

Meeting Place . . . Cooperative Extension Service Auditorium
3245 S.W. 70th Avenue, Davie, Fla. 33314
Mailing Address . . . P.O. Box 8231, Fort Lauderdale, Fla. 33310



"the good earth people"

The Rare Fruit and Vegetable Council of Broward County, Inc.

SEPTEMBER 1978



SAPODILLA

Scientific Name *Achras sapota*

Family Sapotaceae

A Non-Profit Organization
Dedicated to the culture and growing of tropical fruits and vegetable.



THE SAPODILLA

Origin.—Central America, Mexico.

Other common names.

Dilly, naseberry.

GUEST COLUMNIST

C. W. Campbell, S. E. Malo, S. Goldweber

On the cover:

Description

Tree.—Medium to large, handsome, slow growing evergreen, with dense spreading canopy. Very resistant to breakage and uprooting by strong winds.

Flower.—Inconspicuous, approximately 3/8-inch diameter, borne singly in axils of leaves, in several flushes throughout the year.

Fruit.—Diameter 2 to 4 in., round to egg-shaped. Skin brown and scurfy. Flesh light brown, with smooth to granular texture. Flavor sweet, pleasant. Seeds none to as many as 12, hard, black, shiny, flattened, about 3/4-inch long.

Season of bearing.—Greatest production occurs during summer months, but some fruit matures throughout the year.

Maturity.—When fruit reaches maximum size, it may be picked and allowed to ripen off the tree. From experience, a grower can judge maturity of fruit of a particular variety or selection by its size and appearance.

Climate

Grows best in a lowland tropical climate. Successful growing in Florida is limited to the southern coastal region. Young trees may be killed or injured at temperatures of 30 to 32 F. Large trees can withstand temperatures as low as 26 F for a few hours with only minor damage.

The tree tolerates dry conditions remarkably well. Another outstanding feature is resistance to hurricane damage.

Soils

Well adapted to many types of soil. Thrives in very poor soils, particularly highly calcareous soils such as those of extreme South Florida. Grows best in well drained locations.

Planting

In Florida it is preferable to plant at beginning of rainy season, in May or June, so trees will become established before the cool, dry season. In shallow, rocky soils it is important to prepare a large planting hole to provide ample space for root development of the young tree.

Fertilizer

Sapodilla is not demanding in its fertilizer requirements. In Florida, newly planted trees need small and frequent applications to become established. During the first year applications should be made every two to three months, beginning with 1/4 pound and gradually increasing to one pound. Thereafter, two to three applications per year are sufficient, in amounts proportionate to the increasing size of the tree. Fertilizer mixtures containing 6 to 8% nitrogen, 2 to 4% available phosphoric acid and 6 to 8% potash give satisfactory growth in Florida.

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Pests

Insects and diseases usually do not cause sufficient damage to necessitate control measures. A rust fungus (*Uredo sapotae*) sometimes attacks the leaves, particularly during winter and spring. The disease can be controlled by sprays of copper fungicides.

Several scale insects may infest sapodilla, causing development of black sooty mold on leaves. These can be controlled by oil sprays. Caribbean fruit fly (*Anastrepha suspensa*) has become an important pest in Florida. The adult fly lays eggs on the fruit and the larvae enter the fruit and feed on the flesh, rendering it unfit for consumption. Effective control measures have not been found.

Varieties

Mature trees of the 'Prolific' variety are known to bear four to six bushels of good quality fruit in a normal year, and this variety is recommended for planting.

Such varieties as 'Brown Sugar', 'Modello' and 'Russell' also have fruit of good quality, but their productivity has not been determined.

Propagation

Most commonly propagated by seed. However, because seedlings are often inferior in fruit quality and productivity, it is desirable to propagate superior selections vegetatively. Veneer grafting is the best method of propagation. Sapodilla seedlings are used as rootstocks. Under Florida conditions, air layering and rooting of cuttings have not been successful.

Uses

Grown primarily for the fruit, which is mainly consumed fresh. Chicle, the latex obtained from the bark of the tree, was for many years the principal ingredient of chewing gum.

Because of its beauty and tolerance to neglect, we recommend the sapodilla tree as an effective ornamental for landscaping in south Florida.



