



# COLLIER FRUIT GROWERS NEWSLETTER

MAY 2014

## THIS MONTH—MAY 19<sup>th</sup> MEETING

Our last meeting was interrupted twice by false fire alarms that required evacuation. Erika will finish her presentation this month.



### Erika Klopf on Grimal Grove and Food Forests.

Erica Klopf is an *Ecologist, Edible Plant, and Design Specialist*.

Erica was raised in Naples and is dedicated to the development of sustainable landscapes in South Florida.

She completed her undergraduate work with a double-major in Environmental Studies and Art at [Florida Gulf Coast University](#) in 2012. She completed internships at the [Fruit and Spice Park](#) in Homestead, Florida, at the [Naples Botanical Gardens](#) in Naples, Florida, and at [Benchmark Inc](#) in Ft. Myers, Florida as an Edible Landscape Designer. Her studies of ecology, tropical fruits, and design culminated

in the design of the [Florida Gulf Coast University Food Forest](#). She is currently authoring a Care Guide which features her illustrations of the the fruits in the Food Forest, a project partially funded by Collier Fruit Growers. She received her Permaculture Design Certificate through [The Permaculture Project](#), her Advanced Permaculture Design Certification in Edible Forest Garden Design through [Perennial Solutions](#), and is a trained Permaculture Teacher through the [Urban Permaculture Guild](#) of San Francisco in Experiential Permaculture Education. She designs as a part of her business called Florida Edible Landscapes and teaches Permaculture at Florida Gulf Coast University.

**Tasting table at 7:00 pm. Meeting at 7:30 pm  
at Golden Gate Community Center**

**Our June 16<sup>th</sup> meeting will feature Marcie Chapman, Propagation Manager at ECHO who will speak on Grafting and Propagation.**



### In Memoriam - Lianne Murray, 1963 – 2014

Collier Fruit Growers received word that long time member and friend, Lianne Murray, passed away unexpectedly in Texas during Easter week. Lianne's father and mother were founding members of Collier Fruit Growers and started Treehouse Nursery in Bokeelia. Lianne and her daughter Allisyn continued the operation after Lianne's parents deaths. Allisyn will continue the family tradition of Treehouse Nursery.



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

### RARE TROPICAL FRUIT CONFERENCE JULY 9--13, 2014 AT THE FRUIT AND SPICE PARK:

Highlights include a Florida Keys Fruit Safari (includes Grimal Grove), Kampong Tour (home of David Fairchild), Montgomery Botanical Center Tour, USDA National Germplasm Respository Station Tour and mango breeding exhibit, UF TREA Station Tour, Fairchild Garden Mango Festival, Fruit & Spice Park Tour, Hawaiian fruit lectures, mango tasting with Crafton Clift. For information, please call 305-247-5727.



### **JICAMA: (from [foodfacts.mercola.com](http://foodfacts.mercola.com))**

“Low in calories but high in a few vital nutrients.... It provides one-quarter of what's needed daily in fiber per serving. ... jicama's fiber is infused with oligofructose inulin, which has zero calories and doesn't metabolize in the body. Inulin, a fructan, promotes bone health by enhancing absorption of calcium from other foods, protecting against osteoporosis. Inulin has a prebiotic role in the intestine – it promotes “good” bacteria growth that maintains both a healthy colon and balanced immunity. Because it has a very low glycemic index, jicama is a great food for diabetics, and low in calories for those interested in weight reduction.”

### **MANGO, JICAMA, AND CORN SALAD**

recipe:

**Submitted by Roberta Taylor**

Summer is quickly approaching. With it, comes an abundance of mangoes as well as the need for light and refreshing dishes. This recipe serves 8 but can be halved. It was adapted from a recipe from the Bon Appetit Magazine, June 1996. Enjoy!

6 ears fresh corn  
 6 small mangoes, peeled, pitted, coarsely chopped  
 2 pounds jicama, peeled, chopped  
 1 cup chopped red onion  
 1/2 cup fresh chopped cilantro  
 1/2 cup fresh lime juice  
 1 jalapeno pepper, diced and seeds removed  
 (optional)  
 Salt and pepper

Cook corn in pot of boiling salted water for 2 minutes. Drain and cool the corn. Chop your mango, jicama, red onions, cilantro, and jalapeno pepper.

Cut off enough of the kernels to measure 4 cups (reserve remaining corn for another use).

Place corn in a medium bowl. Add chopped mangoes, jicama, red onion, cilantro and lime juice and the optional jalapeno. Toss to combine. Season the salad to your taste with salt and pepper.

Cover and refrigerate until cold. This can be prepared 3 hours in advance, but keep it refrigerated.

Serve cold.



