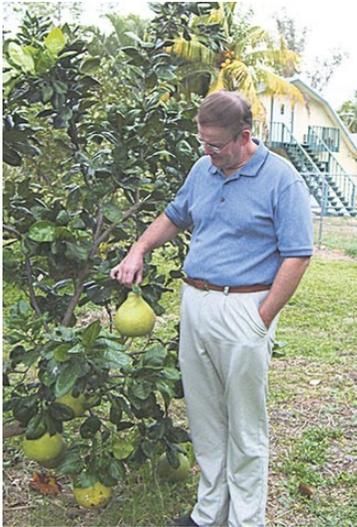




COLLIER FRUIT GROWERS NEWSLETTER

NOVEMBER 2015



Dr. Stephen Brady is our November speaker who is well known as a local authority on fruit growing and nationally known as a world fruit hunter. Since planting his first mango seed at the age of 7, Stephen Brady has had a passion for growing tropical fruits. A retired physician with an undergraduate degree in Botany, Stephen has a suburban south Naples home with a collection of 600 fruit trees and 300 coffee trees. Stephen was one of the many local fruit enthusiasts featured in the documentary *The Fruit Hunters* (2012), which follows exotic fruit cultivators and preservationists from around the world. Stephen has traveled the world searching for new fruits and new varieties. He will speak on Growing Tropical Fruit in Southwest Florida.

TREE SALE

Don't forget to ask a buyer where they live if they want to buy a cold tender tree. There is usually a 10 degree difference from the coast to east Collier County, this is critical if there is a freeze.

Our November Fruit Tree Sale is November 21st at Freedom Park on Golden Gate Parkway from 9 AM to 2 PM. We are bringing in a large stock of tropical fruit trees and will need help setting up tents, unloading trucks, and helping customers. Plan to be at the park by 7:30 AM to help if you can make it. The event itself is a great learning experience!



NEXT MEETING:

**November 16th at the Golden Gate Community Center
4701 Golden Gate Parkway
7:00 pm tasting table and 7:30 pm meeting/program.**

BURDS' NEST OF INFORMATION

THIS and THAT FOR NOVEMBER:

AVOCADOS November is the month to prepare, then harvest budwood for grafting.

Make sure you have root stock that is equal to size with the budwood.

PERSIMMONS Now is the time to fertilize LIGHTLY each month with 6-6-6. Once you see the new growth, NO MORE FERTILIZER.

PAPAYAS & JABOTICABAS

Each month, very lightly fertilize with 6-6-6. This makes for happy, happy trees. Too much and the incorrect fertilizer will damage the trees.



RECIPE OF THE MONTH

This quick and easy recipe uses carambola or starfruit to create a creamy entrée. I found it on the website for Brooks Tropicals at www.brookstropicals.com. Brooks Tropicals is located in Homestead, FL. Feel free to add some spice like jalapenos or red pepper flakes if you desire. Enjoy!

recipe:

STARFRUIT CLUCK CLUCK

Submitted by Roberta Taylor



- 2 Florida starfruit
- 1 tsp. each salt and pepper
- 3 tbsp. extra virgin olive oil
- 1 tsp. paprika
- ½ cup scallions, chopped
- 4 cups cooked rice
- 2 tsp. garlic, minced
- 8 oz. cooked chicken breast
(can use packaged or rotisserie)
- 1 red bell pepper, sliced
- 1 cup heavy cream
- 2 tbsp. cilantro leaves

- 1.** With a vegetable peeler, take the brown tips off the points of the starfruit. Slice the starfruit into 1/4" slices. Remove any seeds with a knife.
- 2.** In a large skillet on medium heat, add olive oil and heat for one (1) minute. Add the garlic and heat for two (2) minutes.
- 3.** Lower the heat to medium low and add red bell pepper, scallions and starfruit. Stir occasionally until tender, about eight (8) minutes.
- 4.** Stir in heavy cream, salt, pepper, paprika and chicken pieces. Cook for ten (10) minutes.
- 5.** Serve on top of rice or toss with rice before serving. Garnish with cilantro.

4 servings

CLUB NOTES



EVERY THURSDAY (not on Thanksgiving)

On Thursdays at the Nursery on Immokalee Road, there is an opportunity to learn at our nursery and community grove and garden. Between 10 AM and Noon there are typically projects in plant propagation, pruning and grafting. 8200 Immokalee Road.



CLIFT NOTES by Crafton Clift

WHEN MANGOS REACHED EGYPT

Dr. Robert J. Knight, Jr. in his article:

'Report on the Egyptian Mango Industry' (Florida Agriculture Experiment Station, Journal Series No. N-01179) wrote:

"This report presents information collected August and September, 1994 by a team of mango specialists visiting Egypt. The mango (*Mangifera indica* L.) industry there is reported to be founded on budded trees introduced from Bombay, India in 1823, and most mangos in Egypt are said to be of Indian origin (El Tomy 1953)."

This latter statement, however, may be debatable. Certainly enough time has passed since the crop was introduced to permit a tradition of cultural methods to develop in Egypt, and to permit development of a large number of common (Baladi) seedlings of diverse types. If in fact all the germplasm of this crop in Egypt was brought from India, the plant material introduced was quite distinct from the Indian mangos taken to most parts of the world. Egyptian mangos are polyembryonic, in contrast to most Indian cultivars, and their predominant external color a grayish-green considered unappealing in many markets (Knight 1993) is different from the clear or sometimes blushed yellow that is common to many Indian cultivars. Most Egyptian cultivars and many Baladi seedlings bear fruit that is low in fiber. Most are sweet with a strong spicy flavor, and those which bring the best market prices have a pronounced, appealing aroma.

All of India's popular mango cultivars are monoembryonic. If in fact the germplasm that gave rise to today's Egyptian mango cultivars was introduced from India, it could have come from the southern coastal region, where polyembryonic types are known (Singh 1960).

Another possible source is coastal East Africa and Kenya, where mangos distinct from those of India, many polyembryonic have long been grown (Wheatley 1956) and this possibly merits further investigation."

Dr. Knight tries hard to reconcile polyembryonic Egyptian mangos arriving from India in the same century that monoembryonic Indian mangos reached Florida. Rarely are such important introductions a onetime event.

Check out the photo made in Luxor, Egypt September 2010 on the east bank of the Nile, Luxor Temple, Holy of Holies. These are offerings or taxes carved in stone. In the upper right are two geese, dressed. In the upper middle is a pigeon. (Fifteen foot tall brick pigeon houses are common in the Egyptian countryside). Under the pigeon is a gourd. (Roasted gourd seeds are still found in markets). Under the gourd are two mangos and under the mangos are six figs. "How do we know they are mangos? I asked. "The hieroglyphics say mangos," was the reply of the tour guide Youla Shawka. Mangos were in Egypt by 1500 B.C.

Collier Fruit Growers Inc.
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NOVEMBER 2015

FRUIT NEWS

FUTURE MEETING:
THURSDAY, DECEMBER 17th : HOLIDAY PARTY AND MEETING

UPCOMING EVENTS

November 7 & 8, Open House Sale, Calusa Palms Nursery, Naples. Assorted plants
November 21, CFG Tree Sale, Freedom Park, Naples 9 to 2

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

