# Collier Fruit Growers





## The Collier Fruit Growers' Meeting will be held Monday, February 20, 2023 Starting at 7:00 pm. The Greater Naples Fire/ Rescue Station 14575 Collier Blvd., 34119

Enter through the east door Collier Boulevard (Rt. 951) side of the Administration Building Both events will be "potluck" events, bring a dish or dessert

Please remember that it is time to pay your \$15.00 renewal dues for 2023 or risk not receiving the monthly newsletters. Please mail dues to: CFG, Inc. 1944 Piccadilly Circus, Naples, FL 34112.



Steve Cucura will be the quest speaker at the February 20th Meeting of the Collier Fruit Growers. Steve is the owner of Fruitscapes, the supplier for our Fruit Tree Sales. His nursery which was decimated as a result of Hurricane Ian is slowly recovering and a variety of fruit trees which will be available at the sale. This coming summer fresh fruit, organic vegetables, and preserves will once again be offered under the chickee hut, which thankfully survived the hurricane. Hopefully baked goods and freshly cooked food items will be available at the chickee hut later this year. A trip to the nursery this spring is recommended. In preparation for our largest tree sale of the year on Saturday, February 25th, Steve will summarize the warm fruit trees which are suited for Southwest Florida and will be available at the sale on Saturday.







The Meetings of the Bonita Springs Tropical Fruit Club will held On Saturdays, February 11 & 25, at 4:30 pm. Bonita Springs Fire Control & Rescue District Station 27701 Bonita Grande Drive 34135

Both events will be "potluck" events, bring a dish or dessert

Please remember to pay your 2023 renewal dues: \$30 per individual or family.

## **Prickly Pear Recipes**

From www.desertusa.com/dusablog/prickly-pear-recipes/ Removing spines and glochids from cactus pears



There are several ways to remove the Prickly Pear spines and glochids, the tiny spines that are almost invisible. You can cut them off which a vegetable peeler or knife. Be sure and wear gloves if you use this method. Another option, which I prefer, is to burn them off the fruit by holding the fruit over an open flame using tongs or a fork. Once the spines and glochids are removed from the cactus pear you can peel or cut them and to eat raw. Other ways to remove the spines include Blending, juicing, or boiling the fruit.

If you want to skip the step of harvesting the Prickly Pear Fruit yourself, you can purchase the fruit at farmer's markets, specialty stores and Mexican markets. The Prickly Pear fruit you purchase, will already have the spines and glochids removed.

Note: The Prickly Pear Juice and Prickly Pear Puree can be used for a variety of food and drink recipes.

## **Prickly Pear Juice**

Select ripe prickly pears, including a few on the green side to add pectin if making jelly. Wash and rinse. Place in a pot with 1 cup of water and cook over low heat until tender (about 20 minutes). Mash with a potato masher and strain to remove seeds and fibers.

## **Prickly Pear Puree**

Wash and peel ripe prickly pears. Cut in half with a knife and scoop out the seeds. Force the raw pulp through a medium to fine strainer. Freeze either fruit pulp or the puree. Simply pack into freezer containers and seal. Thaw before using

## **Prickly Pear Jelly Recipe**

4 cups prickly pear juice

5 cups sugar

2 packages of powdered pectin

Follow the pectin manufacturer's directions for adding ingredients and fast boil, stirring constantly. Bring to a hard boil that cannot be stirred down, boil for 3 minutes. Pour into sterilized jars and seal.

### **Prickly Pear Marmalade Recipe**

4 cups chopped prickly pears

1 cup sliced lemon

2 oranges

1 or more cups of sugar (see below)

Chop orange peel and pulp. Add 4 cups water to lemon and orange. Let stand 12 to 18 hours in a cool place. Boil until peel is tender. Cool. Measure lemon, orange, and water in which cooked. Add chopped prickly pears and 1 cup of sugar for each cup of combined pear, lemon, orange, and water. Boil to the jellying point. Pour, boiling hot, into hot jars. Seal at once.

