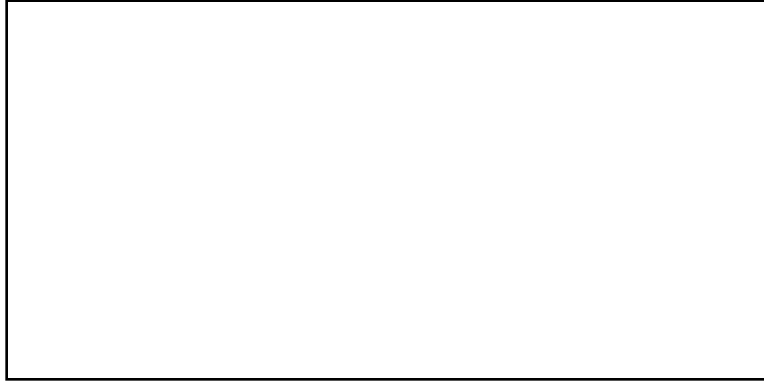
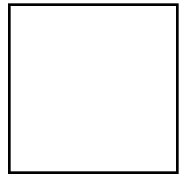




Bonita Springs Tropical Fruit Club Inc.  
PO Box 367791  
Bonita Springs, FL 34136



## May 2014 - 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](mailto:BNS58@aol.com).

## **Officers and Board of Directors:**

Madeline Bohannon - President

Rachel Stone - Vice President

Trudy Moynihan - Secretary

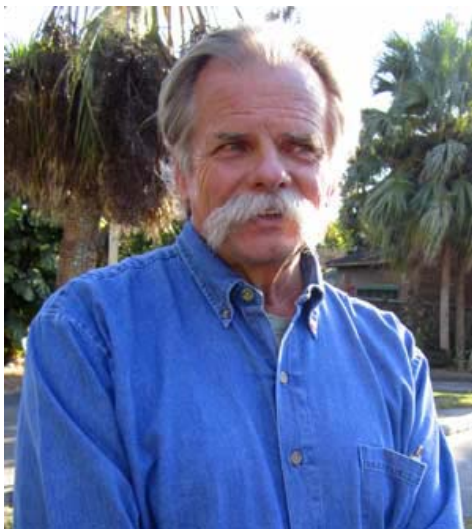
Gerda Gyori - Treasurer

Tom Betts - Director

Joe Busa - Director

Berto Silva - Director

## Guest Speaker:



BSTFC Speaker for the May 13th meeting will be Chris Rollins - Director of the Fruit & Spice Park in Homestead, FL. He'll be speaking on Sapadillos, Cattley Guavas, and other tropical fruit ripe in May. He'll answer questions about any and all rare tropical fruit. This is your chance to ask "The guy who really knows!" He'll also tell us a little about the upcoming International Fruit Conference this summer.



## Message from the President



It is with a heavy heart and tears in my eyes that I write this. Bob and Vivian Murray's daughter, Lianne, died on Monday, April 14th while at her ranch in Texas. She is survived by her son, Daniel, living in Texas, and her daughter, Allisyn, here at the Treehouse Nursery on Pine Island, FL.

Allisyn and her husband, Mario, are expecting a second child any day now. Allisyn is planning a Celebration of Lianne's life here, not too long after her baby is born. Their son, JJ, is looking forward to the new addition. Many of you may recall, 16 months ago, JJ was singing Christmas Carols at our BSTFC Christmas Party.

Please add this wonderful family in your prayers.  
Thank you, Madeline

Additionally, someone has just started rumors that the Treehouse is closed for business due to a death in the family. This was a very hurtful thing to do, and is hurting their business.

## New Members

Our latest new members are: Jan Nowlan, Darcy Seferoglou, and Charlie Strader. These three were not included in the newly up-dated membership lists given out at our April meeting.

Unannounced in previous newsletters are: Sylvia Casabianca, Penny & Steve Christensen, Andreas Ketterl, Ross & Ruth Mathews, Joe Morgan, Frank O'Neill, and Sydney Sheaffer.

## Bus Trip

Last year we had a great time on the bus trip to Fruit & Spice Park for the Redland's Summer Fruit Festival - despite the debacle of the bus getting stuck in the church parking lot. THAT won't happen again!

BUT - we plan another trip on Sat., June 21st for the same festival, 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 - 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..

