



# COLLIER FRUIT GROWERS NEWSLETTER

**MARCH 2014**

## **THIS MONTH—MARCH 17<sup>th</sup> MEETING**



**March meeting topic is Citrus!** Our speaker will be Danny Blank of 12 Seasons Farm in Olga. Danny was the farm manager at Echo for 18 years before leaving to get his Master's Degree in Agricultural Sustainability from Hohenheim University, Germany and Chiang Mai University, Thailand. He and his wife now operate the 12 Seasons Farm in Olga where they have 10 acres with more than 20 varieties of citrus. He will teach us the basics of citrus and update us on the latest developments in the field.

**Dwarf Citrus will be available to members at the meeting.**

Tree House will supply us with a limited amount of dwarf citrus (as available) for purchase by our members. Because of the limited supply at our

February sale, these will be made available first to the sale workers would were unable to buy at the sale and then to other members.

Dwarf citrus trees stay small because they are grafted onto a dwarfing rootstock like Flying Dragon. Some major advantages of dwarf trees are that it's easier to reach the fruit at harvest time and they fit into smaller landscapes even lanais.

**Tasting table at 7:00 pm.**

**Meeting at 7:30 pm at Golden Gate Community Center**



**VISIT US AT:**  
[www.collierfruit.org](http://www.collierfruit.org)



**Collier Fruit Growers Tee Shirts Available**

New and improved Tee Shirts are available at the meetings for \$10. Get them while the last!

This recipe was sent to me by a friend who likes to eat a healthy diet. It is one of several recipes that I have seen lately where avocados, a source of good fat, are being used in recipes in lieu of butter or other less healthy fat. Since many of the club members grow avocados, we are always seeking new ways to use them. It may sound strange at first, but give it a try and you will be pleasantly surprised. The recipe is from "*The 21-Day Yoga Body*" by Sadie Nardini.

recipe:

**Avocado Dark Chocolate Mousse**  
**Submitted by Roberta Taylor**

1 ripe avocado, peeled and pitted  
2 tablespoons cocoa powder, plus more for sprinkling  
2 tablespoons agave nectar  
1/2 tablespoon vanilla extract  
pinch of cinnamon  
good pinch chipotle powder or cayenne pepper (if you want a kick)



Place all of the ingredients in a blender and blend, scraping the sides and alternating between High and Low for 2 to 3 minutes until smooth. Serve in a pretty glass bowl with a sprinkle of cocoa and cinnamon on top. Chill in refrigerator until ready to eat.

Serves 2

This recipe can be multiplied if you want to make it in larger quantities.





## CLUB NOTES



### Mangosteen relative is the latest weight loss craze.

Garcinia cambogia is a small, pumpkin-shaped fruit, sometimes called tamarind. Though native to Indonesia, it is also grown in India, Southeast Asia, and West and Central Africa. It has long been used in traditional South Asian dishes, including curries and chutneys. Many also use the fruit for curing fish and preservation. Adding this ingredient to meals is considered to be effective in making meals more "filling." In some villages in Malaysia, garcinia is used to make a soup that is eaten before meals for weight loss because of garcinia's appetite-blocking abilities. The key ingredient is a very important natural active compound called Chlorogenic Acid. Chlorogenic Acid helps to slow the absorption of fat, and stop weight gain. HCA inhibits citrate lyase enzyme in your body which is known to be an important catalyst in the metabolic process of converting excess carbohydrates into fat. The natural (HCA) in Garcinia Cambogia is a known appetite suppressant that reduces cravings and decreases the urge to consume calories. Eating is affiliated with emotion. Garcinia Cambogia increases your serotonin levels, which leads to better mood and sleep. HCA also helps manage your stress hormones (cortezole), and in return you effectively attack that belly fat.

#### Chris Rollins Honored by Rare Fruit Councils

15 south Florida Rare Fruit Councils including Collier Fruit Growers honored Chris Rollins of the Miami-Dade Fruit and Spice Park. Chris is retiring after managing the park for the last 30 years. He requested and the councils provided the equipment needed to complete a detailed database of the plants in the park (more than 500 varieties and 2400 plants). A GPS locator, computer, ledger and software provided will equip Chris to detail the park before he leaves later this year. Chris has spoken many times to our club and has always been available and welcoming.

#### Propagation Day at our Nursery

Our nursery has moved and is now set up with irrigation and shade. April 5th will be propagation day at the nursery at 8200 Immokalee Road. Cuttings will be taken from mulberry, sugar cane, Mexican sunflower and bamboo. Gather at 9:30 am.

**Farm Day at ECHO**, 17391 Durrance Road, N. Ft. Myers. March 22, 9:00 am to 3:00 pm, Grove Tours, exhibits, demos, appropriate technology, global tropical farm open house, and lectures.

#### Fruit Bite -- Jujube

Many people coming to this area are fond of apples. The University of Florida have two varieties which can be grown here but our weather is not ideal. The jujube is an underrated tree that may well be the subtropical apple substitute. It grows very well here (maybe too well) and has a crunchy taste like a granny smith apple. It is drought tolerant, has few pests and grows well in poor soil. The Chinese jujube can withstand real cold temperature (to 0 degrees F) and the Indian jujube to 26 degrees.

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## **MARCH 2014**

## **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.

### **2014 CFG BOARD OF DIRECTORS**

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**REMEMBER TO RENEW YOUR MEMBERSHIP!**