## **Prickly Pear Salad Dressing Recipe**

1/2 cup prickly pear puree

1/3 cup salad oil (not olive oil)

1 tsp. salt

1 tsp. sugar

3 to 4 Tbs. tarragon white wine vinegar

Shake all ingredients together in a covered jar. Makes about 1 cup. This pink dressing is thin like an oil and vinegar dressing, but lower in calories. Good on fruit salads and tossed green salads.

There has been medical interest in the prickly pear plant. Some studies have shown that the pectin contained in the prickly pear pulp lowers levels of "bad" cholesterol while leaving "good" cholesterol levels unchanged. Another study found that the fibrous pectin in the fruit may lower diabetics' need for insulin. There are no proven results on humans.

## EDIBLE HIBISCUS? HOW TO GROW AND USE HIBISCUS SABDARIFFA

Posted on February 4, 2019



Certain hibiscus plants don't just make beautiful flowers, they can also make wonderful edible plants! In this article, you'll learn more how to ID, grow, and use edible hibiscus, specifically Hibiscus sabdariffa.

Many people have heard of hibiscus plants and can even identify a hibiscus flower. After all, the plants are quite common in traditional landscapes where they're beloved for their large, showy flowers which bloom throughout the summer or even longer in warmer climate zones.

Are all hibiscus plants edible?

While hibiscus plants are valued for their beauty, there is another side to these plants that you should know about: many of them are edible. The edible parts of a hibiscus plant are the flowers, leaves, and fruit aka "calyxes."

Some people say that all hibiscus plants are edible, although given the number of varieties (including new hybrid varieties) that abound, that's a riskier claim than we're willing to make. We recommend getting hibiscus varieties that are bred and known specifically for their edibility.

The best edible hibiscus that we know of is Ĥibiscus sabdariffa.

EDIBLE HIBISCUS SABDARIFFA: A PLANT WITH MANY NAMES

For over a decade, we've enjoyed growing and eating Hibiscus sabdariffa, which goes by many other common names including:

- Florida cranberry.
- cranberry hibiscus,
- roselle,
- Jamaica sorrel, and others.

Yes, this plant has quite a few common names, which is why we use the botanical name Hibiscus sabdariffa to avoid confusion! For instance, this is NOT the same plant as the also-edible hibiscus known as 'False Roselle,' (Hibiscus acetosella).

Origins and basic information

Hibiscus sabdariffa is a subspecies best known for its edibility, and it's the hibiscus variety traditionally used to make hibiscus tea. It's a large, fast-growing, sun-loving shrub native to West Africa.

In our climate zone (7b), Hibiscus sabdariffa grows as an annual, similar to tomatoes. However, in warmer, tropical regions it grows as a perennial.



Flowers, leaves, and calyxes of edible Hibiscus sabdariffa.

As you might be able to tell from the flower structure (see above), hibiscus is in the Mallow family, and closely related to okra and cotton.

It's interesting to note that marshmallows (the confection) used to be made from actual Mallow plants closely related to hibiscus, back before the advent of corn starch and high fructose corn syrup.

What part of a hibiscus plant is edible?

All parts of Hibiscus sabdariffa are edible: calyxes, leaves, and flowers.

a. Calyxes

Hibiscus sabdariffa calyxes (photo at right) are the ingredient used to make Hibiscus tea, a bright red-colored, tangy vitamin C-rich delight. They're also used to make sauces, jams, and other treats.



#### b. Leaves

Hibiscus sabdariffa's large green leaves pack a tangy punch and can also be used to make tea or chopped to be used in everything from salads to sauces to stews/soups

Hibiscus sabdariffa branches are covered with colorful yellow flowers whose petals make a nice addition in salad. After pollination, they develop into ripe calyxes, with a seed pod inside.

In more northern climates, it can take quité a while for flower development to initiate – sometimes well into midsummer.

While Hibiscus sabdariffa flowers are a bit smaller than the common hibiscus varieties used ornamentally in landscapes, the fact that they form a delightful edible fruit/calyx more than makes up for their size deficiency relative to hibiscus varieties bred purely for show, which don't make good edible calyxes.

