



Bonita Springs Tropical Fruit Club



Newsletter

March 2018 – Canistel



Guest Speaker this month is:

Lane Fraleigh - Blueberries in SWFL



My name is Lane Fraleigh, and I am a graduate of Auburn University with a bachelor degree in Horticultural Sciences. My studies focused on fruit and vegetable production. After graduating I got a job with vegetable seed company, HM Clause. I conduct research trials for different vegetable breeders from around the world. The crops I am currently working with now are watermelons, honeydew, cantaloupe, cucumbers, pumpkins, zucchini, hot peppers, sweet corn, and bush beans. I enjoy spending my off-time fishing or on the beach.

Announcements

Our annual tree sale went great! A HUGE thank you to our Director, Luis Gerrido, and all our members who helped make it a success! For those that would like to help at our next tree sale, please email us @ bonitafruitclub@gmail.com.



Crafton Clift and Steve Cucura sharing some knowledge and wisdom.



So many wonderful varieties of tropical fruit trees!



Trees supplied by Fruit Scapes, LLC.

A HUGE CONGRATULATIONS to our president Andrew Jauquet and his wife Michelle on their new baby boy Jey!!!

THANK YOU to all who bring fruit and dishes to share at club meetings. Please continue to bring fruit samples and other treats prepared and *table ready*. A big thank you to Mary Allen for her great hospitality in the kitchen on club night! If you would like to join the hospitality committee, please email us at bonitafruitclub@gmail.com.

Visit our website: <http://www.bonitaspringstropicalfruitclub.com/>

And our Facebook group page: <https://www.facebook.com/groups/BSTFC>

Our Facebook page is being updated with new information daily. We welcome YOUR input and pictures as well.

Calendar of Events:

3/13 Tuesday - **General Meeting** 6:45 pm - Speaker: *Lane Fraleigh*

3/20 Tuesday - Collier Fruit Growers Monthly Meeting 7:00 pm

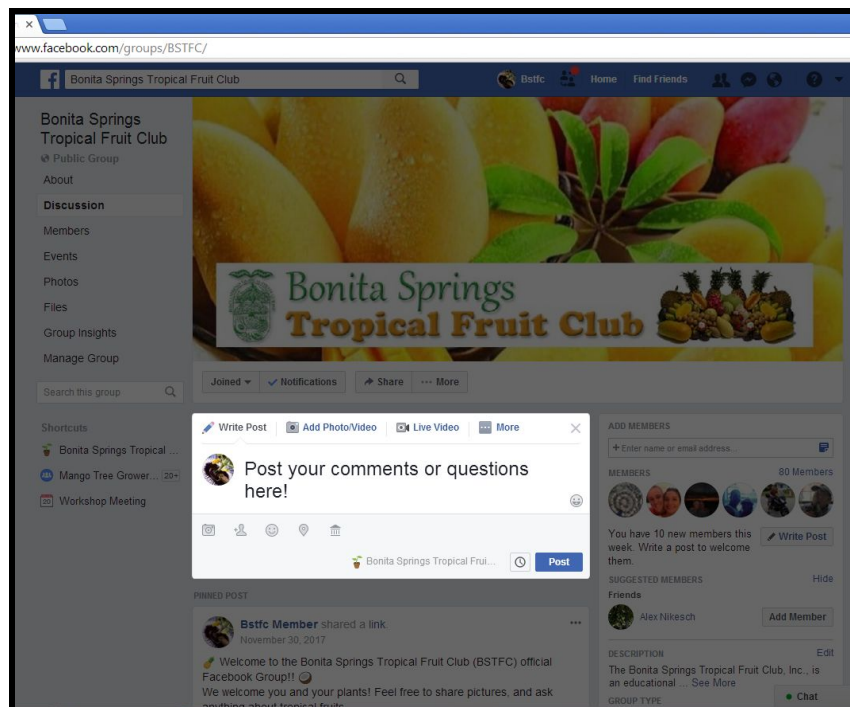
3/27 Tuesday - *Workshop Meeting* 7:00 pm

4/10 Tuesday - **General Meeting** 6:45 pm - Speaker: *to be announced...*

4/17 Tuesday - Collier Fruit Growers Monthly Meeting 7:00 pm

4/24 Tuesday - *Workshop Meeting* 7:00 pm

TECH TIME



<http://www.facebook.com/groups/bstfc>

Please see a board member for more guidance.

Chores Outdoors

by David & Jenna Burd

THIS & THAT - MARCH 2018

MANGOS are a sight for sore eyes. Flowers, blooming flowers, yea yea yea.

