



## July 2016 – Achachairu (Bolivian Mangosteen)



## Who we are and what we do:

The Bonita Springs Tropical Fruit Club, Inc., is an educational not-for-profit organization whose purpose is to inform, educate and advise members and the public in the selection of tropical and subtropical fruiting plants and trees, to encourage their cultivation, and to provide a social forum where members can freely exchange plant material and information. The club cooperates with many organizations, and provides a basis for producing new cultivars. We function in any legal manner to further the above stated aims.

**Meetings:** Regular membership meetings that include an educational program are held the **second** Tuesday of each month. Meetings begin with a tasting table at 6:45 PM followed by a program at 7:15 PM, at the First United Methodist Church, 27690 Shriver Avenue, Bonita Springs. The meetings are held in the "Fellowship Hall" meeting room.

**Workshops:** Workshops (monthly discussions) are held on the **fourth** Tuesday of each month. This open format encourages discussion and sharing of fruits and information. Bring in your fruits, plants, seeds, leaves, insects, photos, recipes, etc. This is a great chance to get answers to specific questions, and there always seems to be a local expert on hand! The workshops begin at 7pm and are also held at the First United Methodist Church, 27690 Shriver Avenue, Bonita Springs, in the "Fellowship Hall" meeting room.

## Directions:

From the intersection of Old 41 Road and Bonita Beach Road SE, proceed north to Dean Street. Turn right on Dean St. and go two blocks to Shriver, then turn left on Shriver and go two blocks to the Methodist Church. Free parking on both sides of the street.

**Tree sale:** Semi-annual tree sales in spring and fall at Riverside Park in downtown Bonita Springs raise revenue for educational programs for club members and other related purposes of the club.

**Trips:** The club occasionally organizes trips and tours of other organizations that share our interests. The IFAS Experimental Station, the Fruit and Spice Park, and the Fairchild Nursery Farm are examples of our recent excursions.

## Membership:

Dues are \$20 per person for new members, and \$15 per person for renewals. Send checks to: PO Box 367791, Bonita Springs, FL 34136, or bring to any regularly scheduled meeting.

**Newsletter:** This newsletter is available to anyone via website and email, and to paid members via post office mail upon request.

## Officers and Board of Directors:

President: Kathy Pflugrad

Vice President: Suzy Valentine

Secretary: Denise Houghtaling & Adrienne Diaz

Treasurer: Melrose John

Director: Berto Silva

Director: Crafton Clift

Director: Rickford John

Past President: Madeline Bohannon

Email us at [Info@BonitaSpringsTropicalFruitClub.com](mailto:Info@BonitaSpringsTropicalFruitClub.com).

## Guest Speaker for March:



**Mike Winterstein** will speak at our July 12 meeting. He has worked at the USDA Subtropical Horticulture Research Station (SHRS) in Miami for 22 years, the last 17 as an Agricultural Research Technician. His role is essentially that of a grower who collects and manages a lot of data. Mike's specialties include subtropical and tropical fruit, cacao, and sugarcane. His work includes propagation (i.e. grafting), setting up and executing collection and research plantings, collecting phenotypical (physical) data, updating agricultural databases, and formatting data for researchers. Mike's involvement in shipping and receiving plant material globally requires knowledge of import restrictions, treaties, assays for specific pathogens, and the logistics safe germplasm movement. Present projects include implementation of GRIN Global and creation of a GIS database system of the entire SHRS inventory and fields. In addition, he serves as SHRS field tour guide. Mike is expert at translating scientific knowledge into plain English and making it relevant to his hearers.

Mike will tell us about recent developments that are speeding the process of selecting new mango cultivars. He's promised to bring mangos from the USDA grove for viewing and tasting. He will also introduce us to the USDA's updated Germplasm Resource Information Network, known as GRIN Global. See <http://www.ars-grin.gov/npgs/>

## Announcements:

**June Speaker's Contact Info**—Many of you enjoyed the June presentation on fruit trees in permaculture and asked for the speaker's contact info. Here it is: Arlo Simonds, Garden Director and Permaculture Designer, Pine Manor Community Gardens, phone 305-393-6234, [arlosimonds@gmail.com](mailto:arlosimonds@gmail.com). Note that produce from Pine Manor Community Garden is available every Saturday from 9-1 at the Alliance of the Arts in Fort Myers between McGregor and Summerlin, south of Colonial.