If a red box is around your name and address, you have forgotten to renew your membership for 1978-79. (Our current membership year started in ... June)

Be an angel. Please send in your dues of \$5.00 immediately, (while you're thinking about it) so that we continue to send you our exciting and informative monthly newsletter. Remember, as a member of RVC you'll also enjoy our monthly meetings, featuring the finest and most experienced (horticultural) speakers at our lecture/seminars plus workshops, field trips, family picnics—and more, much more to make you a better gardener.

Think what you would be missing by not being a member. Renew your membership today. Mail your check of \$5.00 to Rare Fruit and Vegetable Council.

(Membership)

P.O. Box 8231, Ft. Lauderdale, Fl. 33310.

Monday's

AUGUST

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Highlights

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The guest speaker for the August meeting was Laymond Hardy, who gave us a most interesting talk on "Recommended Varieties of Growing Rare Fruits throughout the year and How to Cope with unusual Problems.

1. Plant a variety so that you have something growing all year.
2. You must cultivate new food tastes. Mix the new with something you already like.
3. What to plant and what to eat.
(Many of the varieties recommended)

Mangoes: (Early) Carrie, (Mid) Kent, (Late) Keitt, (Everbearing) Manalage. others that are good Glenn, Duncan.

Avocados: (Early) Dunoway, (Mid) Pollock, Squires, (Late) Choquett.

Star Apple

Mulberry

Muntingia= Reliable and long season feeds birds.

Lychee= Early June 15- July 15.

Longan= Late July 15- August 15,

Canistel= Good for Milk shakes.

Sour Citrus= Sour orange Calamondin Rangpur lime and Key lime --for tasting meat freezing mangoes drinks.

Shaddock= Wainwright variety.

Poncan Page Orange.

Start an Arboretum for nursery stock for members.

Vegetables:

Winter- Regular seed catalogue list.

Summer- Chays, Calabasa, garlic, Chives, peanuts, Sweet potatoes, Malanga.

Use newspapers to cover garden rows before seeds come up.

Propagation:

Sapodilla- Air layer on water sprouts.

Soursop- Tip cuttings in mist bed.

Grapes- Mist bed summer cuttings with leaves.

Persimmon- Venieer graft in July.

Sugar Apple- Graft on Sugar Apple.

Jujube-Crack seed and plant.

Papaya- and Tomatoes- plant out before growth slows down.

Shade Areas- Pineapples, Carambolos, Banana.

Wet Places- Jaboticabos, Lychees, Banana, Malanga.

Dry high- White Sapote, Avocado,

Cold- White Sapote, Avocado.
Sun Cashew.

Girdle- Longan, Lychees.

Fertilize- As if there is nothing in the soil.

Also regular nutritional spray. Young Mangoes go light on nitrogen.

Root knot- Use resistant stock. Plant deep.

Chlorosis- Young plants may need shade or nutritional spray.

Future Breeding- Cold tolerance and seedlessness.

Conclusion- Plant... Macadamias, Carambolos.

The Meeting Place

MONDAY
September 11, 1978



Cooperative Extension Auditorium
3245 S.W. 70 Avenue (College Avenue)
Davie, Florida 33314

We are located across from Broward Community College's Baseball Diamond, on the same side of the street as Nova University.

7:30 p.m. Receiving plants and viewing plants and seeds

8:00 p.m. Meeting and program

A CONSCIENTIOUS CALENDAR OF EVENTS OF INTEREST

Command Performance!

Presenting

Gene Joyner

Palm Beach County Agricultural Agent,

Lecturer, Newspaper Columnist,

T.V. Commentator, and expert

on Rare Fruits.

Will speak on. "Planting the greatest number of Tropical Fruit Plants in a Small Space".

Planning Ahead

Steal a Little Peek



Trading Post (Swap Shop) Sat. Oct. 13th 4pm

4th Annual Family Picnic Sat. April 21, 1979

More... Field Trips Plant Sale

Roster

Discovering Basics

Workshop "Grafting" "Air Layering"

PLANT NUTRIENT DEFICIENCY SYMPTOMS

Jimmy J. Street and Nathan Gammon*

*Extension Soils Specialist and Professor of Soil Chemistry, Respectively.

EDITOR'S NOTE:

This is the first of a eleven part series.
Save each issue for future reference.