LYCHEES: If they are flowering, resume a watering schedule. Lychee varieties do not all bloom at the same time. So unless you are seeing a lot of new leaf growth on your tree, there is hope. "Hak Ip" ("black leaf" in Chinese) and Sweet Heart tend to be the first, then Brewster, followed by the Emperor. Of course, Mother Nature can play games, with the late varieties blooming first.

Also, when the flowers are starting to open, this is the best time to fertilize with a good citrus fertilizer, such as a 6-4-6, 8-2-10 or 8-2-8. Lightly feather around the tree, half way out from the trunk to beyond the drip line.

Next month we will address how to achieve larger lychee fruit.

CITRUS: Now is the time to fertilize 6-4-6, 8-2-10 or 8-2-8. Again, feathered around the tree, half way out from the trunk to beyond the dripline.

CITRUS PRUNING - The #1 rule for any of your pruning shears, is to cleanse them with rubbing alcohol or hydrogen peroxide. You don't want to spread any problems you might have on one tree to another. Never use bleach!

The BEST time to prune citrus is after the petals have fallen off and fruit has set. Pruning before or during flowering means possible fruit has been removed.

Shape the tree to resemble an open umbrella. Start when the tree is young.

Remove branches that don't point outwards from the trunk. Know the best time to harvest your citrus. For example, if Minneola tangerines are left too long on the tree they will dry out and/or fall off.

CITRUS GREENING - The psyllids are rampant right now on the new growth, so spray with the soap and minor elements solution either early or late in the day.

DON'T BE SHY TO ASK QUESTIONS if you are new to growing your own fruit! We had to learn, sometimes the hard way.

Next month: **AVOCADO PRUNING**

Fruit of the month:

CANISTEL

(aka EGGFRUIT)

Scientific name: *Pouteria campechiana*

Family: *Sapotaceae*



The Canistel fruit, also known as *eggfruit* or *yellow sapote*, has sweet dense cake-like flesh similar to the yolk of a hard-boiled egg. An evergreen tree native to southern Mexico and Central America, it grows up to 10 meters (33 ft) high, and produces orange-yellow fruit, up to 7 centimeters (2.8 in) long, which are edible raw. The eggfruit bears between November and March. It is closely related to the Mamey Sapote and Abiu. The shape and size of the fruit is highly variable, depending on the cultivar. The best varieties will produce large oval fruit with glossy skin, weighing up to 14 ounces! The flesh can be pasty, but the better cultivars have a creamy mousse-like texture. The flavor is rich and is reminiscent of an egg-custard. The canistel contains between one and six large brown seeds.

Southwest Florida makes it easy to grow these tropical fruits! The canistel grows best in tropical and warm subtropical climates! It needs plenty of rain, but well established trees become tolerant to long periods of drought. They are also

relatively tolerant of wind and flood, making it a great tree to grow here in Southwest Florida.

The ripe fruit can be made into jam, marmalade, pancakes, and flour. The canistel flesh can be blended with milk and other ingredients to make a shake. When pureed, it is sometimes added to custards or used in making ice cream.

More info: <http://edis.ifas.ufl.edu/hs299>

RECIPE



Canistel Vegetable Rice (serves 6)*

- 2 Tbsp cooking oil
- ½ cup sliced carrot
- ½ cup chopped onion
- 1 cup chopped bell peppers, red, orange and green if possible
- 2 tsp minced garlic
- ½ cup cooked chickpeas (drained)
- 1 cup mashed canistel
- 1 tsp salt
- 1 cup rice
- 2 cups water
- Optional: 1 cup cooked, chicken, pork or steak, chopped
- Garnish: minced parsley, chives and paprika

In a medium saucepan, heat oil. Sauté carrots and onions until tender. Add peppers and garlic and sauté one minute more. Stir in chickpeas. Add rice, sauté briefly, then stir in canistel, salt, rice, meat (optional) and water. Cook 20 minutes or until rice is tender, adding more water if necessary. Correct seasonings, turn into a serving dish and garnish.

*More recipes at: <http://www.virtualherbarium.org/tropicalfruit/canistel-recipes.html>

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:

General meetings, that include an educational program, are held the *second Tuesday* of each month, except July and August. Meetings begin promptly at 6:45 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 sales:

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.

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 bonitafruitclub@gmail.com.

Officers and Board of Directors:

Andrew Jauquet - President
Jeneé Dampier - Vice President
Anna Bailey - Secretary
Victoria Strickland - Treasurer
Crafton Clift - Director
Luis Garrido - Director
Berto Silva - Director