



COLLIER FRUIT GROWERS NEWSLETTER

JULY 2015



Our July speaker is Erica Klopf

Erica will share her presentation on "Fruit Botany: A Botanical Survey of Fruits and Their Flowers". Erica is a Permaculture Designer, owner of Florida Edible Landscapes, a founder of the FGCU Food Forest and is certified to teach Permaculture Courses. The meeting starts at 7:30 PM but be there for the tasting table (it's Mango season!). Bring a plant to exchange and receive a ticket for the exchange.

**NEXT MEETING: July 20 at the Golden Gate Community Center
4701 Golden Gate Parkway
7:00 pm tasting table and 7:30 pm meeting/program.**

UPCOMINGEVENTS:

July 11-12 Mango Festival, Fairchild Tropical Botanical Garden, Coral Gables

**July 18 Annual Tropical Fruit Seminar, Collier Extension
at Naples Botanical Garden, \$15. Featuring presenters:
Dr. Stephen Brady, The Burds, and Billy Hopkins**

July 25 Collier Fruit Growers Field Trip -- Dr. Steve Brady on Fruit Tree Pruning Steve will be conducting the demonstraion in his own grove in Naples. Dr. Brady is a long time fruit tree collector, explorer and hunter of rare tropical fruits. He will demonstrate pruning techniques and wisdom from his experience and travels. There is no charge for this event, meet in the parking lot of Naples Town Center Mall in the Rib City parking area at 3871 Tamiami Trail East at 9:45 AM on July 25 to caravan to his property which has limited parking. A rare treat with an experienced fruit grower.

BURDS' NEST OF INFORMATION

THIS and THAT FOR JULY:

Lets have a mango tasting and evaluate them!



Gather not more than 6 different mangos (taste buds after 6 tend to not be accurate). Have a sheet of wide ruler notebook paper for each participant – rule, 8 ruler width vertical & horizontal lines for each evaluation category. In the margin write the mango name with maybe 2 ruler spaces between each one. **Rate the mango from 1 - 10** with 1 being the worst.

OK, now the evaluation headings:

1. **SMELL TEST** (the first thing a mango lover does)
2. **EYE APPEAL**
3. **2nd SMELL TEST** (scratch or cut into the stem end)
4. **STRINGY ?** (when you peel it is it fibrous ?).
5. **THICK OR THIN SKIN ?**
6. **CAN IT BE EATEN GREEN**(before it is ripe, is it sweet while crisp and green?).
7. **HOW IS THE RIPE FLAVOUR?**

We have had many lovely evenings with friends doing mango evaluations, sitting around the kitchen table, with snacks and drinks.

DON'T FORGET TO TAKE YOUR EXCESS MANGOS TO HELPS OUTREACH ON J&C BLVD, Monday, Tuesday, Thursday and Friday between 9.30 am - 3.00 pm

RECIPE OF THE MONTH

Lychees are a delightful tropical fruit that are abundant here in SW Florida. If you haven't yet tried them, they are similar to a peeled grape with a hint of strawberry and watermelon. Lychees are often used in desserts, but here is a recipe for an entrée that I found on About.com. It is fast, delicious and light enough for hot summer nights. Enjoy! Makes 4 servings.


 recipe: **LYCHEE CHICKEN WITH ORANGE PAN GRAVY**

Submitted by Roberta Taylor

INGREDIENTS

1 tablespoon vegetable oil
 4 boneless, skinless chicken breast halves (about 1 pound)
 1 cup orange juice
 4 teaspoons sugar
 1 clove garlic, minced
 1 teaspoon dried rosemary leaves, crushed
 2 teaspoons cornstarch
 1/4 cup dry white wine
 Salt and freshly ground pepper to taste
 15 fresh lychees peeled and sectioned

Preheat a large skillet over medium heat. Add vegetable oil, swirling to coat the pan evenly. Add skinless chicken breasts to hot oil. Cook 4 minutes, then turn and cook an additional 4 minutes until chicken is browned and no longer pink in the center. Remove cooked chicken to a platter and keep warm.

Add orange juice, sugar, garlic, and rosemary to the pan juices remaining in the skillet. Stir to scrape up any browned bits and bring to a boil.

In a bowl or cup, whisk cornstarch and white wine together until smooth. Add cornstarch mixture to the skillet, stirring constantly with a whisk, until sauce becomes smooth, clear, and thick. Season pan gravy with salt and freshly ground pepper to taste.

