



**Jacksonville Arboretum & Gardens e-Newsletter
September 2018**

**HAPPENING
THIS MONTH!**

**Arboretum
Gates Open**
8:00 AM-5:00 PM
Tuesday and Thursday
8:00 AM -7:00 PM

**Volunteer Work
Day**
Saturday, September 8
8:00AM-11:00 AM

Nature Walk
Saturday, September 22
9:30-10:30 AM

Kids Tour
Saturday, September 1
10:00 AM-11:00 AM

**SUPPORTERS
& PARTNERS**

BRONZE PARTNER



Photo credit: Chuck Hubbuch

The Miracle Fruit
by Chuck Hubbuch

Greg and Pat Cloud

SILVER PARTNER

**Anthony John Rigney,
PA & Rigney Family
of Jacksonville, FL
Russell Blueberry Farm**

GOLD PARTNER

**David W. Cromer DVM /
Baywood Animal Hospital
John & Sonie Frus**

Gate Keeper

Marcia Mederos

Steward

**bestbet Jacksonville
Jamie C. Shelton**

**For Donor Programs
Information, click**

[Donor](#)

Thank you!

Shop at Amazon Smile

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Synsepalum dulcificum gets its common name of miracle fruit because it does something that seems miraculous when you experience it. If you can find a miracle fruit, try the miracle for yourself by cutting open a lime or lemon and tasting it. Sour, right? Now, eat the miracle fruit. It is a small fruit with a single, large seed in the center. It tastes sweet but there is not much to it. Now, go back to the lime or lemon. That same sour fruit will now taste very sweet. The effect works for sour and bitter foods and lasts for a half-hour or more, so plan accordingly. The miracle fruit also reduces the metallic taste that is experienced by chemotherapy patients, helping them enjoy eating their food.

Miracle fruit has been used traditionally in its native Africa as a sweetener. Miracle fruits may help diabetics by providing a sugar-free sweetener. Another effect of miracle fruit is that it relieves the sensation of hunger for a while. When I had a plant available and I ate breakfast at 5 a.m., one of those little red fruits was just enough to get me through the mid-morning hunger pangs to noon. At this time, the Food and Drug Administration has not approved this product for use as a food additive. Also, the protein that causes these effects is destroyed by common food preparation processes. However, fresh, freeze-dried and dehydrated fruits may be purchased from on-line suppliers. Studies are reported that showed no harm to lab rats even when they have been fed "massive" amounts of the berries.

The plant itself is an evergreen shrub from West Africa. It is reported to grow to a maximum of eighteen feet tall but that must be with great age. It grows slowly enough to be manageable in a container for many years. It grows best in an acidic soil in part shade. Give it a reasonably well-drained soil and water regularly. A healthy plant can flower several times during the growing season and produce fruits for several months. Pick and eat the fruits when they are bright red. The seeds are easy to germinate. It is reported to tolerate a light frost but it is healthiest when protected from frosts and freezes.

One plant is growing at the Arboretum on the north side of the lake near the tea garden. For Jacksonville gardeners, miracle fruit should be grown in a container so

JAG Membership

By becoming a member or donor, you are supporting the Arboretum's operations and improvements. All donations are tax-deductible. Details are available on our website.

Membership Levels

\$ 40 Single
\$ 55 Dual
\$ 70 Family
\$100 Friend

Supporters & Corporate Partners

Bronze Partner \$250
Silver Partner \$500
Gold Partner \$1,000

John Bartram Society

Gatekeeper \$2500+
Steward \$5000+
President's Council \$10000+

To join or purchase a gift membership, click

it can be carried indoors for those occasional freezing winter nights.

Trail News



In the battle against weeds, volunteers are our secret weapon. We spent the August workday targeting Ragweed and Spanish Needle.



Please pardon our dust during construction of the continuation of the REI boardwalk. The new section of the boardwalk will extend from the seating area in the ravine around the trail split in both directions. One of the Jones Creek Island Bridges is also being replaced. Sections of the Jones Creek Trail could be closed through

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Thank you!

labor day weekend and into the early part of September. Thank you REI for the funding, Arboretum Conservation Corps for site preparation, JEA Arlington Wastewater Treatment Facility for helping haul in the lumber and Jerry, Adam, and Cole Holland for constructing the boardwalk.



Kids Tour of the Arboretum

This tour is designed to teach kids the relationship between people and the environment. The group will be taken around the arboretum and shown what plants can be used for purposes such as food, medicine, fibers, culture, and environmental factors. Kids will learn that plants are essential to life as we know it. This free tour is designed for kids roughly ages 7-12 and will begin the first Saturday of September. It will begin at 10:00 a.m. at the picnic area and will continue until 11:00 a.m. This program will not only get the kids outside and letting out some energy, but it will also teach them facts and skills they can take to their families and schools. Space is limited. To reserve a spot, contact arboretum4kids@gmail.com

Nature at Night

Our always popular Nature at Night will again celebrate and thank our volunteers and members Oct.6th. If you wish to be a part of this event you MUST be a current volunteer or member. Now is the time to join and help us continue to grow the Jacksonville Arboretum & Gardens.

Please visit our website at : jacksonvillearboretum.org for membership information



Tribute Bricks

Dear Friends and Supporters,

We are asking for your support of our Tribute Brick and Tribute Bench fundraising projects at the Jacksonville Arboretum & Gardens. This time of the year is great for making tax deductible gifts and, as a reminder, we are a non-profit organization and not a city park. We have no paid staff and rely solely on volunteers - and your charitable contributions - to operate the Arboretum for everyone to enjoy.

Consider supporting us by purchasing an engraved brick paver or an engraved bench with the name of your choice, permanently imprinted on the brick and on a plaque on the bench, to honor or memorialize those who are dear to you. This is a visible honor that you can use, and that other visitors will appreciate as they enter the arboretum to walk the trails and enjoy the grounds. The Tribute Brick area will create a living monument of pathways bridging the past, the present and the future. Your placement of a bench will also be appreciated, creating places of rest for you and other guests. Your donation helps us today - and will be enjoyed now and for generations to come.

Your Tribute Brick will be located at the kiosk at the entrance to the Gardens, with benches placed in strategic locations throughout the arboretum grounds.

This year marks our 10th anniversary - and a great opportunity to celebrate the success of what's being called "the hidden jewel of Jacksonville" for its lakeside gardens focused on people's use of plants and extensive walking and hiking trails.

Thanks for considering the Jacksonville Arboretum & Gardens Tribute Bricks/Benches fundraising program in your annual giving.

Sincerely,
Martha Mazza
Tribute Brick Coordinator

Show the World You Love the Arboretum

Show the world you love us, by posting your Arboretum photographs at [#jacksonvillearboretum](https://www.facebook.com/JacksonvilleArboretumGardens) & www.facebook.com/JacksonvilleArboretumGardens

We appreciate it!

OUR MISSION

*Cultivating a unique environment
for recreation, education, and inspiration.*

Jacksonville Arboretum & Gardens, 1445 Millcoie Road, Jacksonville, FL 32225