35'FT. TALL MACADAMIA NUT TREES, LYCHEE, STARFRUIT, LONGAN, GUAVA, PAPAYA, FIGS, AKEE, ATEMOYA, MANGO, JACK FRUIT, MANY CITRUS VARIETIES, DRAGON FRUIT, KIWI, TROPICAL CHERRIES, PERSIMMONS, POMEGRANATE, PASSION FRUIT, JABOTICABA, MOMBIN (HOG PLUM), LOQUATS, OLIVES, PINEAPPLE & MORE...**

WE HAVE AVOCADO FRUITS UP TO 6 MONTHS OF THE YEAR

OVER **35 BANANA VAR.** ARE PLANTED ON OUR FARM. **DWARF BANANAS** ARE MORE WIND RESISTANT & FRUIT FASTER: DW. CAVENDISH, RAJAPURI, DW. BRAZILIAN,  
OTHER GRATES: ICE CREAM, GOLDFINGER & THE RARE "WHITMAN".

# BAMBOO BAMBOO BAMBOO

NEED PRIVACY? UNSIGHTLY VIEW ? NOSEY NEIGHBOR ?

## BLOCK THEM OUT !!!

Plant non-invasive clumping hedge Bamboo! NOT RUNNING TYPES

**GROW CLUMPING BAMBOO** create the fastest growing living fence/hedge. Neighborhoods that don't allow fencing in the front yard will allow a hedge. We offer many varieties of clumping bamboo growing to different sizes, colors & heights. Our most popular **dwarf** bamboo is "**Fernleaf**" A great clumping bamboo often used by vacation theme parks, this bamboo grows into a fast hedge, has small leaves & canes which become a full thick, dense hedge (fence) in a short time. "**Fernleaf**" bamboo only grows 12' - 16' tall; ideal to trim to a desired height or shape.

**SALE** 3 GAL. 3' TALL-REG. \$35 **SALE \$25.** 7 GAL. 4'-6' REG. \$69. **SALE \$45.**

## TROPICAL FRUIT TREES TEMPERATE & CITRUS TREES

**COLD HARDY AVOCADO, GUAVA, STAR FRUIT (CARAMBOLA), FIG, BANANA, POMAGRANIT, PERSIMMON, LYCHEE, LONGAN, JABOTICABA, TROP. CHERRIES ( ACEROLA, SURINAM, RIO GRAND )WHITE MULBERRY, BLACK, BLUE & RASPBERRY!!! ALLSPICE, DRAGON FRUIT, LOQUOT, MACADAMIA NUT, KIWI, MANGOS!!! AND MUCH MORE ...WE OFFER HARD TO FIND FRUIT TREES LIKE CASHEW, AKEE, IMBE, PISTACHIO, JACK FRUIT AND THE RARE MIRACLE FRUIT BUSH!!!WE OFFER FRUITS & PLANTS WE GROW FOR SALE. CITRUS: ORANGE, TANGERINE, GRAPEFRUIT, LEMON, LIME, KUMQUAT & MORE.... COCTAIL CITRUS TREES – MIXED VARIETIES!!**

## FLOWERING AND EDIBLE GINGERS

**MANY ARE IN BLOOM SO DON'T MISS OUT- NOW IS THE SEASON.**

**SALE: CULINARY GINGER- HARD TO FIND- "THAI" GALANGA - 2GA. \$12.**

**\*\*\* IF WE DON'T HAVE WHAT YOU WANT PERHAPS WE CAN GET IT \*\*\***

**PLEASE CALL AHEAD 407-877-6883**

**25% SPECIAL DISCOUNT } 3GA. FIG TREE OR BANANA - SALE \$15.**