There are 16 elements that are known to be required for plant growth and development. Three of these, carbon(C), hydrogen(H), and oxygen(O), are obtained directly from air and water. The remaining 13 elements are normally considered to be supplied by the soil; they include nitrogen(N), phosphorus(P), potassium(K), calcium(Ca), magnesium(Mg), sulfur(S), chlorine(Cl), copper(Cu), zinc(Zn), manganese(Mn), iron(Fe), boron(B), and molybdenum(Mo). Legumes (i.e., clover, peanut, soybeans, etc.) are not wholly dependent upon soil N but may indirectly obtain their N from the air through the help of microscopic organisms that live on the legume roots and utilize nutrients supplied by the legume to convert N in the air into forms that can be utilized by the plant. The 13 elements that plants obtain from the soil must be in a slightly soluble form to be taken up by the plant roots. If they are present in a totally insoluble form, they are unavailable to plant roots. Each of these elements has a specific function in plant growth and development. (For discussion of these functions speak to our member, Bill Llewellyn, Agricultural County Agent.

If one or more of the 13 mineral nutrients are present in the soil in excessive amounts, then a toxicity or nutrient imbalance can occur and the plant growth or quality may be reduced. On the other hand, if one or more of the essential elements are in short supply, then a deficiency can result and plant growth and/or quality may be reduced. Good soil management practices will result in fertilizer use that will prevent nutrient deficiencies and toxicities, provide optimum economic yields, and minimize potentially polluting residuals.

To assist you in diagnosing plant nutrient problems the following discussion of nutrient deficiency symptoms has been compiled. Remember that plant nutrition problems can be very complex and may require the assistance of a crop specialist.

Oftentimes, if there is a nutrient shortage, a crop may not exhibit visual deficiency symptoms (acute), but may show from 10-15% reduction in yield (chronic). In order for a crop to reach its full genetic potential, i.e., top yield, there must be an adequate supply of all the essential nutrients. In many cases knowledge of soil conditions and visual symptoms of abnormal plant growth will help identify the cause of a problem. However, symptoms vary with the age of the plant and between species and positive identification of a problem often requires laboratory analysis of the plant and/or the soil.

Nitrogen

Most Florida soils, except for those very high in organic matter such as peats and mucks, do not supply N fast enough to meet the growth requirements for non-leguminous crops. Plants low in N grow slowly and may have a pale yellow (chlorotic) appearance especially on the lower (oldest) leaves. When the deficiency becomes acute in corn, the tips of the leaves become yellow and the yellow progressively moves towards the base of the leaf along the midrib giving an inverted "V" appearance as the yellow invades formerly green areas. As the condition worsens these leaves gradually die back from the tip, a condition generally called "firing". The symptoms on broad-leaved plants are similar, but the development of a yellow "V" along the major veins may be absent.

Symptoms of deficiency in the nutrient -- nitrogen.

Plant light green; lower leaves yellow, drying to light brown color, stalks short and slender if element is deficient in later stages of growth:

Wanted: Your CONTRIBUTIONS!

Do you have an interesting story to tell about Gardening?

An unusual experience you heard, saw, read in the newspaper, magazine or newsletter, something new in gardening, or a helpful hint that you can share with our members? We could use it in our RFVC Newsletter.

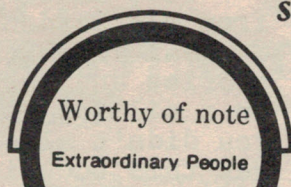
When mailing this material in, will you please print your name and address on all items. When the material is from a published source give the name and date of the periodical. Oh Yes! It would be nice if you could send in the original to RFVC P.O. Box 8231 Ft. Lauderdale, Florida. 33310..Thanks

BLESS YOU...





People you can count on...



SEPTEMBER

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BLESS YOU...



We Care when You Share

For Giving To...

Jams and Jellies

Chairwomen: Winnie Glover-
Janice Tomarchio

Harry Lafferty Pectin, Jar Rings
Emity & Pedro Tabora

Howard Sinberg	Carambola
Millie Danciu	Ponderosa Lemon
Clarence Beller	Sugar
Renee Slade	Monstera
Lanny Neal	Papaya
Winnie Glover	Apple Banana
Janice Tomarchio	Java Plum
Mary Showalter	Java Plum
Elaine Klatt	Java Plum
Ken & Lourdes	
Lewis	Java Plum
S. Marean	Java Plum, Guava, Bananas

Mary & Lowell
Showalter Mangoes, Avocados

Tasting Table

Chairwoman Natalie Brandon

Lanny Neel	Apple Banana
Mr. & Mrs.	
Vernon Brabant	Cereus Peruvianus
Dan Rabaglia	Cactus Pear
Janice Tomarchio	Citrus Marmalade
	Coffee & Banana
	Bread
Winnie Glover	Tamarind Punch
Judy Foppiano	Papaya
Henry Donselman	Pumkin Bread
Dan Kesden	Grapes, Figs, Miracle Fruit

Seeds and Fruit

Chairwomen	Winnie Glover
B. & F. Lane	Passiflora foetide
F. Mainvillo	Passiflora edules
H. Sinberg	Ponderosa Lemon
Rene'	Almond
E. Tabora	Snake Gourd
A. Rochester	Tamarind
B. Llewellyn	Black Pepper, Coriander
T. Economou	Soursop, Sugar Apple.