HOW TO GROW HIBISCUS SABDARIFFA FROM SEED

Given its tropical origins, Hibiscus sabdariffa thrives in warm, wet weather. Grow them from seed for about 10 years, and have learned a few tips and tricks along the way:

Step 1. Soak seeds for 24 hours.

Some sources recommend scraping a hole in the seed surface with a file before sowing. We don't think it's worth the aggravation. Instead, soak your hibiscus seeds in water indoors for 24 hours before you plant them. This will soften up the thick, hard seed coating.

Step 2. Start indoors.

- Sow your pre-soaked hibiscus seeds indoors 6-8 weeks before your last frost date in spring. (If you grow tomatoes from seeds, start at the same time!)
- Sow seeds 1/4" deep in dampened seed starting mix inside using seed starting containers (biodegradable pots or plastic cells).

Step 3. Use a heat mat.

Hibiscus seeds need very warm conditions to sprout. Normal indoor temps around 70°F aren't warm enough for optimal germination.

To get the best and fastest hibiscus seed germination possible, start them on a heat mat set to 80°F.

Step 4. Keep soil warm and damp (not wet).

Keep the containers on the warm heat mat and make sure to maintain adequate soil moisture (keep the seed starting mix damp, but not soaking wet). Within 10 days, the seeds should germinate.

Step 5. Place under grow lights.

Put your hibiscus seedlings under grow lights, set to about 1-2" over the tops of the plants (if using fluorescent bulbs). The heat mat is optional at this point, but the plants will grow faster if kept warmer.

Step 6. Transfer outside. Best in early fall.

You may need to pot up your hibiscus seedlings into larger containers one time before it's time to transplant them outdoors into their final location.

Hibiscus sabdariffa plants can grow to 6' tall x 4' wide, so give them plenty of room! Also consider providing support using wide, heavy DIY tomato cages since their branches are subject to snapping in heavy winds, especially when they're loaded with calyxes.

HÔW TO MAKE HIBÍSCUS TEA

If you've ever enjoyed the electric pink colored hibiscus tea that's popular around the globe from the Caribbean to Africa to the far east—then you've tried a Hibiscus sabdariffa calyx.

If you haven't and you're just wondering how it tastes, un-sweetened hibiscus tea tastes like lemon-cranberries. It

also packs quite a bit of vitamin C, calcium, and magnesium.





Making a basic hibiscus tea is easy:

- Pour boiling water over a cup containing three whole hibiscus calyxes (dried or fresh) and let steep for about 5 minutes. The tea should be bright pink when ready.
- Sweeten tea to taste, then serve!

We like to sweeten our Hibiscus tea with stevia powder or local honey. We also like to add fresh-muddled ginger and makrut lime leaves for a spicy citrus finish.

A glass of gorgeous edible hibiscus tea, made from the calyxes of Hibiscus sabdariffa. Three fresh or dried calyxes is all it takes to flavor a large glass of hibiscus tea. Even after the calyxes are removed from your tea glass, they're still edible.

HOW TO HARVEST EDIBLE HIBISCUS CALYXES FOR FOOD, BEVERAGES, AND SEED SAVING

Here's when and how to harvest hibiscus calyxes:

Step 1. Pick the ripe calyxes.

After a hibiscus flower has bloomed, it will shrivel up and drop from the plant about 24-48 hours later. Then the calyx will begin to form.

Freshly harvested edible hibiscus calyxes from Hibiscus sabdariffa plants.

How do you know when to harvest the calyx? This is somewhat subjective, but we usually give them anywhere from 3-7 days after the flower has dropped.

When young, the calyxes can be easily snapped off the plant by hand at the stem. When fully ripe, the calyxes will not easily snap off of the plant by hand. Instead, you'll need to use clippers or snips to cut them off at the stem.

Seed saving note – Any calyxes you're planning to harvest expressly for seed saving purposes should be left on the plant for at least a few weeks so the seeds mature – the longer, the better.



A Hibiscus (Hibiscus sabdariffa) flower blooming. Also notice the other older blooms turning into ripe calyxes below and to the left of the flower, and the nearly ripe calyx directly to the left of the flower.

