



COLLIER FRUIT GROWERS NEWSLETTER

APRIL 2015



Our speaker for the April meeting is Noris Ledesma, M.S. Noris will give a presentation on the mango varieties of Florida and their heritage. She will also discuss her research into different *Mangifera* species.

Noris is the Curator of Tropical Fruit at Fairchild Tropical Botanic Garden. She is a plant collector with experience traveling around the world in the Americas, Asia, Indonesia, Africa, and the Caribbean with emphasis mango (main), avocado, jackfruit, mamey sapote, canistel, caimito, and Spanish lime. She has authored over 100 scientific and popular articles on fruit culture in the last decade, as well as coauthored three books, and numerous scientific publications and popular articles.

Books: For the Love of Mangos-India, (2008), Miami Children Hospital Foundation. 2008. "Miami Flavors: Our City's Culinary Point of View", Miami Florida. A Quick Guide of Mangos (2005), The Exotic Jackfruit: Growing the World's Largest Fruit (2003); and Mangos: A Guide to Mangos in Florida (1992). She has become a contributor to the Miami Herald and to Fairchild's award winning "Tropical Garden" magazine, where she has a regular column.

Noris' work at Fairchild is well described in the movie "The Fruit Hunters" <http://www.youtube.com/watch?v=osOLHjr27w>

**Next Meeting is April 20 At the Golden Gate Community Center,
4701 Golden Gate Parkway
7:00 pm for the tasting table and 7:30 pm for the meeting/program.**

BURDS' NEST OF INFORMATION

THIS and THAT FOR APRIL:

The **Lychees** and **Longans** have flowered and set fruit by now. If you desire larger fruit, simply cut half out of the flower pinnacle, cut the middle out of each one. (If the tree is 20ft tall, then that would be a "no no".) Minor Element (micro nutrients) sprayed LIGHTLY at this time would also be helpful.

Citrus has mostly finished flowering & setting the fruit. If not, wait for the white petals to fall off then it will be the best time to prune because you can be selective about your pruning – (citrus can be pruned anytime, but if you prune after the fruit has been harvested and before flowering, you are cutting off potential flowers.) Don't forget to spray your pruning tools as you go from tree to tree with either rubbing alcohol or hydrogen peroxide. Never use bleach as it will damage your pruning tools.

Mango grafting: Soon we will be getting into 90degree days. For those who know how to harvest the budwood to graft, and have the root stock ready, it would be a good time to start your mango grafting.

Avocados: A quick reminder that it's normal for the trees to lose their leaves and just have flowers at this time of year. Also, the trees will naturally drop some fruit if there is a heavy set.



RECIPE OF THE MONTH

The black sapote, also known as chocolate persimmon or chocolate pudding fruit, is a species of persimmon, native to Mexico and Central America. The fruit has an olive green skin that does not change color when ripe. The fruit is ready for eating when extremely soft and almost looks rotten. The flesh is slightly sticky and can be used when opened or frozen for later use. This quick bread recipe is from *Tropical Fruit Recipes* by The Rare Fruit Council, Miami.

recipe: **BLACK SAPOTE BREAD**

Submitted by Roberta Taylor



1 cup sugar
2 cups quick baking mix
¼ cup butter
¾ cup grated coconut
2 eggs, beaten
¼ tsp vanilla extract
1 cup mashed ripe black sapote

Cream sugar and butter
Add beaten eggs, vanilla, and sapote pulp
Mix well
Add baking mix and coconut
Stir until well blended

A piece of waxed paper cut to fit the bottom of the pan will make removal of the baked loaf easier.

Pour into a well-greased loaf pan.

Bake 50 minutes at 350 degrees.



CLUB NOTES



WHAT'S RIPE

With Erica Klopf

It's mulberry season. There is not a tropical fruit enthusiast in the state without stained fingers from the delicious dark purple fruits plucked from a tree. *Morus nigra*, or black mulberry is native to Southwestern Asia. The flowers are born on unisexual catkins, closely arranged flowers along a stem that lack petals. Fruits ripen in compound clusters, and each individual flower develops into a botanical drupe. Mulberry is a distant relative of jackfruit, breadfruit, and fig.



Mulberry trees grow vigorously and need plenty of sunlight and space. An excellent alternative growing style would be to plant it along a wall or fence and espalier the tree. Mulberries are drought tolerant, and will need little irrigation after it is established. They are easily propagated from a cutting taken just before the buds break from dormancy. The fruit are excellent fresh, frozen, dehydrated, baked, jammed, and fermented. Young and old come together to harvest the fruits from this spectacular and generous species.



FRUIT BITES



Miracle Fruit

Miracle fruit has a jellybean sized fruit that is pretty tasteless and slimy. What it does have is some unusual characteristics that will pique curiosity. When the small fruit is placed in the mouth for 30 seconds any bitter or sour foods eaten thereafter will taste sweet.

Chemotherapy patients find that the metallic taste they experience of most foods becomes pleasant. The plant is a shrub usually between 4 and 6 feet in height, suffers below 30 degrees, prefers acid soil, some irrigation and partial to full sun. It is in the *Sapotaceae* family and originally from Africa. It does well in a container that is well drained. Cooking destroys the protein, miraculin, that produces the sweetening effect.

Collier Fruit Growers in the past has had member growing programs to supply local cancer patients and hospitals with the berry. The club will have plants in the exchange raffle over the next few months.



Lychee

China's most-revered fruit has limited commercial production here in Southwest Florida with most of the crop pre-sold to the Far East.

Lychee production has a reputation of irregular yields and sensitivity getting established. Most cultivars fruit irregularly with cool winters helping to induce flowering. If new growth appears during the flowering period this also will reduce production.

"Emperor", "Hak Ip" and "Brewster" are commonly found locally. Air layering is the most common method of propagation. The Longan is a relative that is similar in taste and somewhat more forgiving and less sensitive.

Collier Fruit Growers Inc.
c/o Jan-Marie Etzel
8768 Ibis Cove Circle
Naples, FL 34119

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FRUIT NEWS

**FUTURE MEETINGS:
May 18th and June 15th**

The Collier Fruit Growers Inc. (CFG) is an active organization dedicated to inform, educate and advise its members as well as the public, as to the propagation of the many varieties of fruits that can be grown in Collier County. The CFG is also actively engaged in the distribution of the many commonly grown fruits, as well as the rare tropical and subtropical fruits grown throughout the world. CFG encourages its members to extend their cultivation by providing a basis for researching and producing new cultivars and hybrids, whenever possible. CFG functions without regard to race, color or national origin.

REMEMBER TO RENEW YOUR MEMBERSHIP!

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