Plant Raffle

Chairman Sy Sapol
Assisted by Lois Ide

Bernard Lane	Amberella
Bernard Lane	Bael
Bernard Lane	Eggfruit
Bernard Lane	Venezuela Tree
	Tomato
A.B. Greenberg	Tamarind
Henry Donselman	Seeded Breadfruit
Henry Donselman	Curry Leaf (6)
A. Astrello	Papaya Cuttings
Peggy Benedetto	Passionfruit
	Cuttings
Bill March	Orangeberry (5)
Henry H. Sachs	Coffee Arabica (2)
Jene Copeland	Satin Leaf
Jene Copeland	Pigeon Pea
Jene Copeland	Luffa
Al Blum	Bananas (2)
David Cuthbertson	Cherry Rio Grande
	Peatree
Jo Clemens	Brazo Blackberry
Jo Clemens	Papaya
Jo Clemens	Tropical Almond
Jo Clemens	Coromandel
Jo Clemens	Carambola (S)
Mary & Lowell	
Showalter	Papaya (Wild) (2)
"	Papaya Hawiian
"	Blue Solo
"	Talinum (2)
"	Tamarind
"	Naarjilla (2)
"	Bananas (2)



EXTRA ADDED
ATTRactions

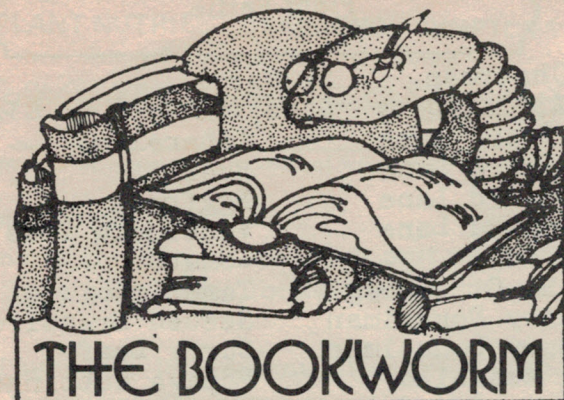
1
Raffle Plants
3 Tickets for
\$1.00

2
Auction Plant
The highest
bidder buys
a plant.

#3
Something
Special !!!

Starting at our August 11th meeting the Council will present "Something Special." The plant committee has selected a Rare Tropical Fruit Plant of unusual quality.

An Atemoya, known as "African Pride" (Kaller), Annonaceae, Annona Hybrid. Height 4 feet, (A) Air Layered, Taste of fruit excellent. This plant will be raffled at \$1.00 per ticket. A limited number of tickets will be sold. "No one has a better chance to win than you!"



by ANN ORCHEKOWSKI Librarian

What do oranges and lemons have in common? They are both citrus fruits, they taste good and we can grow them both here. Besides that what else? Well, gee, what else is there? Glad you asked that question! Both are the subjects of folk tales. So first with pleasure a story about the lemon.

Legend tells of the son of a sultan in search of a bride "fair as the morning, white as snow, and pure as an angel." He was given three magic lemons and told to return home with them and when he cut the first, a princess would appear and request water which he must give her without hesitation or she would vanish. He cut the lemon, and the beauty of the princess so startled him that he hesitated and she vanished. The same happened with the second lemon. The third time he shut his eyes, cut the lemon and handed the princess the water. She remained and consented to be his bride. But through a villain she was killed. Three drops of her blood fell to the ground and grew immediately into lemon trees. When the prince cut the third lemon from these trees, his bride was restored to him.

Now a story about the orange. Philippine legend tells of a beautiful wife who was ill and longed for oranges but she would not tell her devoted husband for fear that he would lose his life searching for them. Through strategy, he found out what she longed for, and after braving many dangers, he climbed an orange tree, the branches of which were sharp knives. He tossed an orange to his far-away wife who ate it and grew better. But when she looked at a vine her husband had planted just before he left, she saw that it had withered and knew he was dead.