Stir in lychees, and simmer until they are heated through. Return chicken to the pan gravy, turning to coat, and gently reheat.

Serve chicken breasts with the lychee orange pan sauce.

GMO Battle is On and Fierce if Not Nasty

The GMO battle is a reflection of our times: perverted science and corporate greed take on those who foresee cultural collapse and ecological extinction. GMO's now control most commercial seed production of soybeans, corn, canola and grains.

Intentional contamination of traditional seed production by GMO seeds is no longer a corporate trade secret and is virtually assured in many commercial crops. Cross pollination by GMO seed will assure "organic" will be bred out of most commercial crops within a few short years. Big Ag has for years (successfully) tried to quell the opposition to GMO's by throwing big money at government, which acknowledges its dependence on big bucks. The recent secret trade agreement (TPP) declares that GMO labeling is an "unjustified trade restriction" and thus against international law and the rule of profits.

The fight is about to explode in the citrus industry. This year was an especially bad one for citrus production and the industry in Florida. Although citrus greening has taught the industry that soil and nutrition do matter, no silver bullet has been delivered. But GMO advocates are ready with a citrus spliced with a few spinach genes that show promise of a greening resistant plant. Will this new, unproven citrus be accepted by the public? Should it be? It's almost there.

CLUB NOTES

WHAT'S RIPE

With Erica Klopff



In Hinduism, Lord Ganesha is commonly depicted holding a ripe mango, symbolizing the potential each individual has for perfection. The Sanskrit word for this nearly perfect fruit is Amra. Native to southern Asia, it has been cultivated for over 4000 years. The mango is the national fruit of India, the Philippines, and Pakistan. It was carried by Buddhists monks into eastern Asia around 400 AD, and to East Africa by the Persians around 1000 AD. The Portuguese introduced the mango to West Africa in the 16th century. After its establishment in Brazil, it was brought to the West Indies and set out in Barbados in 1742.

Its establishment in Florida as a door yard tree and commercial crop has a fascinating history of trial and tribulation, dealing with unsuccessful varieties and loss of individuals due to freeze and storm events. However, over time varieties started to appear through seedling selection from imported trees that managed to survive to fruiting age in South Florida.

In 1889, six trees of a popular variety known as 'Mulgoa' were imported from Bombay. Of

those six, only one lived to bearing age. Captain Haden of Miami planted out seeds from this tree. However, they did not bear until after his death. His wife selected the tastiest of the seedlings and named it 'Haden'. This variety became known as a superior tree for our climate and is a popular commercial and door yard tree to this day.

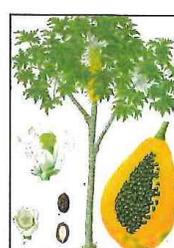
In 1954, there was an estimated 7,000 acres of Florida groves dedicated to mango production. That number has dropped to a current number of approx. 1,700 acres, according to Julia Morton in her book, *Fruits of Warm Climates*. She notes that in India there are 2,471,000 acres of mangos under cultivation, producing 65% of the world's mango crop. It is fascinating that England and France import 82% of all mango shipments worldwide. Seasonal flowering is stimulated by dry soil conditions. Rain and irrigation during flowering will result in low fruit set. Mangos thrive in any soil type, as long as there is proper drainage. With a few flowering consecutively, one can enjoy regular harvest of mangoes five months out of the year in South Florida.

Naples Botanical Garden and Collier County IFAS presents

Mango and Subtropical Fruits for Your Yard

July 18th 9am-1pm

Naples Botanical Garden, Buehler Auditorium



9:00am-10:30am: Dr. Steve Brady will present

"Growing Tropical Fruits at Home"

10:30am-11:30am: Jenny & David Burd will present

"How to Grow Mangos"

11:30-noon: Topical Fruit Tasting with the Burds

Noon-1pm: Tour of Naples Botanical Garden tropical fruit collection and plant sale with Hopkins Tropical Fruit Nursery

Call 239-643-7275 to register!

Cost: \$15, no charge for NBG Staff Volunteers and IFAS Master Gardeners



Collier Fruit Growers Inc.
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JULY 2015

FRUIT NEWS

**FUTURE MEETING:
There is no meeting in August.**

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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**VISIT US AT:
www.collierfruit.org**

