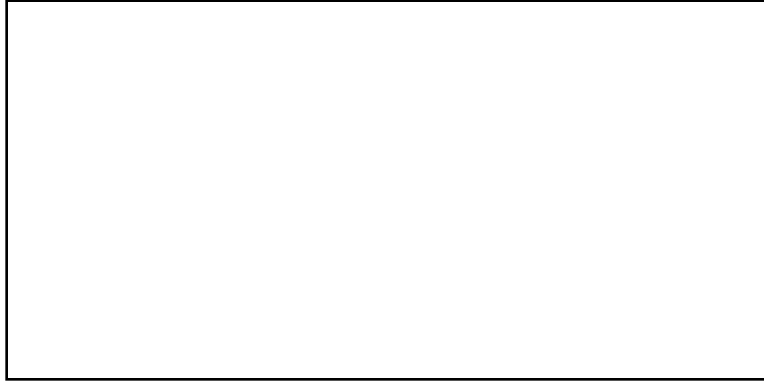
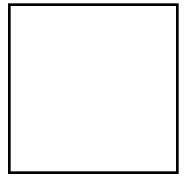




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



June 2014 - 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 "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

Guest Speaker:



Guest speaker for our June meeting will be Fitzroy B Beckford (Roy). Roy is the University of Florida Agricultural and Natural Resources Agent in Lee County, Florida. Previously he worked at the Agricultural Extension in Jamaica and the British Virgin Islands for 14 years. He will be speaking on Mangoes - our fruit of the month. He'll discuss varieties, ripening season, and possible problems. This is a very entertaining guy who has vast knowledge of tropical fruit.



Message from the President

Lianne's daughter, Allisyn, had a beautiful, healthy baby boy on May 13th. A Celebration of Lianne's Life Party will be held at Nancy & Steve Nowasielski's house in Naples on June 8th at 3 PM. For address and/or directions, call 239-851-4448.

White Sapotes are almost ripe on my tree, and cashews have started to form. I think the "rainy season" is here, spotty - but better than nothing. Now's a good time to re-do mulch donuts and trim away all dead wood. I've just been to my favorite Starbuck's and got (free shot) about 50 to 60 lbs. of still warm coffee grounds for my trees: Miracle Fruit, Grumichamas, Mamey Sapote, and Jaboticaba, and Macadamias. They all like a slightly acid soil. Maybe like me, they'd like a good cup of coffee in the morning. - Madeline

Calendar

June 4 - Lloyd Marsh's 84th Birthday
8 - Lianne's Celebration of Life
10 - Regular BSTFC Meeting
21 - Bus Trip to Homestead
24 - BSTFC Workshop

July 8 - No BSTFC Meeting
9 - Rare Tropical Fruit Conference
22 - BSTFC Workshop

August 12 - No BSTFC Meeting
26 - BSTFC Workshop

September 9 - Regular BSTFC Meeting

Club Historian

The club would like to have someone offer to be our Club Historian. We have lots of past newsletters, newspaper clippings, and other items and lists to offer. This will become an important feature in our new Website.

New Chairperson

Our new Membership Chairperson is Rachel Stone.

New Members

Our latest new member is Bill Morrow of Ft. Myers - a snowbird who just left for "up North", but will return this Fall.

Bus Trip

We plan a trip to the Fruit & Spice Park for the Redland's Summer Fruit Festival on Sat., June 21st, with additional side trips in the Homestead area. The bus will leave at 7:15 AM from Ft. Myers, and then from the usual Walmart parking lot on Imokalee Rd. at 8 AM. Return about 6 PM ... LONG before dark. \$20 per person for members, and \$25 for non-members, plus the \$8 entrance fee. Please sign up at the next meeting.

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.



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



Recipes

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.



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

Ingredients

- 1 lb. mangos peeled and cubed. Mangoes just beginning to color are best.
- 1 pint vinegar or 1/2 pint grapefruit juice and 1/2 pint vinegar
- 1/2 lb. currants
- 1/2 lb. raisins or 1 lb if currants are omitted
- 1/4 lb. blanched almonds
- 3/4 lb. brown sugar
- 3 oz. green or fresh ginger root, sliced
- 1 Tbs. salt
- 1/2 Tbs. white mustard seed
- 1/2 chopped onion
- 1/2 chopped green and red sweet peppers
- 1 oz. hot peppers, seeds removed and chopped fine.

Directions

1. In a large saucepan, bring vinegar and sugar to a boil
2. Add remaining ingredients
3. Bring to a boil again stirring often.
4. Continue to boil for 30 minutes.
5. pour into hot sterilized jars and seal.

