



#### The Collier Fruit Growers' Meeting will be held Monday, February 19th. Starting at 7:00 pm. The Greater Naples Fire/ Rescue Station 14575 Collier Blvd., 34119

Enter through the east side door of the Administration Building. Bring tropical fruit or a fruit-based bake item for the tasting table.

Please bring trees, seedlings, plants or fruit for the raffle. Tickets are \$2 for one or \$5 for three. Remember: It is time to renew your \$15 annual family membership.

## CFG Family Picnic on Saturday, February 3rd. See page 7!



Dr. Ute Albrecht will be the speaker at the February 19th membership meeting of the Collier Fruit Growers. She joined the UF/IFAS 'Southwest Florida Research and Education Center' in January 2016. She received her Ph.D. in Biology at the Johannes Gutenberg University in Mainz, Germany. Prior to joining UF she was a longtime member of the citrus improvement team at the USDA-ARS Horticultural Research Lab in Fort Pierce, FL.

A large part of Dr. Albrecht's research and extension program focuses on citrus rootstock traits and finding solutions to combat the negative impacts of Huanglongbing (HLB, aka citrus greening). Much

of her research is applied and she is conducting many collaborative field trials in commercial citrus orchards to evaluate the effects of different rootstocks on tree growth and productivity under HLB-endemic conditions. In addition, Dr. Albrecht is investigating the mechanisms of rootstock effects on the scion using different methods which range from metabolomics to shovelomics.

Other projects involve methods of rootstock propagation and the potential influence on root architecture and tree growth. Besides research on citrus, Dr. Albrecht is investigating other crop systems to address specific physiological problems that affect local growers. Her current projects involve the study of the effects of alternative crop production materials, such as beneficial soil bacteria and fungi on citrus and vegetable crops and the use of specific organic compounds or 'Plant Growth Regulators' (PGRs') on stress tolerance of basil and on preharvest bolting of cilantro.

Note: PGRs are organic compounds, either synthesized in the plant or as an applied substance, that in very low concentrations can either increase or decrease plant growth. New York State regulates PGRs as pesticides, as many herbicides are classified as growth regulators and therefore, they are registered with the EPA.

The annual Fruit Tree Sale will be held at Freedom Park, Sat., Feb. 24th, 9am - 2pm. Come early to get the best selection of trees, as quantities will be limited.

Please consider donating to the Collier Fruit Growers Agricultural, Nutritional, and Wellness program through PayPal<sup>™</sup> by clicking the button below:





There will be no formal December meeting. Next Meeting Saturday, February 10th and 24th at 4:30 pm. **Bonita Springs Fire Control & Rescue District Station** 27701 Bonita Grande Drive. 34135

All the meetings are potluck events. Remember to pay your annual dues in person or online.

# Collier Fruit Growers' Family Picnic UF/IFAS Extension Collier County (In the Demonstration Garden on the north side of the Facility) 14700 Immokalee Road, FL 34120-1468 Saturday, February 3rd, Starting at 1:00 pm.

The entire family is welcome to attend the picnic. Grilled hamburgers and vegetarian options will be provided along with healthy beverages and condiments.

Many games will be available, including a bouncy castle to entertain young children.

Please bring a side dish or dessert to share.

The Annual Fruit Tree Sale is Sat., Feb. 24 at Freedom Park.



## **Kiwi Fruit Recipes**

Kiwi Bread By: Miranda Keyes Posted on Food 52.com, March 13, 2018

A soft, flavorful quick bread that is a touch more exciting than banana. Garnish with sliced kiwis on top if you like.