**Permaculture Resources**—As follow up to the June meeting, BSTFC member Sue Taylor recommends the YouTube videos on permaculture principles by Alex Ojeda, and those by Green Deane regarding usefulness of plants previously considered weeds.

**Hot Spot Needed for July Presentation**—Our July 12 speaker may need internet access for part of his presentation. If your cell phone has hotspot service and you can attend this meeting, please contact Kathy Pflugrad at [kspflugrad@gmail.com](mailto:kspflugrad@gmail.com) to confirm your availability.

## Announcements continued:

**Join the Fun!**—We have permission to promote BSTFC at Rural King in Bonita Springs with a tasting table at the front of the store. Date is yet to be determined. Are you able to donate ripe fruit or a couple hours of your time? If so, please call Mary Allen at 239-649-9000.

**Volunteers Needed for November Tree Sale**—Now is the time to form a team to conduct the Nov. 12 tree sale. Positions available include manager/coordinator, customer service, tasting table, set up/tear down, and more. To get more info or to volunteer, email [kspflugrad@gmail.com](mailto:kspflugrad@gmail.com) with “Tree Sale” in the subject line. Adequate staffing is necessary if we are to hold future tree sales.

**Refreshments**—Thank you to those who brought refreshments for our June meeting. It’s a big help when you bring them in a bowl (or basket or platter) ready to serve. *If you can help in the kitchen for our July or August meeting, please let Mary Allen know* at 239-649-9000.

**Fruit Club Library**—A reference library has been created for our club. Books are available to look at during Workshop Meetings on the 4<sup>th</sup> Tuesday of each month. For library-related matters, please contact Suzy Valentine ([suzy.valentine@att.net](mailto:suzy.valentine@att.net)).

## Message from the President

One thing I love about this club is that I *always* learn something new at every club meeting. It’s not just the speakers I learn from, either. You, the members, have so much collective wisdom to share. If we added up all the years of fruit growing experience among our members, no doubt it would total hundreds of years—that’s a lot of knowledge! It’s that knowledge—and your willingness to share—that make Bonita Springs Tropical Fruit Club great.

When I learned recently that long time members, Ivan and Gerda Gyori, have over 30 pineapple plants flourishing at their home, I asked them to share their secrets of success with the rest of us. Here’s what they told me:

### ***Gyori’s Tips for Growing Pineapple Successfully***

*How we started our pineapple grove:*

- 1. buy a pineapple*
- 2. slice top off pineapple*
- 3. place in 2 inches of water*
- 4. wait a week to soak the top*
- 5. make sure middle of top is green*
- 6. place top in sunny spot*
- 7. water several times a week*

*They do well around a house close to a wall. Right now we have 31 pineapples in different growth stages. Thank you, Ivan and Gerda! And thank you each one for all you’ve taught me about tropical fruit.*



Pineapple plants



Ivan and Gerda Gyori

## Progress & Expenditures

Liability Insurance: The club's liability insurance was recently reinstated. Our treasurer did some comparison shopping for us, and was able to purchase a year's coverage for \$437.

Certificate of Deposit: Our Certificate of Deposit matured recently. After considering a number of options, the board voted to roll it into a \$5000 CD at Fifth Third Bank for 24 months.