Yes, these are real stories taken from "In Gardens of Hawaii" by Marie C. Neal in which you can find more stories and just oodles of information on a zillion different plants. And if you didn't already know it, you can get this book in your own BCRF and VCO's library.



Sold at auction to somebody else, and it was just what you were looking for. Maybe it could have gone to you ... if you had known it was coming up for auction.

To keep up with what's going to be knocked down ...

(Sotto vo'ce...attend meetings)

Plant Auction

Auctioned by Dr. Henry Donselman
Plants donated by RFVC

Mango (Grafted)
Sold to Mary Squires.....\$16.00
Breadfruit (Seeded)
Sold to Jene R. Copeland....\$35.00

Plants Donated to Plants Exchange

Bernard Lane	Loquats	(6)
Winnie Glover	Lime Sp. (S)	(3)
Janice Tomarchio	Meyer Lemon (S)	(6)



Introducing the Staff

of the

The Rare Fruit and Vegetable Council
Newsletter

Art Director
and Layout

William B Snyder

Articles Copy

Helen Hovitz
Bobbie Alvarez
Carol Lahr
Judy Medlin
Sy and Diane Saypol

GROW BEAUTIFUL FLOWERING HOUSEPLANTS FROM VEGETABLES

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EDITOR NOTE: Many of the vegetables you grow or buy for your dinner table can be re-planted to reproduce beautiful flowering houseplants. We will show you how with a selection of 11 such vegetables, including beans, carrots, peas and potatoes. And with a little luck, some even produce new vegetables

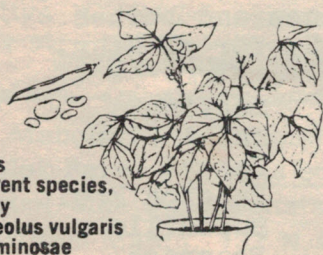
(This is the first of a eleven part series)

Ever since we began growing beets and turnips, we cannot think of them as just vegetables. They are now houseplants as well, and when we shop for them, we're not only buying tonight's dinner, but preparing a centerpiece for the table.

There are surprises in store when you grow plants from vegetables. Turnips and radishes actually bloom. Sweet potatoes have small purple flowers like morning glories. White potatoes have crinkly leaves and lovely flowers shading from white to purple.

Beans make pretty plants, with flowers like sweet peas, and they have added attractions: The leaves close up at night and, in their early germinating

Chickpeas make charming hanging-basket plants. Lentils have dainty foliage. Squash plants have amazingly big yellow flowers and, although the plants will last only a few months, they're attractive and shouldn't be missed. The descriptions and directions that follow will lead you to your own discoveries. Enjoy them!



Beans
Different species,
mostly
Phaseolus vulgaris
Leguminosae

HOW TO GROW: If you use dried beans, rinse in a colander, and soak them overnight. Plant fresh beans immediately.

To Plant: Fill two-thirds of a four inch pot with soilless mix (1/3 vermiculite, 1/3 perlite and 1/3 peat moss). Place three beans on the soil and cover with a half-inch of soil. Beans sprout in a matter of days. As the plants grow, pull out the smaller specimens and allow one good-sized plant to grow. Keep the pot on a sunny windowsill and water well. The bean plant can flower and produce new edible pods in about eight weeks.

HABIT OF GROWTH: Pole beans are vines. The majority of beans are short bushy plants about one foot high. They have leaves divided into three parts. The pastel-colored flowers appear within a few weeks. Self-pollination takes place and seed pods will form. If you let these mature, you can plant your own home-grown seeds.

If you look at your bean plant at night, you might think it's drooping. What's really happening is that the leaves close up at night - a good example of the power of movement in plants!

Helpful Hints
for making Jams and Jellies

By Janice and Winnie

WARNING

When using green papaya to make chutney and pickles, be sure to wear rubber gloves. Green papaya has a white sap which eliminates an enzyme that breaks down the tissue in the skin. Above all avoid contact with your eyes. This is very important, as an allergic reaction will result if precautions are not taken.

*** PUBLIC NOTICE ***



A Celebration of Broward County History and Heritage.

Broward County Historical Commission will hold its annual affair at Port Everglades,
Saturday, September 30, 10 am to 9pm
Sunday, October 1, 1pm to 5pm

The theme this year will be,
"Recreation - Pioneer Pastimes"

We have been invited to participate in the celebration.