#### **Ingredients**:

1½ cups all-purpose flour2 tsp. baking powder

½ tsp. salt

1 cup sugar (less if desired)
½ cup butter, melted and cooled

3 eggs

• ¼ cup milk, divided

• ¾ cup pureed kiwi fruit (about 4-5 kiwis)



#### Directions:

- 1. Preheat oven to 350° F. Grease and line a 9x5-inch loaf pan with a long strip parchment paper down the middle with overhanging sides.
- 2. Prepare the kiwi puree by placing peeled kiwi fruit in a food processor or blender. Blitz until no large chunks remain and you have a puree. Measure out 3/4 cup and set aside. If there's any remaining puree, use it on top of oatmeal for breakfast or eat right then and there.
- 3. In a small bowl whisk together flour, baking powder, and salt.
- 4. In a large bowl or bowl of a stand mixer, beat together melted butter and sugar, about 1 minute. Beat in eggs, one at a time, mixing well after each addition. Beat mixture until pale in color, about 2 minutes.
- 5. Add 1/2 of the flour mixture and mix until combined. Follow by adding 1/2 the of milk. Repeat with remaining flour and milk and mix just until combined. Using a spatula scrape down sides and mix well. Mix in kiwi puree.
- 6. Scrape batter into prepared pan and smooth top. Bake in the middle rack of the oven for 45-50 minutes or until the top is golden brown and a toothpick inserted into the center of the loaf comes out clean.
- 7. Let cool for 5 minutes before removing the loaf from pan. Loosen sides of pan with a knife if needed. Let cool completely on a wire rack before slicing.

## **Kiwi Chia Pudding**

By: Olivia Ribas Posted on Primaverakitchen.com, updated April 10, 2022

Made with coconut milk, kiwi fruit, and maple syrup. It is a great option for a healthy breakfast or an afternoon snack.

Prep: 10 minutes, Total: 5 hours, Servings: 2 people

#### **Ingredients:**

3 Tbsp. chia seeds
1 cup almond milk
1 Tbsp. maple syrup or honey
1 tsp. pure vanilla extract
1 cup kiwi fruit, diced.
1 Tbsp. coconut flakes
½ cup berries on top



#### **Instructions**

- 1. In a medium bowl, combine the chia seeds and almond milk together. Stir very well to avoid any chunks.
- 2. Add the maple syrup and vanilla extract. Mix everything very well.
- 3. Using a plastic wrap, cover the bowl and refrigerate for about 4-5 hours.
- 4. When the chia pudding is ready to be served, puree the kiwi in a food processor.
- 5. Mix the pureed kiwi and chia pudding together.
- 6. Pour the chia pudding into small glasses and top the pudding with coconut flakes and berries.

#### Tips

- 1. You can swap the almond milk for a different milk of your choice such as cows milk, cashew milk, coconut milk, etc.
- 2. Make sure to give the pudding a good whisk as you don't want the pudding to be lumpy. You can always let the pudding set for a few minutes and give it another whisk for extra precaution!

## Kiwi: How New Zealand Hijacked China's Fruit. BBC Podcast – Witness History, released 26 December 2023

The kiwi fruit is synonymous with New Zealand in the minds of most European and American shoppers. But the hairy fruit actually comes from China and was once known as the Chinese gooseberry. So how did New Zealand hijack a Chinese fruit and turn it into their biggest horticultural export? Former fruit exporter. Don Turner told Vicky Farncombe how his family named the kiwifruit in the 1950s and created a global industry. The seeds of the Hayward variety of 'Chinese Gooseberry' (which is not a gooseberry) or Melonta (sp?) were collected by Isabell Frazer (when she was serving as a Christian missionary in China) and introduced into New Zealand in 1904, where they were grown by nurseryman Alexander Anderson. They were subsequently grown commercially by several farmers in the fertile Bay of Plenty located in the north of New Zealand's North Island. In the 1950's Don Turner looked to export Kiwifruit to Europe and North America. The erroneous name 'gooseberry' presented a problem as gooseberries are banned from being imported into the United States as they are believed to harbor Anthrax. The name first selected was Melonette, which for marketing purposes was thought not to be exotic enough by potential North American importers. Drawing on the notoriety of the Kiwi bird, the name Kiwifruit was then selected. Don Turner was able to export Kiwifruit starting in 1959. Recent variations of the Hayward Kiwifruit are Gold and Red, having red flesh.