Step 2. Separate the calyx from the seed pod.

Here is how to process the calyxes / remove the internal seed pod:

Cut fully through the base of the calyx, removing the stem, and severing the attachment point for the internal seed pod.

Option 1: Cut a slit down the length of the calyx and remove the calyx, but this method means you won't have a perfectly intact calyx when you're done. Option 2: Use a firm object (like a stick or chopstick) to pop out the seed pod from the calyx. This leaves the calyx intact.

Step 3. Immediately use or dry the calyxes.

If you plan to use the calyxes within 24-48 hours for tea, sauce, or fresh jelly, you can just leave them on your counter. However, the calyxes do start to lose moisture and texture the longer you let them sit, and they may even start to mold if you've had a lot of rain prior to harvest.

They will store in a bag or jar in your fridge for a couple weeks.

If you want to save your processed calyxes for later use (like when you have large harvests), dry them in a dehydrator or on a rack under a ceiling fan.

Use a dehydrator for drying edible hibiscus and other garden delights that we grow throughout the year.

## Step 4. Save the seeds.

We're always amazed by how productive our Hibiscus sabdariffa plants are.

Each year, we leave several of the largest calyxes on a few of our plants so we can grow seeds for future years. The longer you leave them on the plant, the better for seed production and seed viability.

Once you harvest a Hibiscus sabdariffa calyx/seed pod for the express purpose of seed-saving, be sure to let the seed pods dry for a month inside before storing them in a zip lock or any container that would trap moisture and reduce their viability.

The seed pods should be dry, brittle and easy to crack open, spilling out dozens of small black seeds for future bounties.



Remember, even though all varieties of hibiscus may be edible, the best variety of hibiscus for edible flowers, leaves, and calyxes is Hibiscus sabdariffa.

Note: A limited number of seeds are available at the fruit tree nursery at the UF/IFAS Collier County facility.

## **Collier Fruit Growers Council Tree Sale and History**

The Collier Fruit Growers, Inc. will once again host a spring sub-tropical fruit tree sale at the Fred W. Cody Freedom Memorial Park from 9:00 am to 2:00 pm on Saturday February 18, 2023. The nurseries on Pine Island have made great strides to recover since being devastated by Hurricane Ian in late September, which has enabled the sale to take place. A wide variety of trees will be available including varieties of citrus, mangoes, and avocados, as well as black sapote, Barbados cherry, carambola, loquat, lychees, grumichama, Jackfruit, passion fruit, sapodilla, soursop, and other fruit trees.



At first, annual spring fruit tree sales were organized each year for members to sell their trees. The sales were held in the parking lot on Eighth Avenue across from the fire house in the City of Naples. Later the sales were held at the Collier County Museum by the Court House, where nursery trees from Pine Island were also offered. Subsequent tree sales were held at the Golden Gate Community Center, then one year the sale was hosted inside the Coastland Mall. Since 2010 the sales have been held on the front lawn of Freedom Memorial Park, November fall sales were added to serve the seasonal residents when they arrive each year.

Founded in 1975, the Collier Fruit Growers is an active non-profit organization comprised of both back-yard and cottage industry growers. It is dedicated to the introduction, propagation, and distribution of the many rare tropical and sub-tropical fruit trees grown throughout the world, as well as offering education in those areas and encouragement to extend their cultivation, opening 'new world' of both culinary and horticultural adventures. To this end, gardens were once established at the Calusa Palm Elementary, Shadowlawn Elementary, and Gulf Coast Charter Academy. The Collier Fruit Growers has a long-established relationship with the University of Florida's Extension Services Master Gardener program. It also hosts the 'Tastes of the Tropics' festival and afternoon lectures at the Naples Botanical Garden in early July.

