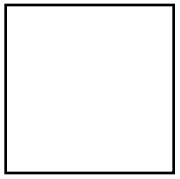




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



December 2014 - Black Sapote



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

Trudy Moynihan - Secretary

Gerda Gyori - Treasurer

Tom Betts - Director

Joe Busa - Director

Berto Silva - Director

Merry Christmas

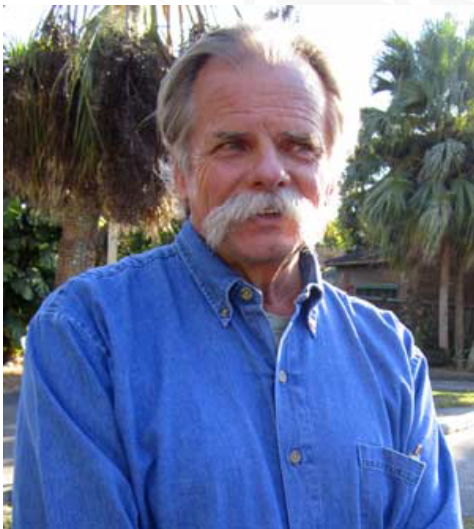


Message from the President

Well, here it is, the end of the year with our most popular meeting of the year - this coming December 9th - Tuesday evening. You are all invited to come as early as 6 PM with your "covered dishes". BSTFC will supply turkey, ham, mashed potatoes, gravy, rolls and butter ... and YOU should bring something you love and want to share. Dinner will be at 7 PM, only if everyone can be seated at that time, so please arrive timely, so that you won't be "holding up the works!"

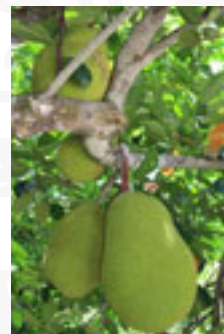
We're expecting about 80 people! Please come and join us for this festive occasion.
-Madeline

Guest Speaker for January:



We do not have a guest speaker for December.

Our guest speaker for January will be Chris Rollins. He will be doing his farewell program, covering the many years he was at the Fruit & Spice Park in Homestead.



This & That for December

PRUNING

Resist pruning anything in December

FERTILIZING

No fertilizer should be applied in December. This is because if your plant creates new growth and there is a cold snap, your plant can die.

COLD

We are in our winter months now so you need to keep an eye on the temperature. A sheet can be used to cover cold sensitive plants for the night. Remove the sheet in the morning.

Calendar

December 9 - Christmas Pot Luck Party - 7pm

23 - NO BOARD MEETING - NO WORKSHOP

January

13 - Regular Meeting

Fruit of the Month - Black Sapote

Genus: *Diospyros digyna*

Family: *Ebenaceae*



The black sapote is a large evergreen tree sometimes reaching 80 in height. The tree is an attractive landscape specimen in the Ebony family. The black sapote originates from Central America and Mexico and was distributed by the Spanish to the Caribbean and Asia. The tree does have a few drawbacks. It has a low tolerance to cold and it should not be planted next to driveways due to its messy fruit drop. Other than those two issues the tree has low maintenance requirements and will grow into a large attractive tree that will provide deep shade onto the area beneath its canopy. If grown from seed the tree will require 4 to 8 years to bear fruit.

The fruit are oblate in form, resembling a large green beefsteak tomato. They can be seedless or contain up to 10 seeds. When ripe the flesh is nearly black. The pulp is sweet, smooth, and creamy with a consistency of chocolate pudding. The fruit makes a superb desert ingredient.

The fruit will mature over the winter from December through March. A mature black sapote will change color from light green to olive green when ripe. The fruit will ripen in about 5 to 10 days at room temperature and is considered fully ripe when it becomes mushy and exhibits obvious signs of deterioration. The ripe fruit will store for about 4 days in the refrigerator.