It is anticipated that despite kiwifruit being grown around the world, New Zealand's export of the fruit will reach 2.7 billion US dollars by 2025. Link to the BBC Podcast

#### Sixteen of the Kiwifruit Varieties

The kiwi fruit comes in about 50 different varieties. The kinds you may want to grow in your garden will rely upon your location and available area. Some vines can reach a height of 40 feet (12 meters), necessitating a lot of trellising & room.

Hairless, fuzz, hardy, and arctic are the four species cultivated for gardens (Actinidia chinensis). Each one has its own set of features, such as frost tolerance & flavor. Pick your kiwi plant varieties according to your locality, as well as your preferences for flavor & size.

Posted by ChowTray on October 25, 2021



#### The Kiwifruit: Basic Facts

The origins of the Kiwifruit can be traced from Asia. Northern China is where Kiwifruit was discovered. The Kiwi is a plant that belongs to Actinidia. Seeds were taken to New Zealand in 1904, approximately 300 years after it had been discovered in China. The fruit has become quite popular, and it is now grown in many nations. Kiwi vines are divided into female and male plants. Female and male flowers occur on all kiwi vines, regardless of the variety. Only the female plants of the Kiwi produce fruit. Female vines produce female blossoms, whereas male vines produce primarily male flowers. For pollination, male plants are still required.

Male kiwifruit vines produce more flowers, whereas female kiwi vine blossoms are twice as large and have pistils in the middle for pollen. You must have a single male for eight female plants for the kiwis to pollinate. This rule does have one exception; Blake kiwi vines are self-fertile, and do not require cross-pollination.

#### **Different Types of Kiwifruits**

Fuzzy kiwi Hayward is by far the most prevalent Kiwi in supermarkets, but it is only hardy in moderate winter climates. Another popular variety of fuzzy kiwi vine to try is Saanichton 12. It is a hardier cultivar than Hayward; however, the fruit's center is extremely rough.

Both plants require pollination from a male, and there are several available that would make good companions. Blake kiwi is a little oval fruiting vine that self-fruits. Although it is a strong plant, the fruits do not have the same flavor as Hayward or Saanichton 12. Actinidia chinensis

#### **Arctic Kiwis**

The Artic Beauty kiwifruit (Actinidia kolomikta) also goes by the names Tropical, and Pavlovskaya, is a hairless kiwi fruit that is closely linked to fuzzy varieties. It is the hardest Kiwi, even more resilient than the Hardy Kiwi.

Because it takes so much energy to develop at all under such frigid temperatures, the fruits on these wood vines must be sparser and smaller than their more warmblooded siblings. However, the kiwis that do bloom are typically considered to be among the sweetest kiwis available.

Arctic kiwis have beautiful pink and white leaves that stand out in their wintry environs as a hint of warmth. The Krupnopladnaya variety, and the Pautske cultivar, are two of the most popular varieties of Arctic kiwis.

#### Golden (Glossy) Kiwi

Actinidia chinensis, popularly known as the Golden (glossy) Kiwi. It is a relative of the green Kiwifruit. On the exterior, it has less hair, which gives it a smooth appearance. The skin has a golden-brown tint on the exterior. There are fewer seeds, and the pulp is a beautiful golden color. It has a little core. The Golden Kiwifruit, or Gold Kiwi, has a tropical flavor that tastes like a cross between a mango and a strawberry. People prefer to pick up the Golden kiwi and consume it just like you would eat an apple since it has no hair exterior.

Green kiwis are softer than Golden kiwis. Some people may find the Golden (glossy) Kiwi mushy, although it has always had a ripe flavor and is simpler to chew. From May until January, the golden fruits are in season.

