



COLLIER FRUIT GROWERS NEWSLETTER

JANUARY 2014

THIS MONTH—JANUARY 13th MEETING

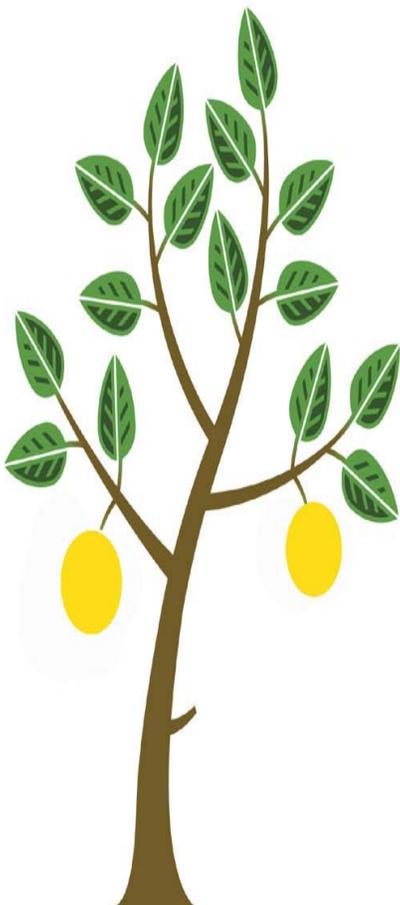


Our speaker will be David Chapman, principal of Chapman Food Forestry, a better than organic, sustainable food forest farm under development in Golden Gate Estates, Naples, Florida.

David has co-established Southwest Florida Permaculture Guild which has online information sharing and meet-ups which help members develop their property using permaculture principles.

His topic will be sustainability. David always brings a wealth of knowledge and experience.

Please note that February's meetings will be held on the 2nd Monday of the month due to the government holiday.



VISIT US AT:
www.collierfruit.org

Monday, February 10, 2014
Mark your calendar!

This month the recipe will feature canistel. Also known as eggfruit, it is from the family Sapotaceae and thrives in subtropical and tropical climates. The rich golden flesh has a taste and consistency similar to that of sweet potatoes or pumpkin and can be used as a substitute for these vegetables in your favorite recipes.

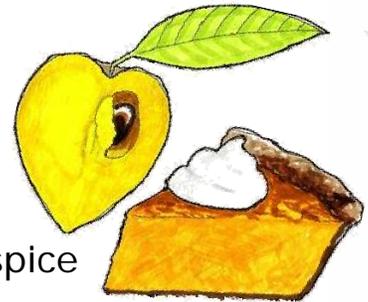
recipe:

CANISTEL PIE

Submitted by Roberta Taylor

PLEASE NOTE: Recipe makes one 9" pie.
You will need a 9" unbaked pie crust either homemade or store bought for this recipe.

- 1 8-oz. cream cheese, room temperature
- 1 cup sugar
- 3 large eggs
- 1½ cups ripe canistel flesh
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves or allspice
- ½ teaspoon salt



Preheat oven to 425° F. Combine cream cheese and sugar in mixing bowl and beat until fluffy. Add eggs one at a time and beat well after each. Add remaining ingredients and beat to combine. Pour into unbaked pastry shell. Bake for 10 minutes. Reduce oven to 350°. Bake for 35 - 45 minutes, or until cake tester inserted in center comes out clean. Cool on rack. Serve at room temperature with whipped cream, if desired.

NOTE: If the canistel flesh seems a little fibrous, you can put it through a food mill, ricer, or process it slightly in a food processor before adding it to recipe.



CLUB NOTES




BREADFRUIT



FRUIT PLATE



ROSELLE

Fruits of Trinidad

David and Jan Etzel recently returned from Trinidad where they visited CFG immediate past president John Puig and his family. Trinidad is an island just off the coast of Venezuela having an average high temperature of 84°F throughout the year. Soil is a clay loam and rain is about 40 inches spread out over a year. The country has petroleum making it the most prosperous of the Caribbean nations. Its peoples are 40% East Indian, 40% African, 5% Chinese and less than 1/2% Anglo/European descent. Needless to say we stood out.

It was interesting to find that many homes and vacant lots are what we in this area are now beginning to call "food forests": fruit trees intercropped with edible perennials and beneficials like pigeon pea. These food forests were so common yet often so natural that we never would have noticed if John had not pointed them out while describing the local flora.

One of our evening meals was breadfruit (photo #2) cooked in coconut milk, rice with pigeon pea and curry, and tropical pumpkin. The fruit plate shown (photo #3) contained Rose (Malay) Apple, Papaya seasoned with lemon, Soursop (a sugar apple relative) and Canistel. The entire meal and fruit plate were bought fresh at the central farmers market that day. All except Soursop can be grown in the warmer microclimates of Collier County. Elsie Page used to grow Soursop in Port Royal a few years back. I would say Soursop is the top of the line of the *Annona* genus and grows very well in Trinidad. Rose Apple is not a true "apple" but a member of the myrtle family. It is not all that productive here in Florida. The fresh Canistel was exceptional and commonly available this time of year there as it is here in Florida.

Roselle, West Indian Sorrel, *Hibiscus sabclariffa* Easy to grow hibiscus well suited for Florida

This hibiscus (photo #4) is grown for its fleshy calyx which is used to produce tea, juice, syrups, and jellies that resemble sweetened cranberry. The calyxes mature from late September through January and are simply broken off once they have swollen to full size. The calyx are separated from the seeds and cooked. The seeds store and germinate easily. The green leaves are also edible and can be used as a spinach substitute eaten raw or cooked. Roselle is typically grown from seed usually sown in May.

Collier Fruit Growers Inc.
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FRUIT NEWS

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.

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