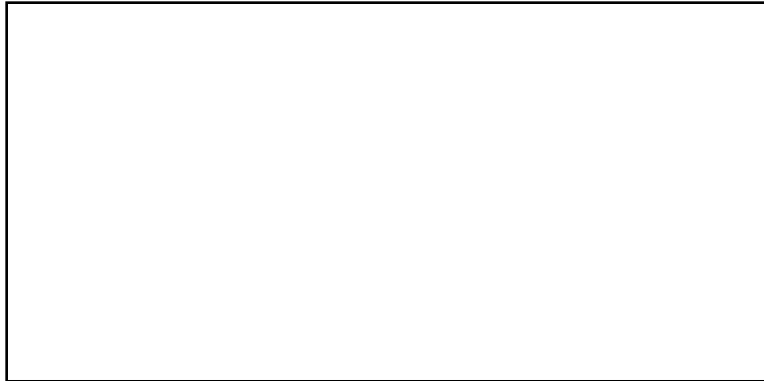
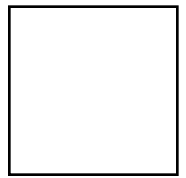




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



April 2015 - Sapodilla



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 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, except July and August. Meetings begin promptly at 7 PM, at the First United Methodist Church, 27690 Shriver Avenue, Bonita Springs. The meetings are held in the "Freedom Hall" meeting room.

Workshops:

Workshops (monthly discussions) are held on the fourth Tuesday of each month at 7 PM at the Methodist Church, when practical. This open format encourages discussion and sharing of fruits and information. Bring in your fruits, plants, seeds, leaves, insects, photos, recipes, ect.. This is a great chance to get answers to specific questions, and there always seems to be a local expert on hand!

Tree sale:

Semi-annual tree sales in February and November 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 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. Madeline Bohannon is our membership person. For information, call her at 239-851-4448.

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.

Newsletter:

This newsletter is available to anyone via email, and to paid members via Post office mail upon request. You may join our email communications group by emailing Berto Silva at BNS58@aol.com.

Officers and Board of Directors:

Madeline Bohannon - President

Rachel Stone - Vice President

Denise Houghtaling/Adrienne Diaz - Secretary

Joe Busa - Treasurer

Tom Betts - Director

Gerda Gyori - Director

Berto Silva - Director

Guest Speaker:



On Tuesday, April 14th, Pat DiCampli will speak about KeyPlex, a nutritional ingredient that MAY save us from citrus greening. All of us who still have citrus should learn about this!



Message from the President

The picnic at ECHO on Sat., 3/28, was highly educational regarding survival in third world countries, where many of our rare fruit trees originated. The weather - usually hot at previous ECHO picnics - was decidedly chilly this time, a welcome change! The picnic food was great as always, and enjoyed by all.

Workshop

On Tue., 3/24, about a dozen of us got together and shared passion fruit, carob seeds, cooked bread-fruit and ladyfinger bananas. Yum-yum and fun!

Free Seminar

Adrienne Diaz will talk about ten different fruit trees and plants to create edible landscaping. She and Denise Houghtaling will also offer discounts on trees, plants and soils. This takes place at 6250 Thomas Road (Alico Road & US 41 - Ft. Myers) at MW Horticultural Recycling Facility. Time: 6:30 PM to 8 PM. RSVP is required to Denise at 239-332-1188 or email: deniseisgreen@aol.com.

This and That for April - from David & Jenny Burd

The **Lychees** and **Longans** have flowered and set fruit by now.

If you desire to have much larger fruit, simply cut half out of the flower pinnacle, cut the middle out of each one. (of course if the tree is 20ft tall, then that would be a "no no". Minor Element (micro nutrients) sprayed LIGHTLY at this time would also be helpful.

Citrus has mostly finished flowering & setting the fruit, if not, wait for the white petals to fall off then it will be the best time to prune because you can be selective about your pruning –(citrus can be pruned anytime but if you prune after the fruit has been harvested and before flowering, you are cutting off potential flowers.) Don't forget to spray your pruning tools as you go from tree to tree, either rubbing alcohol or hydrogen peroxide –never use bleach, it will damage your pruning tools.

Mango grafting, soon, we will be getting into 90degree days – for those who know how to harvest the budwood to graft, and have the root stock ready, it would be a good time to start your mango grafting .

Avocados a quick reminder – its normal for the trees to lose their leaves and just have flowers at this time of year- also the trees will naturally drop some fruit, if there is a heavy set.