#### Anananzaya Kiwi

Anna, or Actinidia arguta (in Latin), is another name for this Kiwi. The skin of this Kiwi ranges from purple-red to green skin which gives it a pleasant aroma. It has a very sweet flavor. This Kiwi will bloom in almost any soil and prefers both full sun and light shade. The Kiwi in this form can weigh up to half an ounce, and they are dependable and simple to grow.

#### Silver Vine Kiwis

These species of kiwifruits are instinctual climbers, preferring the mountainous parts of Japan and China over the warm tropics of New Zealand. It's only fitting that they're given the name for their ladder-like branches.

The fruits themselves are more acorn-shaped than ordinary kiwi egg shape, but they taste just as sweet and wonderful. They're utilized for everything from their buds, leaves, and their flesh. Their buds are used to make teas and medicinal powders in some parts of Asia.

#### **Kiwi Berries**

These kiwis, which are technically a hybrid between the Arctic and Hardy varieties, are for everyone who wished these small fruits to be cuter.

Kiwi berries are more like grapes than kiwis since they grow in identical clusters off their vines without the brown exterior and fuzz that distinguishes the fruit.

Conversely, the skin is thin, silky, and green, with a burst of super sweet juice when you bite into it.

They've earned a few nicknames due to their size and flavor, namely the grape kiwi, the dessert kiwi, and the baby kiwi.



#### **Dumbarton Kiwi**

The Dumbarton kiwi is a one-of-a-kind kiwi with a ribbed, pale green skin that resembles a small pumpkin. They also have a delectable, sweet flavor. They are medium-sized. The vines on the Dumbarton kiwi grow swiftly. This kiwi's skin is smooth since it lacks the fuzzy hair you might expect from a kiwi. They are similar to grapes since you can eat them whole.

The Kiwi of this variety is sweet and easier to consume. The vines are smooth as well, and they require support to grow in the right way.

#### Michigan Kiwi

This resilient kiwi cultivar is recognized for producing a huge, delicious fruit. This Kiwi can be up to 1 ounce in weight. This Kiwi's fruit is lime green in hue. Since it can reach a height of 12 to 10 feet when fully grown, this plant will require space to spread.

#### **Kiwi Arctic Beauty**

Actinidia kolomikta is Arctic's Beauty kiwi's Latin name. The Arctic's Beauty is a kiwifruit variety that can withstand frigid temperatures. It can withstand the coldest conditions. Resilient, the Arctic's Beauty has pink and white attractive leaves. In spring, the leaves of this Kiwi are green, but they become pink and white at the tips.

Smaller than most kiwi cultivars, Arctic's Beauty's fruits have a delectable and sweet flavor. In almost any soil, the Arctic's Beauty kiwi bears fruit. They require a male plant to pollinate to yield fruit. They require a lot of water, a lot of sunlight, and a lot of training.

#### Hayward's Kiwi

Hayward's Kiwi is perhaps the most widely available amongst the green kiwi varieties. It has a more rounded shape than many other kiwi varieties. On the exterior, it has a substantial amount of hair. The flesh has a white core and is green in color.

Of all the fuzzy kiwi kinds, Hayward's Kiwifruit is thought to be delicious and easiest to eat. It's a lot gentler than the others. It is possible to eat the skin because it is thin.

#### Vera's Pride Silver Vine Kiwi

The fruit of Vera's Pride Silver Vine Kiwi is big and light orange in hue. It has a pleasant sweetness to it. It features a huge, white female flower that has a lovely aroma. To pollinate, it must be partnered with the Pavel Male Silver Vine.

#### Hot Pepper Silver Vine Kiwi

The Hot Pepper Silver Vine Kiwi is unusual in that it looks like pepper and tastes slightly fiery but sweet. The flavor has been compared to that of mild chili pepper. This Kiwi was created in Russia for the first time. To pollinate, it must be partnered with the Pavel Male Silver Vine.

#### Pavel Male Silver Vine Kiwi

Since it is a male vine, the Kiwi does not grow and produce. It does, although, produce a large white male flower with a strong scent. It's perfect for pollination of the Vera's Pride Silver Vine and the Hot Pepper Silver Vine.