Bill Rabenau, Lowell Showalter, Bill Llewellyn, will be in charge of our display of tropical fruits and vegetables.

Winnie Glover and Janice Tomarchio will display their prize-winning Jams and Jellies and Bread. Come out and join us in celebrating this event.

FREE ADMISSION!

Come, bring a friend

Gardening tips

Until recently, home gardeners could do little to prolong the life of left-over garden seeds except to follow the ancient practice of storing in a cool, dry area. Consequently, the vigor and longevity of leftover seeds onion, parsnip, delphinium and larkspur were hardly worth planting after a few months of home storage.

One of the nation's leading specialists in seed storage, Dr. James Harrington of University of California, Davis, was asked by the National Garden Bureau to develop an inexpensive method of storing leftover garden seed. He proposed a simple approach that would dry seeds while keeping them cool. Powdered dried milk is used as the dryer or "desiccant." Here are Dr. Harrington's recommendations:

Seed storage



or a rubber band. The tissue will prevent seed packets from touching the moist desiccant.

4. Place the pouch in a wide-mouth jar and immediately drop in packets of leftover seeds.

5. Seal the jar tightly using a rubber ring to exclude moist air.

6. Store the jar in the refrigerator, not in the freezer.

7. Use seeds as soon as possible. Discard and replace the desiccant once or twice yearly. Dried milk is "hygroscopic" and will quickly soak up moisture from the air when you open the bottle. Therefore, be quick about it when you remove seed packets; recap the jar without delay.

(continued)

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Dr. Harrington assures gardeners that his method of seed storage is far superior to storing leftover seeds without a desiccant.

SEPTEMBER 1978

The Growing Season

Vegetable gardening

PLANTING GUIDE

Snap and Lima beans, Broccoli, Cabbage, Collards, Endive, Lettuce, Okra, Onions, Parsley, Peas, Potatoes, Tomatoes.

If you want a fall garden for vegetables, start preparing a good planting bed. Locate the plot in an area which receives full sun at least half a day and stay away from large trees. Trees roots are strong competitors for fertilizer and water, so plant your vegetables in a spot where trees won't compete. It's a good idea to amend the seedbed with colloidal phosphate is a very finely divided clay-like material which will improve the properties of our sandy soils. It helps hold moisture and fertilizers in the soil. Any type of organic matter from peat moss to compost is also beneficial.

Reminder: Pretreat soil for vegetable gardening with vapam at least two weeks before planting.

The fruit of the following trees, vines and bushes is now ready for picking.

Avocado	Muntingia
Banana	Natal Plum
Carambola	Papaya
Fig	Passion Fruit
Guava	Sapodilla
Karanda	Seagrape
Mamey-Apple	Sugar Apple
Mango	

HOUSEHOLD HINT



GARLIC. French and Italian cooks would despair if deprived of this taste enhancer. Used judiciously, it improves the flavor of roasts, stews, soups and sauces, without later revelation of its presence. To give tossed salads a garden-fresh bouquet, first rub the bowl with a peeled garlic clove.

THE THING to do with good advice is to pass it on. It is never any good to oneself.

An offer. With no strings attached.



BUY*SELL*SWAP

Members who wish to Buy * Sell
Members who wish to
Buy * Sell * Swap
Rare Fruit Plants may
send their requests to
The Rare Fruit and
Vegetable Council.
(Buy-Sell-Swap)
P.O. Box 8231



Fort Lauderdale, Fl. 33310
Before the 12th of the month.

We will be more than happy to publish your
requests in this column. When advertising
plants please state if they are.....
(A) Air Layered (G) Grafted (S) Seedling.

Important Notice

A member may insert in each category. Buy-
Sell-Swap... as many as six plants in any
or all issues.

For Trade or Sale

Baobab, Carob, Raspberry Jam Tree(Randia
formosa), Bail, Rose apple, Madagascar,
Olive, Dwarf Pomegranate, Casabanana.

