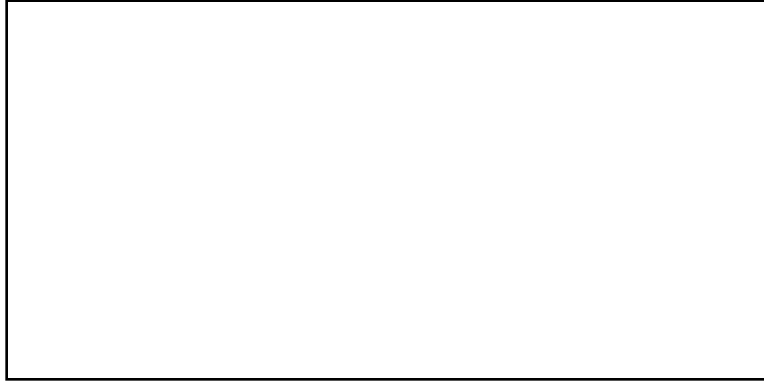
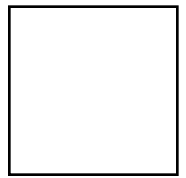




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



July 2015 - Mango



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 "Fellowship 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

Message from the President

Only a few attended the last Workshop, but the next one should be spectacular! David and Jenny Burd will be presenting a Mango Tasting, along with several other summer fruits brought in by many of us. This should be one of the BEST meetings of the year! I've promised their won't be any tiny half-inch square pieces that barely give you a real example of the various fruit. Less varieties, but larger samples are the goal.

Because the meeting starts at 7 PM (on Tuesday, July 28th) - please bring your fruit already cut in not-too-small pieces - to save time. Please show up HUNGRY - and on time.

Bus Trip

Our Bus trip on Sat., June 13th was a whopping success, as 30 of us visited - for the first time ever - the Homestead Flea Market - Produce section, where we even found fresh (not frozen) Rambutan!

Next, the Fruit & Spice Park's Redland Summer Fruit Festival which was much more pleasant than previous years, as the temp and humidity were lower than usual, with a decent breeze helping out.

Robert Is Here was as great as always, with Robert, himself, cutting up and handing out fresh MANGO-STEENS! That was certainly a first for me, as I'd always heard so much about, but never had tasted mangosteens. We are planning to have Robert as a speaker at one of our meetings in the near future.

This and That for April - from David & Jenny Burd

Let's have a mango tasting and evaluate them!

Gather not more than 6 different mangos (taste buds after 6 tend to not be accurate).

OK, now the evaluation headings.

1. SNIFF TEST (the first thing a mango lover does)
2. EYE APPEAL
3. 2nd SNIFF TEST (scratch or cut into the stem end)
4. STRINGY ? (when you peel it is it fibrous ?).
5. THICK OR THIN SKIN ?
6. CAN IT BE EATEN GREEN(before it is ripe, is it sweet while crisp and green?).
7. HOW IS THE RIPE FLAVOUR?

Rate the mango from 1 - 10 (1 being the worst).

We have had many lovely evenings with friends doing mango evaluations, sitting around the kitchen table, with snacks and drinks.

DON'T FORGET TO TAKE YOUR EXCESS MANGOS TO "HELPS OUTREACH" IN NAPLES AT 2025 J and C Blvd #1, Naples, FL 34109 - (239) 593-3226. Monday, Tuesday, Thursday, or Friday between 9.30 -3.00pm

Calendar of Events

7/8 Wed. - FREE Edible Landscape Seminar - 7 PM - 239-332-1188

7/11 & 12 Sat. & Sun. - Fairchild Gardens in Miami - Mango Festival - 305-667-1651

7/28 Tue. - BSTFC Workshop - Mango and Other Summer Fruit Tasting - 7 PM

Fruit of the Month - Mango

Scientific Name: *Mangifera indica* L.