#### Mao Hua Kiwi

On the exterior, the Mao Hua Kiwi features green flesh and flowing hair. Green and delicious, the flesh is edible. The leaf is thick and oval. This Kiwi can be utilized in a variety of ways. It is frequently split in half and consumed. It can be sliced into quarters, diced, or quartered. It's commonly used as a meat tenderizer and in stir-fries.

#### Vincent's Kiwi

The Vincent's Kiwi is a huge egg-shaped fruit with a sweet flavor. The kiwi has a slight strawberry flavor. It ripens during October and grows best in warmer areas. The flowers are white, and the leaves are shaped like a heart.

#### Purple-Reddish Kiwi

Actinidia melanandra is the Purple-Reddish Kiwi's Latin name. This plant is only found in three Chinese provinces. Hubei, Yunnan, and Sichuan are among them. The fuzzy purple skin of the fruit is distinctive. It can be eaten but it isn't commercially grown. It has a very limited shelf life.

## Collier Fruit Growers' Family Picnic on Saturday, February 3, 1:00 pm.

It will be held in the demonstration garden on the north side of the UF/IFAS Collier County Extension Service facility on Immokalee Road in front of the Fair Grounds. All are welcome to attend, especially children. This will be a great opportunity to greet and enjoy the company of other members and their families. It will be a first for the Collier Fruit Growers, and possible future similar events will be determined by the success of this picnic. Burgers, hot vegetarian options, and healthy beverages will be provided along with games and a bouncy castle for the children. Please bring a side dish or dessert to share.

## Growing Sapodilla Tree and Care | How to Grow a Sapodilla Tree

By Suyash October 9, 2023

Native to the tropics, the naseberry offers sweet fruits. Follow this easy Growing and Care regimen!

OperationShooting/shutterstock

Sapodilla is a tropical evergreen tree, cultivated in many countries for export. This tree can be grown in home gardens and containers as well. You can also plant this exotic fruit tree by following the **Growing Sapodilla Tree and Care** tips given in this article. Let's read in detail **How to Grow a Sapodilla Tree!** 

Botanical Name: Manilkara zapota Soil pH: 6.0-8.0 USDA Zone 4-11

**Common Names:** naseberry, chikoo, chiku, dilly



Sapodilla is also known as sapota, chikoo, naseberry, or nispero. It is a slow-growing and long-living evergreen tree from Mexico (Yucatan Peninsula) and Central merica. The tree is primarily cultivated in India, Pakistan, Thailand, Malaysia, Bangladesh, and Vietnam.



Sapodilla grows up to 20-60 feet. In the wilderness, the tree can reach up to 100 feet (30 m) high. The trunk produces hard bark with gummy white latex known as chicle; the dark green leaves are oval to elliptic shaped with bell-like flowers.

The tree forms 2-3 inches (5-8 cm) diameter berries that have a grainy, juicy pulp of pale yellow to an earthy brown color, with 1-6 hard black seeds. They have a sweet and malty flavor and are a rich source of fructose and sucrose. This nutritious fruit also contains a good amount of folate, niacin, vitamin C and A, and is also high in iron, copper, and potassium.

#### **Best Sapodilla Varieties**

- Silas Woods is a dwarf variety that can be maintained to 4-5 feet in height. It is cold-resistant and ideal for containers.
- Alano is another good option for containers. The fruits from this tree are 2-3 inches in diameter and have a fine texture and sweet taste.
- **Hasya** is a Central American variety that forms football-shaped yellow-red fruits with few seeds.
- Makok can reach up to 2-3 feet tall. It produces smooth brown flesh with a sweet aroma.
- **Morena** is a Mexican variety; the tree can grow up to 4-5 feet in containers. It produces hard fruits in half red half caramel shade with an exceptional taste.
- **Tikal** is a Central American variety. It grows tall but can be pruned 2-3 feet. It forms small, elongated, fine-textured fruits.
- **Molix** is a Mexican variety that grows up to 3-4 feet tall. It produces exceptionally sweet, redcolored fruits.