Calendar of Events

Wed. 4/1 Seminar on Edible Landscaping 6:30 PM - 8 PM

Tue. 4/14 General Meeting - Guest Speaker: Pat DiCampli on KeyPlex

Tue. 4/28 Board Meeting - followed by:

Tue. 4/28 Workshop - 7 PM - 8 PM

Fruit of the Month - Sapodilla

Scientific Name: *Manilkara zapota*

Family: Sapotaceae



Sapodilla trees are medium to large trees with a pyramidal to rounded canopy. These long-lived trees grow slowly. It will generally attain a height of 40 to 45 feet in Florida.

The sapodilla tree offers not only a delicious fruit, but is the origin of CHEWING GUM in this country. A milky latex exudes from all tree parts. This latex is known as *chicle* and was the prime ingredient in chewing gum during World War II. It was often offered by American soldiers to people abroad. This ingredient has now been replaced by synthetics, but the trees still have great value for their fruit.

The sapodilla is a tough and undemanding tree. It is tolerant of most soil types including the thin limestone soils of extreme south-eastern Florida and the Keys. Sapodilla is considered an *invasive exotic* in Florida. However, the excellence of the fruit and many other attributes make it difficult to resist its allure.

The fruit is a large berry 2 to 5 inches in diameter covered with brown scurf. When perfectly ripe, the sapodilla ranks at the top echelon of all tropical fruit. The flavor is reminiscent of a luscious pear, suffused with brown sugar and scented with jasmine.

A number of excellent sapodilla cultivars are well suited for cultivation in Florida.

Alano, Hasya, Morena, Tikal, Brown Sugar, Makok, and Silas Wood all make the list.*



*Florida's Best Fruiting Plants by Charles R. Boning was used to compile the cultivar list and taxonomy of the sapodilla mentioned above. It is an excellent reference text available from Pineapple Press, Inc.

Recipes

Sapodilla Leather - from the 1984 first edition CRFE - Favorite Tropical Recipes

1. Cut sapodilla in halves, remove seeds, scoop out flesh, puree in a blender.
2. For each cup of fruit pulp, add 2/3 cup sugar.
3. Place pulp and sugar in a saucepan, cook until all free water has evaporated.
4. Spread on foil lined cookie sheet to cool.
5. Cut into rectangles, triangles or other shapes.
6. Sprinkle with small amount of sugar (optional)
7. Store in an air-tight container



Sapodilla Ice Cream

Sapodilla pulp - 2 cups
4 egg yolks
2/3 cups of granulated or turbinado sugar
2 cups heavy cream
1 cup milk
lime juice from half a lime

1. Cut sapodilla in halves, remove seeds, scoop out flesh, puree in a blender.
2. Add the milk, 1 cup of cream and the sugar into a medium saucepan over medium heat. Cook until the sugar has dissolved and the mixture is warm.
3. In a large heat proof bowl, whisk the eggs until smooth. Slowly pour the warmed cream mixture into the egg yolks to temper, whisking constantly. Transfer the entire custard mixture back to the saucepan and cook over low heat, stirring constantly and scraping the bottom of the pan, until the mixture thickens and coats the back of a wooden spoon. Do not let it boil or the custard will curdle.
4. In a large bowl, add the cream and place fine mesh sieve on top of the bowl.
5. Remove the custard from the heat and pour through the sieve into the bowl with the cream.
6. Cover and refrigerate until chilled.
7. Whisk the sapodilla puree into the chilled custard.
8. Freeze the mixture in an ice cream maker according to the manufacturer's instructions.
9. Transfer to an airtight container and freeze until firm.



Recipes

Sapodilla Pie - Recipe from Fairchild Tropical Gardens

1 cup sugar
½ tsp salt
1 tsp ground cloves
3 eggs
1½ cup mashed ripe sapodilla
1 cup milk
1 cup yogurt
3 Tbsp honey
1 tsp vanilla
1 unbaked 9" deep-dish pie shell



1. Preheat oven to 425°F.
2. Mix sugar, salt and cloves in small dish.
3. Beat eggs in large bowl.
4. Stir in sapodilla and sugar/clove mixture.
5. Gradually stir in milk, yogurt, honey and vanilla.
6. Pour into pie shell.
7. Bake 15 minutes; turn temperature down to 350°F and bake 20 to 30 minutes more or until firm.

Sapodilla Milkshake

2 big ripen Sapodilla
3-4 tbsp. Sugar
2 cups cold Milk
2 scoops of Vanilla ice cream (optional)

1. Remove the skin and cut the sapodilla into pieces.
2. In a mixer/blender add sapodilla pieces, sugar and 1/2 cup of milk and blend into a smooth puree.
3. Check the sweetness and if needed add extra sugar.
4. Add remaining 1 1/2 cups of milk and vanilla ice cream and run again to the desired consistency. Add more milk if you need a thin milkshake and also adjust the sugar accordingly.
5. Serve immediately..