## Calendar of Events

- 7/9-10th -Annual International Mango Festival, Fairchild Tropical Botanic Garden. Miami 9:30am-4:30pm  
7/12 Tue. – Regular Meeting, 6:45 PM. Speaker: Mike Winterstein; Topic: Mangos & USDA Resources  
7/16 Sat. –University of Florida Collier County Extension, Alternatives to Citrus--Mango and Fruit Trees for your yard. 9am-1pm  
7/26 Tue. –Workshop Meeting, 7 PM  
8/9 Tue. – Regular Meeting, 6:45 PM. Speaker: Har Mahdeem; Topic: Fruits of the Central Amazon  
8/23 Tue. –Workshop Meeting, 7 PM  
9/13 Tue. – Regular Meeting, 6:45 PM. Speaker: Jonathan Crane of TREC; Topic: Avocados  
9/27 Tue. –Workshop Meeting, 7 PM

## Chores Outdoors: July Edition

### MANGOS

July is a great time to eat mangos--but also to plant mango trees. Here's a list of delicious mango cultivars to consider if you want to plan on July harvests:

Carabao Carrie\* Cogshall Cushman Dot Duncan\* D Burd Early Gold Edward Florigon  
Glenn Golden Lippens Graham\* Haden\* Herbie Jacquelin\* Kent Madame Francis Mallika  
Nam Doc Mai Okrung Parvin Phillipine Saigon Springfels Tommy Atkins Valencia Pride\*  
Van Dyke Wise (\*These mangos ripen better if picked not quite ripe then counter ripened.)

Note these cannot be harvested the same week each year; there can be a three week difference earlier or later. Remember to share the harvest if you have extra fruit.

Don't forget once the fruit has been harvested to do selective pruning. Also fertilize with 0-0-18 or 0-0-22.

Remember...**NEVER** let your yard service use **weed & feed** anywhere near your fruit trees. Actually, better not to use it anywhere in your yard.

See Calendar of Events for some upcoming mango events:

## Fruit of the Month – Achachairu (or Bolivian Mangosteen)

**Scientific Name:** *Garcinia humilis*

**Family:** Clusiaceae

Achachairu is less well known than its famous relative, the mangosteen, but tastes similar, and grows well in southwest Florida. In fact, some say this is the easiest of all Garcinias to cultivate. The name means “honey kiss” in the Guarani language.

The achachairu, an evergreen, is native to Bolivia, but is also cultivated in Brazil and Australia. It is not yet widely grown in the US, so many details about its long-term performance here are still unknown. In general, it is a small tree that grows easily from seed and bears a prolific summer crop. Each fruit is about two inches in diameter with a tough orange skin encasing delicious pearly white pulp.

According to Fairchild Gardens in Miami, the tree thrives in a humid environment, bears fruit within four years after being planted from seed, grows well in small spaces and containers, and reaches a height of six to nine feet (though other sources list greater heights). Fairchild recommends planting in acid soil in a wind-free location, and providing adequate moisture. Several sources mention that this tree is somewhat drought tolerant after it's established and does well in shade, though full sun after it reaches fruit bearing age will result in larger harvests.

The fruit are eaten out of hand or used in juices. They do not ripen further after harvest, but ship well and will hold well outside the refrigerator for several weeks. Achachairu provides potassium, Vitamin C, riboflavin and antioxidants. It is rich in folate compared to most fruits, and has even been used for anti-aging skin treatments. This fruit definitely deserves more attention than it's gotten in the past.



## Recipes

### Achachairu Rind Cooler

Unlike the related mangosteen, achachairu has no bitterness in its thick rind. Whiz the orange colored rinds from ripe achachairu in a blender with water. Strain the resulting puree to remove the solids. Dilute this liquid to taste and add agave, honey or sugar, stirring till well mixed. This refreshing drink is best served chilled.

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Several of you asked for Melrose John's recipe for these after she brought them for the June 14 tasting table:

### Pickled Green Mango

- 3-4 cups green mango sliced
- 1 cup rice vinegar or vinegar of your choice
- 2 tbsp Apple cider vinegar
- 2 tbsp White Vinegar
- 2 cups sugar
- 1/8 cup Sea salt
- 1/2 cup chilli garlic sauce

### COOKING PROCESS

- Peel and cut green mango in slices. If mango is soft, cut thru the entire seed and cut into quarters
- Place the mango slices into mason jars.
- In a pot or sauce pan, combine vinegar, sugar, salt, bring to boil. When the sugar and salt are dissolved, remove from heat and pour over mango in jar. Pour enough to cover the mango.
- Cover and let stand upside down 24 hrs, then store in refrigerator.
- ENJOY.