## CLUB NOTES

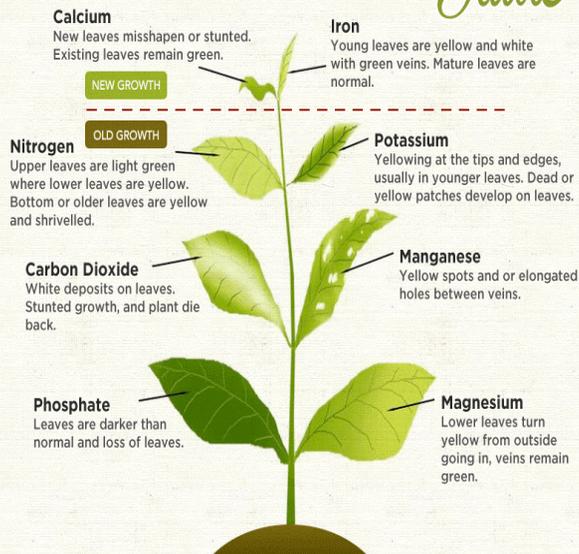


**BIOCHAR:** Last meeting, we mentioned the term BIOCHAR and suggested local commercial sources that were available. Biochar or agrichar is raw charcoal that has been found to be effective as a soil amendment. The carbon cells that are formed by the gasification (pyrolysis) process of wood leaves structures which apparently sequester nutrients and fungi. You can also think of biochar as a sponge with billions of tiny holes to fill. Green charcoal, or biochar made from agricultural residues or renewable biomass, appears to hold the most promise as a carbon sink. Every ton of this biochar in the soil is capable of capturing and holding at least 3 tons of carbon. Biochar is extremely porous and has a huge surface area. Due to its high porosity, biochar can incorporate up to five times its own weight in water and dissolved nutrients. Biochar also stimulates mycorrhizal fungi—those fungal symbionts that live on plant roots, scour surrounding soil for hard-to-find phosphorus, and deliver it back to their host plants. According to scientists studying the soils, microbial growth of all kinds is substantially improved. And so is the soil's ability to hold nutrients until plants need them, then dole them out at the optimum rate for plant health. Crops have been shown to grow 45 percent greater biomass on unfertilized *terra preta* soil versus poor soil fertilized with chemical fertilizers. **IMPORTANT:** Before you begin to use biochar you need to "mature" it first. Applying biochar to soils often results in what is termed "nitrogen shock" whereby the biochar rapidly absorbs all the available nitrogen in the surrounding soils, thereby limiting its availability to plants (the nitrogen is eventually released but very slowly). To prevent this from happening, biochar is commonly first treated with urine or mixed with compost and/or drenched with compost teas and combined together with soil from the field to which the biochar will eventually be applied after having been allowed to "charge". During this period, the biochar absorbs all the available nitrogen to its saturation point.

**PLANTAGO MAJOR:** Discussion at the last meeting mentioned *Plantago Major* as a good deterrent to allergic reactions to Mango and other skin afflictions. *Plantago Major* is very common in temperate climates as a common weedy herb known as backyard Plantain. Americans called it the "white man's foot" because early explorers spread it so thoroughly it became invasive. Crafton Clift uses the tea as a deterrent for Mango reactions. Others use it for skin rashes and irritations. Add boiling water to 2 teaspoons of dried leaves to make a tea or make a tincture by immersing leaves in vodka.



### Simple PLANT DEFICIENCY Guide



Facebook.com/GrowREALFood

### LIST OF COMMON NATURAL PESTICIDES

**Horticultural Oils:** Highly refined petroleum-based oils – May prevent gas exchange through egg membranes, clog insect mouthparts, deter feeding or egg-laying

**Insecticidal Soaps:** Made from salts in the fats and oils of animals and plants – Kill by disrupting insect cuticle

**Sulfur:** phytotoxic – do not mix with oil

**Diatomaceous Earth:** Mined from fossilized silica shell of diatoms (algae) – Abrades and dries out insect cuticle – May be mixed with pyrethrins – Target pests: slugs, grasshoppers, millipedes, sowbugs

**Kaolin:** A clay mineral used as an insect deterrent

**Limonene:** Citrus extract (e.g., steam distilled orange peel oil)

**Linalool:** Naturally-occurring terpene alcohol in many flowers & spice plants (>200 plant species)

**Rotenone:** Acutely toxic alkaloid extracted from seeds and stem of a tropical legume (Jicama plant) Inhibits energy production affecting electron transport

**Ryania:** from *Ryania speciosa*- Stimulates calcium channels – paralysis

**Sabadilla:** From seeds of a lily – Neurotoxin – binds to the sodium channels

**Neem Oil:** From seeds of the tropical neem tree – Active by contact or ingestion; kills and repels; disrupts feeding, insect reproduction, and molting ability

**Azadirachtin:** from neem tree seeds

**Pyrethrum/Pyrethrins:** Derived from Chrysanthemum flowers – Low mammalian toxicity

**Spinosad:** from *Saccharopolyspora spinosa*

**Boric acid:** Boron attaches to NAD and blocks energy production

**Iron Phosphate:** Cause the snail to stop feeding

**Metarhizium Anisopliae:** Green Muscardine Disease

**Beauveria Bassiana:** White Muscardine Disease

**Entomophaga Maimaiga:** for controlling Gypsy moths

**Bacillus Thuringiensis v. Kurstaki:** control leaf-eating caterpillars

**Bacillus Thuringiensis v. Israellensis:** Mosquitoes and other aquatic fly larvae

**Paenibacillus Popilliae:** Milky Spore Disease

**Nosema Locustae:** Grasshopper control

---

Collier Fruit Growers Inc.  
c/o Jan-Marie Etzel  
8768 Ibis Cove Circle  
Naples, FL 34119

## **MAY 2014**

# **FRUIT NEWS**

**FUTURE MEETINGS:  
June 16<sup>th</sup> and July 21<sup>st</sup>**

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**

#### **DIRECTORS:**

President-David Etzel—353-7611  
Rodger Taylor, Vice President  
Melissa Parsons, Treasurer  
Jan Etzel, Secretary

#### **DIRECTORS AT LARGE**

Thamarra Pamankada, Director  
Kimberly Cavalier, Director  
Lisa White, Director



**REMEMBER TO RENEW YOUR MEMBERSHIP!**