Family: *Anacardiaceae*

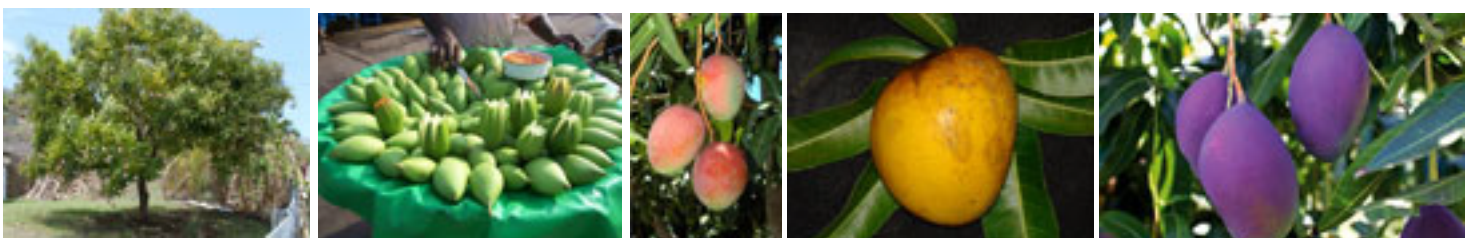


Mango trees are medium to large evergreen trees with a symmetrical, rounded canopy ranging from low and dense to upright and open. Mangos have been cultivated in India for more than 4000 years. The Florida mango has a much shorter history. The first recorded introduction to Florida was Cape Sable in 1833.

These long-lived trees can attain a height of 30-100 ft. With that said, today we have smaller cultivars that are manageable landscape trees that yield an ample harvest of beautiful and delicious fruit. The same cultivars are also disease tolerant and can provide unprecedented opportunities for organic fruit production. Every backyard in South Florida should have at least one. Look for cultivars like: 'Angie', 'Jean Ellen', 'Cogshall', 'Fairchild', 'Manilita', 'Mallika', 'Nam Doc Mai', 'Nelum' and 'Rosigold'.

Some older cultivars that embody the mango of Florida, with flamboyant colors and excellent productivity are the 'Haden', 'Tommy Atkins', 'Keitt', and Kent'.

Mangos are universally considered one of the finest fruits and are one of the most important fruit crops in tropical and subtropical areas of the world. Classified as drupes, mangos vary in shape, size, and color depending upon the variety. Mangos may be greenish, greenish-yellow, yellow, red, orange, or purple and weigh from a few ounces to more than 5 pounds. The skin is smooth and leathery, surrounding the fleshy, pale-yellow to deep-orange edible portion. The fruits possess a single large, flattened, kidney-shaped seed that is enclosed in a woody husk. Mangoes are generally sweet, although the taste and texture varies across cultivars. I suggest you try as many as you can.





Mango Daiquiri - from the 1984 first edition CRFE - Favorite Tropical Recipes

Ingredients

- 3/4 cup ripe mango, cubed
- 1/3 cup lemon, lime or sour orange juice
- 1 tsp sugar
- 1/3 cup rum (adjust to preference)
- 4 cups crushed ice

Directions

1. In a blender, combine mango, juice, sugar, and rum.
2. Blend until smooth.
3. Add small amounts of ice until all is blended and smooth
4. Serve immediately or freeze and re-blend when ready to serve.



Recipes

Let us start by saying there are as many recipes for mangoes as there are varieties! One of our Club Presidents favorite recipes for using large, but never-to-ripen, fallen mangoes is her **Green Mango Pie**.

Ingredients

One package of Pet Ritz frozen Deep Dish pie shells
4 cups of diced (1 to 2 inch cubes) mango
One and a quarter cups sugar
1/3 cup flour
1 large egg

Directions

1. Mix sugar, flour and egg in a large bowl.
2. Stir in diced green mango.
3. Pour into pie shell.
4. Moisten edges of crust.
5. Place other crust on top.
6. Cut slits for venting steam.
7. Pinch crust edges together.
8. Set on a pizza pan to catch pie drippings.
9. Bake at 350 degrees for about an hour
Cool before cutting.



Quick Mango Frozen Yogurt

I just started to use this recipe with all of my stored fruit pulp from last season. Last season I put my extra fruit in a blender and made pulp. Then I pre-measured 2 cups in a Ziplock bag, labeled it, and froze it. Now when I want frozen yogurt I use the following recipe.

Ingredients

2 cups Mango pulp (or any pulp of your choosing)
1/2 cup sugar. (adjust for the tartness of the fruit)
1 quart plain yogurt.

Directions

1. Combine ingredients in a blender
2. Mix until smooth.
3. Pour through a strainer.
- 4a. Freeze in an ice cream maker or
- 4b. Pour back into yogurt container and freeze.



If you use an ice cream maker the texture will be like the frozen yogurt you are used to.
If you just freeze it in the yogurt container the texture will be closer to sorbet