#### Sapodilla Tree Propagation

You can propagate sapodilla through seeds sowing them in a pot or directly in the garden soil. Though some gardeners are also known to use grafting and other methods. But, growing from seeds might take about 6-9 years to grow into a sapodilla tree producing fruits. However, getting a young, established sapodilla tree from a nursery will save you a lot of time.



The perfect time for growing sapodilla is during late summer and early fall. It grows well in humid or arid environments.

**Notes:** Place the nursery-brought plant upright, bury the roots properly, and pack it with soil. Spread a fine layer of compost over the soil as this will work as a mulch for the young tree. Water the plant evenly, avoiding stems and leaves. Use a bamboo stick or wooden stake to give support to the growing tree.

Young trees can be grown in 18-24 inches diameter pots or wooden boxes with drainage holes.

#### **Requirements for Growing Sapodilla Tree**

#### Location

For the tree's best growth and fruit production, choose a site that gets plenty of bright sunlight. The location must also be free of any other trees as sapodillas may get large if not pruned to keep their size in check.

#### Soil

Use organically rich, well-draining, and fertile soil. If you are using garden soil for growing sapodilla trees, blend it with equal amounts of sand and perlite. The pH of the soil should be around 6 to 8.

For the homemade potting mix, combine equal quantities of peat moss, bark, sand, perlite, or vermiculite, with organic compost. The tree does exceptionally well in the highly calcareous soil of south Florida.



You will have to water the newly planted sapodilla on alternate days for the first week and twice a week after a month for the next 6-8 months. Once the tree gets established and is 4-5 years old, it will not need frequent watering.

**Note**: During dry months, proper watering will increase fruit production, though mature trees require very less watering.

#### Sapodilla Tree Care

#### Pruning

If you notice young trees to be leggy with fewer lower branches, prune the top part. This will induce lateral bud break on the lower trunk. As the tree matures, you will only have to prune out the damaged, diseased branches or dead wood.

Do not cut out the lower branches. Keep the height to about 10-14 feet.



#### Mulching

Mulching helps in maintaining the moisture of the soil and protects the roots in freezing temperatures. Mulch with a 3-5-inch layer of bark or wood chips. For fully grown trees, keep the mulch 8-12 inches away from the bark.

#### **Fertilizer**

Feed the plant with an all-purpose, 5-5-5 fertilizer, every 8-10 weeks during the first year as per the instructions on the label. It will provide nutrients. For well-established trees, use 2.5 to 5.0 lbs of fertilizer 2 to 3 times a year. Apply it at the base of the tree.

Pest and Diseases

Be careful about Caribbean fruit fly, green shield scale, Cuban may beetle, pustule scale, and leafminer. In diseases, look out for leaf rust. Use an organic fungicide to control the infection.

#### Harvesting and Storage

Wait until some fruits drop from the plant. Start harvesting those of similar size from the tree. Another way to make out if the fruits are ready to harvest is skin color. When it changes its color from brown to amber, they're ready to be picked.

Also, scratch the surface of the skin, if it is tan in color, the fruits are ripe. But if it is green or oozes latex, it indicates an unripe fruit.

**Note:** Sapodilla can be stored in the refrigerator for more than a week.

#### Sapodilla Facts and Uses

- The tree is famous for the white gummy sap, in the bark called chicle. Long ago, the Mayas and Aztecs boiled the 'chicle' sap, molded it in blocks, cut it into small chunks to chew as chewing gums.
- The fruit tastes best when eaten fresh.
- The pulp is also famous to make sherbets, milkshakes, and ice cream.







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://bstfc.org/

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## **Collier Fruit Growers**

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!

### **2023 CFG Officers**

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CFG Mailing Address: 1944 Piccadilly Circus, Naples, Fl 34112