The pulp can be used to create a wonderful pie filling, mouse, ice cream, or can be baked into breads. The flavor is enhanced by the addition of honey, vanilla, cream, or orange juice.



Recipes

Black Sapote Muffins

<http://www.96five.com/black-sapote-muffins/>

Ingredients

60g butter, melted
1/2 cup brown sugar
1 egg
1 cup black sapote pulp,
pureed with 1/3 cup orange juice
1 teaspoon vanilla essence
1 1/2 cups self-rising flour

Directions

1. Place everything in a bowl and mix together.
 2. Spoon into a non-stick muffin tray and cook at 200°C for about 20 minutes.
- Optional: once cooled, spread with buttercream icing.



Black Sapote Bread

<http://thetravelbite.com/recipes/recipe-black-sapote-bread/>

Ingredients

1 ripe black sapote
1/2 stick of butter, melted
1 egg, beaten
2 teaspoons vanilla extract
1 teaspoon baking soda
pinch of salt
1 1/2 cups of all-purpose flour

Directions

1. Cut the black sapote in half.
2. Using a spoon, scoop out the soft fruit into a medium sized bowl and remove the seeds.
3. Add the melted butter to the black sapote and mash together with a fork.
4. Next, stir in the sugar, vanilla, and egg.
5. In a separate bowl, mix together the flour, baking soda, and salt.
7. Then pour it into the bowl with the black sapote and mix together with a fork until it's well blended.
8. Pour into a greased bread pan (1 large pan or 2 mini pans) and bake at 350 degrees for one hour.



Black Sapote Frosting

Ingredients

8 cups icing sugar
250g unsalted butter
1 cup mashed black sapote
3/4 cup Kahlua
1 teaspoon vanilla

Directions

Cream butter and icing sugar until fluffy.
Gently add black sapote and Kahlua.



Recipes

Black Sapote/Chocolate Pudding Fruit Recipe

<http://organicgardening.inmysanctuary.net/wordpress/2012/07/black-sapotechocolate-pudding-fruit-recipe/>

Ingredients

- 1 soft ripe black sapote
- 3 or 4 tablespoons carob powder
- 1 medjool date – diced
- 1 frozen medium sized banana – cut into chunks
- 1 tablespoon raw honey
- 8 tablespoons coconut milk

Garnish

- ½ fresh banana sliced into half rounds
- Extra coconut milk
- Chopped walnuts (or nuts of your choice)



Directions

1. Scoop flesh out of black sapote and place into small food processor, discarding the seeds.
2. Add the carob powder, diced date, frozen banana, raw honey and coconut milk. Blend till smooth.
3. Taste test and adjust ingredients if necessary.
4. Place a couple of large dollops into a glass. Add a little coconut milk – a little goes a long way.
5. Place some chopped fresh banana on top.
6. Repeat steps 4 and 5 again.
7. Finally sprinkle the chopped nuts on top.

Note: Cacao could be substituted for the carob but you would need more honey as cacao is bitter compared to carob.

Black Sapote Coquito - This is a modified version of the chocolate coquito recipe at this link:
<http://www.alwaysorderdessert.com/2013/12/chocolate-coquito.html>

Ingredients

- 1 cup black sapote pulp
- 1 1/2 cups canned coconut milk (full-fat)
- 1 (14 oz) can sweetened condensed milk
- 1 (15 oz) can cream of coconut (such as Coco Lopez)
- 2 cups Puerto Rican rum (light is best for this recipe)
- 2 teaspoons vanilla extract
- 2 cinnamon sticks

Directions

1. Combine black sapote, coconut milk, condensed milk, and cream of coconut in a blender and process until smooth.
2. Add sugar or honey to adjust sweetness if needed.
3. Pour into a large pitcher or pot, and add the rum and vanilla, and whisk vigorously until evenly combined (it should look like thick chocolate milk).
4. Transfer into bottles, add the cinnamon sticks, and chill in the refrigerator for at least 2 hours.

