



# COLLIER FRUIT GROWERS NEWSLETTER

**MAY 2016**



Our May speakers are David and Jan Etzel who have just returned from Rancho Mastatal in Costa Rica. Rancho Mastatal is a permaculture training farm in the rainforest. They slept in an open air bamboo tree house while taking the Permaculture Design Course on the farm which specializes in tropical fruit trees in an area which grows coffee and cacao (chocolate). The Etzels will present a description and photos of the experience.

**The meeting starts at 7:30 pm at the Community Center, 4701 Golden Gate Parkway in Golden Gate City. The tasting table opens at 7:00 pm.**

## **BURDS' NEST OF INFORMATION THIS and THAT FOR MAY**



### **MANGOS**

Now that the mango season is commencing, **LATE** mangos should be selectively pruned (yes, there will still be fruit on the tree) so as to have fruit again next year. You may start selectively pruning, so as not to lose all the fruit.

If late mangos are pruned after the fruit is harvested, eg. late September or October, it raises the percentage chance of no fruit the next year. Late mangos are Keitt, Neelum, Palmer, Beverly, Wise, Cryder & Zillate.

\*\*\***Even though Valencia Pride is** a mid season mango, it is very sensitive to late pruning, so it should be added to this list. \*\*\*

Early mangos are Rosigold, Lemon Saigon, Glen, Manilita & Florigon, to name just a few! When the fruit has been harvested, fertilize with the recommended **0-0-18** because of the minors in the formulae. You will probably fertilize these this year more into early or mid June because of the late flowering.

Spray with **micro nutrients** just before the new growth has hardened off.

### **WATERING MANGOS**

Watering in the dry season should be kept to once a week. This will result in larger fruit. Too much water will delute the flavour of each mango !

**Please** - if you have a bountiful crop, share at your local food bank.

**RECIPE OF THE MONTH:** The black sapote or chocolate persimmon is a wonderful, exotic fruit that is very popular in Latin America but has yet to catch on here. If you haven't tried it, please do. It has a creamy consistency and a flavor suggestive of chocolate or dates. Let it ripen on the counter until it is very soft and looks ready to be thrown out (really!). This recipe can also be made with other tropical fruits including canistel and atemoya. I found this recipe in the cookbook, *Miami Spice* by Steven Raichlen.

## recipe:

### BLACK SAPOTE PIE

- 2 cups seeded, mashed ripe black sapote pulp (2-3)
- ½ tsp vanilla extract
- ¼ tsp grated lemon zest
- 1 Tbsp honey
- 1 graham cracker crust
- 1 cup heavy cream
- 3 Tbsp confectioners' sugar
- 1 tsp light rum
- 1 oz semisweet chocolate, for shaving



Puree the black sapote pulp in a blender with the vanilla, lemon zest and honey. Pour mixture into prepared pie crust.

Whip the cream, adding the sugar and rum as it thickens, until stiff peaks form. Using a piping bag, you can pipe the whipped cream decoratively over top of pie. Alternatively, you can dollop the cream on top of the pie. Shave the piece of chocolate with a vegetable peeler and scatter the shavings on the top of the whipped cream.

Refrigerate, uncovered, until ready to serve.

## CLUB NOTES



### Clift Notes by Crafton Clift Growing Rambutans in Florida

In 1979, a 20 year old airlayered rambutan produced five fruits for Adolf Grimal on Big Pine Key. It then did not fruit again for 20 years. Bill Whitman, Robert Barnum and many others have tried to grow rambutans in Florida on the mainland. I have seen them a healthy six feet tall when stopped by cold. Once I had 150 newly sprouted pulasans (more delicious than its rambutan cousin) killed in a September dry-wind. Even without cold those Southeast Asian rainforest species including tampoi, durians, breadfruit, *Artocarpus lasiocarpus*, lansones and mangosteens cannot survive in tropical areas with a dry season where mangos and cashews do well.



### At the Nursery: Pea Eggplant for Grafting Practice

Crafton has several Pea Eggplant (*Solanum torvum*) bushes growing at the Immokalee Road grove, which are erect, spiny and bushy perennial plants used horticulturally as rootstock for eggplant (or aubergine). The Pea Eggplant bush will accept grafts of most varieties of tomatoes and eggplants in solanaceae family.



Grafted plants are very vigorous and tolerate diseases affecting the root system, thus allowing the crop to continue for a second year. Also known as Turkey Berry, it is apparently a native to Florida, southern Alabama, and throughout the West Indies, Mexico, and Central and South America as far south as Brazil (Little and others 1974). Because of its rapid spread as a weed in disturbed lands, it is difficult to tell which populations are native and which are introduced. Turkey berry has been introduced and naturalized throughout tropical Africa, Asia, Australia, and the Pacific Islands including Hawaii, Guam, and American Samoa. It is common in Thai cooking. It is believed to be abundant in iron, having a strong iron taste and consumed by persons with iron deficiency. The fruits are berries that grow in clusters of tiny green spheres (ca. 1 cm in diameter) that look like green peas. They become yellow when fully ripe. They are thin-fleshed and contain numerous flat, round, brown seeds. It is also known as **devil's-fig, turkey berry, prickly nightshade, shoo-shoo bush, wild eggplant, and pea eggplant.**

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## MAY 2016

# FRUIT NEWS

**NEXT MEETING: May 16, 2016**

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!**

### **2016 CFG BOARD OF DIRECTORS**



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