WISH & WANT

Mabolo (Velvet Apple), Diospyros discolor
Salak Palm, Salaccus edulis African Oil
Palm, Elaeis guineensis:

William March, 732 N.W. 43rd. Court Fort
Lauderdale, Fl. 33309 566-3418

for Sale

Grafted Atomoya African Pride Gafner.
Grafted Carambola Star kink Sweetie
by appointment only,
Milton Karron 6800 N W 81st Street.
Tamarac, 33319 722-1496

SEPTEMBER

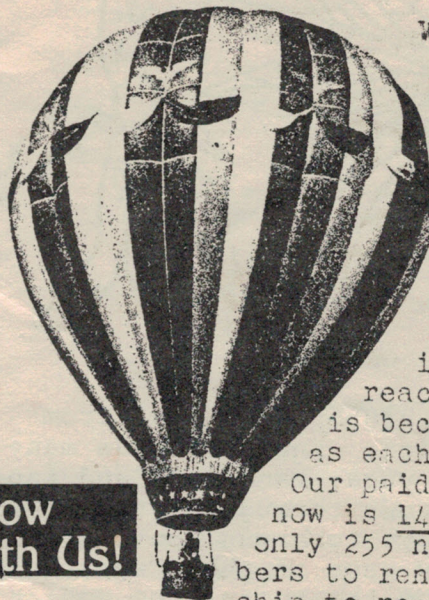
1978

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Amberella, Akee, Bael, Black-white-green
Sapote, Cannonball, Lingaro, 7 year Apple,
Jaboticabas, Lychees, Green & purple skinned
Star Apple, Downy Myrtle, Randia, Cherimoya

Bernard Lane 6011 Summit Blvd.
West Palm Beach, 33406 683-4172

Our Membership keeps going up.



Well, looks like
we've done it
again. Increased
our membership
ship over last
year's August
record. (first
quarter paid-
up membership
Thank you for
your co-operat-
ion, our goal of
reaching 400 member
is becoming a reality
as each month passes.

Our paid-up membership
now is 145 ... We need
only 255 new and old mem-
bers to renew their mem-
bership to reach our goal. Ask
your neighbor, your friend or relative
to join. With your help we can do it!

Grow With Us!

BOARD MEETING

At 7:30 P.M. on Monday, August 28, 1978
Cooperative Extension Service Building

We cordially invite any member of the
Rare Fruit and Vegetable Council to attend
any or all of board meetings.

Poetry

THE SOURCE

I look at trees and sometimes wonder
What roots think about down under
Trunks that sentinel the sky,
Flaunting leaves that green and die
Year by year in sure routine—
What, to roots, does all this mean?

Groping downward in the dark,
Stubborn wood and sentient bark,
Roots live pledged to this one thing:
To make trees young again each spring.



CORNER

Vegetable Vignettes

James M. Stephens
Assistant Vegetable Crops Specialist



CASSAVA

Cassava is a shrubby perennial from tropical America. Known also as manioc, manihot, yuca, mandioca, and tapioca, it is grown throughout the world for its starchy, tuberous roots. While there are many uses of these roots or the starch from the roots, the most common are livestock feed and tapioca flour useful in puddings and other confectionery foods.

There has been some cassava grown in Florida since the late 1800's. Around 1895, it was grown to such an extent that a few starch factories were established around the state to process the crop. It became a common item in vegetable gardens all over Florida.

Description

The cassava plant is a shrubby perennial which grows to a height of 6 to 7 feet on smooth, erect stems. The dark green, reddish-veined leaves are palmately divided into 5 to 7 leaflets. Leaves of the most popular variety in Florida, Aipi, have 7 leaflets. The stems contain a soft, white pith and possess nodes from which the next generation of plants is obtained. The flowers, which are in loose, spreading, greenish-purple to greenish-yellow clusters, seldom form seeds in Florida. The roots, which are the only valuable portions of the plant, grow in clusters from one end of the planted seed canes. Roots are usually from one to three inches in diameter and from one to three feet in length as the result of a single year's growth. Their pure white, soft interior is harder and

drier than potatoes and has a very high starch content. They are covered with a thin, reddish-brown, fibrous bark which can be removed by scraping and peeling. The roots contain a considerable amount of hydrocyanic acid which is located mostly in the bark. Because of this acid content the roots are supposedly poisonous until washed and scraped; however, it is reported that cases of poisoning from the consumption of the root by either man or beast are unknown in Florida. There are two types of cassava recognized--"bitter" and "sweet." The "sweet" type, which contains a small amount of the acid appears to be the only type grown in Florida.

Soil and Climatic Requirements

The cassava thrives best in a climate which is free from frost at least eleven months of the year, although eight months will suffice. It requires about the same soil as the sweetpotato for good growth. Years ago, it grew best on moderately fertile, sandy soil such as the vast areas of pine land in the state.