The Collier Fruit Growers Council, its original name, separated from the Bonita Springs Tropical Fruit club in 1975. Alonzo Clardy was the first President. Other members included Matthew Tarrie, David & Jenny Burd, Elsie Page, Judy Chirgur and Noi Anderson. At the same time, a separate fruit growers' group having no name, officers, or funds met in the lobby of the old federal Bank building, in downtown Naples on Tamiami Trail. At some point, the two groups are believed to have merged. Since the early days, renowned horticulturalist Crafton Clift has been active with the organization. The organization meets with presentations by knowledgeable speakers on the third Monday of each month (except August when there is no meeting) in the Greater Naples Fire Recue Administration Bldg., 14575 Collier Blvd, Naples at 7:00 pm. All are welcome to attend.



THE 32ND HAWAI'I INTERNATIONAL TROPICAL FRUIT CONFERENCE was held November 4-6, with the title 'Propagation! Send in the Clones.' The 2022 conference returned to its annual in-person format with a full lineup of educational offerings, tours, and a trade show. It was held at the Royal Kona Resort.



Geared to farmers, educators, orchard managers and proponents of sustainable agriculture, the conference was presented by the statewide Hawaii Tropical Fruit Growers and open to the public.

"The conference offered a lineup of visiting researchers and agricultural experts, plus breakout sessions on a variety of fruit-related topics," shared Ken Love, HTFG executive director. "As our last two conferences were virtual, everyone looked forward to networking, learning and having some fun."

Banana industry guru Gabe Sachter-Smith discussed propagation techniques for enhanced banana production. Other conference topics cover shipping 'malama' avocados and finger limes to the US Mainland, controlling avocado lace bugs and fruit flies, passion fruit, understanding the USDA permitting system, increased fruit production via the Mango Loa Project and fertigation—the process of directly applying fertilizer through an irrigation system.

Interactive activities included a fruit tasting and fruit-themed dinner with Chef George Gomes, plus demonstrations by Preece, Love and Brian Lievens.

The conference included a visit to the South Kona Green Market, and the Hawai'i Tropical Fruit Growers' Containment Greenhouse & Nursery.

Research updates were provided by Dr. Marisa Wall, director of the Pacific Basin Agricultural Research Center while state Sen. Mike Gabbard, committee chair on agriculture and environment, offered a legislative update.

The featured presenter is Dr. John Preece, supervisory research leader at the USDA Agricultural Research Service National Clonal Germplasm Repository, who shared his expertise on propagation techniques for tropical fruit trees.

The conference was made possible with the support of the Hawai'i Department of Agriculture, County of Hawai'i and HTFG members from across the state.

Registration forms and fee schedule are available at www.HTFG.org or by contacting Love at kenlove@hawaiiantel.net or Mark Suiso at mark.suiso@gmail.com.

Hawai'i Tropical Fruit Growers was incorporated in 1989 to promote tropical fruit grown in Hawaii. It is a statewide association of tropical fruit growers, packers, distributors and hobbyists dedicated to tropical fruit research, education, marketing and promotion; www.HTFG.org.

Interest has been growing among the Collier Fruit Growers membership to attend the 33rd annual Hawai'i Tropical Fruit Growers Conference which will possibly be held in November 2023. More information will be made available as the month and date draws nearer

## **National Calendar for February**

Berry Health Benefits Symposium

February 3, 2023 - February 7, 2023 Austin, Texas

**Alabama Fruit and Vegetable Growers Association** 

Annual Conference and Trade Show February 9, 2023 - February 10, 2023 Gulf Shores, Ala.

The Blueberry Convention January 31, 2023 - February 3, 2023 Chicago, Michigan NAFDMA-International Agritourism Association Convention and Expo

January 31, 2023 - February 2, 2023 Tampa, Florida

CiderCon 2023

February 21, 2023 - February 24, 2023 San Diego, CA

2023 Southwest Michigan Horticultural Days

February 1, 2023 - February 2, 2023 Benton Harbor, Michigan



Everyone is encouraged to attend the Pineapple Day festivities at the Marco Island Historical Museum, Saturday, February 5 from 10:00 am to 2:00 pm.