Culture

Propagation -- Cassava is not propagated by seeds but by planting short sections cut from stems (canes) that are saved from the previous crop. The canes are stored whole, and at planting time they are cut into pieces from three to twelve inches long. Canes from nine to twelve inches long seem to produce best.

Planting -- Since cassava is susceptible to injury from frost, planting should be delayed until danger from killing frost in the spring is past. The seed cane pieces are dropped into a furrow at a spacing of 4 feet and covered to a depth of 2 to 4 inches on 4-foot rows. Care should be taken to plant only live canes which show a milky juice when scratched with the fingernail.

Fertilizing -- About the same fertilizer practices as are common with sweet potatoes are also best for the cassava. At planting time, about 1,000 pounds of a 4-8-8 analysis fertilizer should be banded beside the planting furrow so that it will remain 2 to 3 inches to the side of and slightly below the level of the seed cane. One or two additional applications of fertilizer may be needed later on in the season, especially after any period of very heavy rains.

Insects and Diseases -- Cassava culture in Florida is reported to be relatively free from insects and diseases.



by: Elaine P. Klatt

Extension Agent
Home Economics

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SEPT.
1978

The fruits of the sapodilla vary in texture and flavor. Some have a smooth texture and rich flavor; others have a grainy texture. The fruit should be picked when mature but still hard and kept in a cool place to ripen. When ripe the sapodilla is quite good if eaten out of hand.

Sapodillas may be crushed and the juice boiled down to make a natural syrup or honey.

SAPODILLA CREAM SHERBET

- 1 cup sapodilla puree
- 1 cup sugar
- 2 cups milk
- 1/2 pint light cream
- sprinkle of salt
- 1 tsp. lemon juice if desired

Use ripe sapodillas which are slightly soft. Mix sugar, sapodilla puree and lemon juice. Gradually add mixture to cream and milk. Freeze. Sapodillas vary in sugar content. If you are using very sweet fruit, use less sugar than is listed in the recipe.

SAPODILLA CUSTARD

- 1-1/2 cups milk
- 1-1/4 cups pureed sapodilla
- 3 eggs, beaten slightly
- 3 tbsp. brown sugar
- 1/8 tsp. salt



Scald milk, then combine all ingredients and mix well. Pour into buttered custard cups and set in a shallow pan of hot water. Bake at 325 F. for 30 minutes or until done. Garnish with 1/2 tsp. carissa jelly. Serve warm.

"DILLY RICE"

- 3 cups cooked rice
- 2 sapodillas
- 3 tbsp. crystallized lemon peel
- 2 tbsp. crystallized ginger
- 1 tbsp. water

Cut sapodillas into 1/2 inch pieces. Cut ginger and lemon peel into bits. Combine all ingredients in saucepan and heat until steaming hot.



For three years I have tried to germinate Citronseed and have failed. Last month I accidentally sprouted a dozen seeds that were given to the seed table by the Showalters. They were left in a clear plastic bag in the bottom of my seed basket. When getting ready for the last meeting I found that they had sprouted. So I transferred them to a saucer of water. In two days they had green showing and were then carefully placed in steril seed medium. A week later they were healthy seedlings. Their next move will be to the Plant Exchange Table.

This chart was compiled from Dr Popenoe's Tropical fruits as an aid to the novice in selecting garden fruit trees. Submitted by H. Salkin

Type	Flavor	% Sugar	Size	Yield	Years	Comments
Avocado	Good	.5- 1.0	to 50 oz.		2-5	Salad Fruit
Anacards (Family)						
Mango	G	11-20		Various	2-6	Harvest June to October
Cashew	G					
Imbu	G	Sweet	1 1/2 in.	G		
Ambareua	F-P	10 1/2	2-3 in.			Otameits Apple
Redmombin	F		1-2 in.			
Yellow Mombin	F-P	9 1/2	1 in			
Pistachio						Not successful Here

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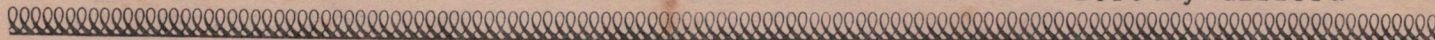


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The Rare Fruit and Vegetable Council
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P.O. Box 8231

Fort Lauderdale, Florida. 33310

September Weather

Temp.	Average Daily High	88.4
	Average Daily Low	74.6
Rainfall	Average	8.34
Wind	8.1 Miles per Hour	