## Post Freeze Protect Care of Fruit Trees Tropical Fruit: From Dr. Jonathan Crane

Post freeze tree care (trees with no visible twig or limb damage)

- Do not prune immediately after the freeze! you cannot tell what is dead at this time and you may prune live wood.
- there may be another freeze and even dead leaves will provide some barrier to heat loss.
- if you do prune immediately after the freeze, you may not remove all the dead wood and you'll have to prune again later.
- wait 2-6 months before pruning it takes a while to see the damage.
- Prune only jagged limbs, trunks, etc. to major crotches or top or stump if there is total damage.
- Spray cooper onto the entire tree at labeled rates, one time.

#### Post freeze tree care - irrigation

- · Groves or tree with little leaf damage should be irrigated normally during dry periods.
- Groves or trees with moderate leaf damage have less leaf area and therefore irrigation rates and frequencies should be reduced.
- Groves or trees with little to no leaves should not be irrigated until signs of new shoot and leaf growth appears. Irrigating leafless trees may lead to root rot problems.

#### Post freeze tree care - fertilization

- Groves or trees with little leaf and wood damage should be fertilized at normal rates and frequencies.
- Groves or trees with moderate leaf loss should be fertilized frequently at reduced rates when new growth begins.
- Groves or trees with complete leaf loss should be fertilized frequently at slightly higher rates when new growth begins.
- Groves or trees with severe leaf loss plus wood damage should be fertilized at a reduced rate in proportion to the percent of canopy lost

Post freeze tree care - weed control.

- Weeds need to be controlled because they compete with trees for water and nutrients and light (especially vines).
- Weeds may be a fire hazard in groves after a freeze and should be cut down to minimize their use as a fuel in case of fire. Citrus: From Mongi Zekri

Following severe freezes, mature fruit should be harvested as soon as possible to minimize losses due to excessive fruit drop and reduction in juice content. If twigs and wood have not been damaged severely, the leaves will rapidly shed. If twigs or wood have been seriously damaged, the frozen leaves may remain attached on the tree for several weeks. After a severe freeze, twig dieback can continue for a couple of years. The true extent of freeze damage to branches may not be clear within the first three months following a freeze. No attempt should be made to prune or even assess damage from freezes until at least the new spring flushes get fully expended and mature.

#### Care of Freeze-Damaged Trees

1. Pruning Freeze-Damaged Wood

No pruning should be done until late in the spring or the summer after a freeze. In early spring, freeze-damaged trees often produce new growth that soon dies back. Sufficient time should be given for the dying back to cease and for the new healthy growth to take place and fully expand.

2. Irrigation & Fertilization

When leaves are lost, evaporation from the tree canopy is greatly reduced. Therefore, the amount of water required should be reduced. Over irrigation will not result in rapid recovery but may cause root damage. Normal irrigation should be practiced when trees regain their normal foliage development and canopy density. Fertilization of freeze-damaged trees should also be reduced until the trees are back to their original size and their canopy is back to the original density.





Feel free to join BSTFC on our Facebook group, where you can post pictures of your plants, ask advice, and find out about upcoming events!

https://www.facebook.com/groups/BSTFC/

Link to the **next meeting**: <a href="https://www.facebook.com/groups/BSTFC/events/">https://www.facebook.com/groups/BSTFC/events/</a>
<a href="Meetup">Meetup</a> Link (events/meetings sync with the calendar on your phone!):</a>

https://www.meetup.com/Bonita-Springs-Tropical-Fruit-Club/

Our Website (and newsletters with tons of info): https://www.BonitaSpringsTropicalFruitClub.com/

Officers and Board of Directors:
Jorge Sanchez, President
Mario Lozano, Vice President
Tom Kommatas, Secretary
Janice Miller, Treasurer
Crafton Clift, Director
Eric Fowler, Director
Luis Garrido, Director

The Officers and BOD Members for 2023 will be announced in March's newsletter.



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## 2023 CFG BOARD OF DIRECTORS

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!

## **CFG Officers**

President, Daniela Craciun Vice President, Bonnie Hawkins Secretary, Lisa Hare Treasurer, Rodger Taylor

## **CFG Board Members**

Jorge Sanchez Crafton Clift Anameka Raju

