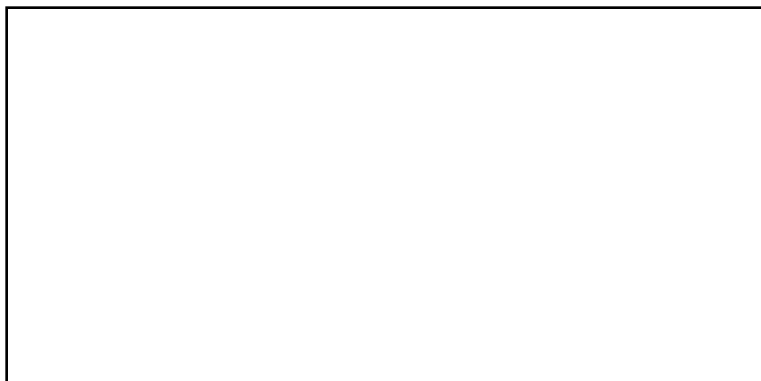
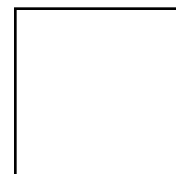


Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



November 2014 - Avocado



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:



The speaker for our November meeting will be our very own Berto Silva who will be speaking on "Unusual and Rare Fruit Trees That Adapted or May Adapt to Cultivation in Florida". This promises to be an exciting presentation.



Message from the President

Please - come to our next meeting to sign up for helping at the Tree Sale, as well as signing up for coming to the Christmas Party. This year, we'll have our Christmas party on the usual 2nd Tuesday of the month, but will start our dinner at SEVEN o'clock instead of 6 PM. This will save our club quite a bit of money on "rental charges".

November this year hit us with 2 mornings in the 40's ... REALLY cold! Makes me think this will be a colder winter than usual. I expect we'll have a cool, windy day for our tree sale and will need EVERYONE'S help to make it a real success. Twice a year we NEED our members to help!

Madeline

This & That for November - Tips from the Burds

PRUNING

Resist pruning anything until January. At that time you can prune grapes, peaches, nectarines, and plums. More about how to prune these in the January newsletter.

FERTILIZING

No fertilizer should be applied in November or December.

FERTILIZING EXCEPTION - if you have harvested all your persimmons, apply a balanced fertilizer out beyond the dripline 6-6-6 is preferable and as much organic as possible, Apply this once a month until the first new growth, then no more. Your fertilizer should contain no more than 4% chlorine. Murate of potash is a cheap form of potash which will convert to salt.

SALTY AIR

Many plants cannot tolerate very much salt. If there is a heavy wind off the Gulf of Mexico, afterwards, it would be good to hose the salt off Jaboticabas and Jak Fruit, Lychees & Longans.

Calendar

November 11 - Regular Meeting -
15 - Tree Sale at Riverside Park
25 - Board meeting
25 - NO WORKSHOP

December 9 - Christmas Pot Luck Party - 7pm
23- NO BOARD MEETING
23- NO WORKSHOP
January 13 - Regular Meeting

Fruit of the Month - Avocado

Genus: *Persea americana*

Family: *Lauraceae*



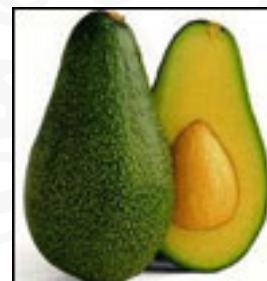
The important and familiar avocado has been cultivated in tropical America since pre-Columbian times. It was imported to Florida in 1833 and California in 1856.

This nutritious fruit is a berry, consisting of a single large seed, surrounded by a buttery pulp. The fruit can weigh from a few ounces to 5 pounds and can be green, black, purple, or reddish in color.

Once established, an avocado tree is easy to care for and will reward its owner with an abundance of fruit. A grafted tree will begin to produce after 3 or 4 years. Mature trees here in South Florida can produce 100 to 150 pounds of fruit a year. A mature tree can achieve a height of 70 feet or more but more commonly is found growing 30 to 40 feet tall. Limbs can sometimes be broken by strong winds or heavy crop loads. The root system is vigorous and can be invasive.

There are 3 races of avocados; West Indian, Guatemalan, and Mexican. Each race will mature at different times of the year. The fruit will not ripen until it falls from the tree or is picked. In Florida there are many cultivars and each has a desired size and/or harvest date. Before you harvest your avocados make sure to check your cultivars harvest information. We will be posting a table with harvest dates to the website this month.

If you don't have an avocado tree in your yard yet be sure to attend our tree sale on the 15th.



Recipes

Guacamole - Tyler Florence

<http://www.foodnetwork.com/recipes/tyler-florence/guacamole-recipe4.html>

Ingredients

6 ripe avocados
3 limes, juiced
1 medium yellow onion, chopped
1 garlic clove, smashed then minced
2 serrano chilies, cut into rounds
1 big handful fresh cilantro with stems,
about 1/2 cup, finely chopped
Extra-virgin olive oil
Kosher salt
Freshly ground black pepper



Directions

1. Halve and pit the avocados.
2. With a tablespoon, scoop out the flesh into a mixing bowl. Mash the avocados using either a fork or potato masher, leaving them still a bit chunky.
3. Add the remaining ingredients, and fold everything together.
4. Drizzle with a little olive oil, adjust seasoning with salt and pepper and give it 1 final mix with a fork.
5. Lay a piece of plastic wrap tight on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Zucchini and Avocado Soup with Cucumber Salsa

<http://www.myrecipes.com/recipe/zucchini-avocado-soup-with-cucumber-salsa>

Ingredients

3 cups chopped zucchini (about 2 medium)
1/2 cup thinly sliced green onions, divided
1 (14-ounce) can vegetable broth (such as Swanson)
1 1/4 cups diced seeded peeled cucumber (about 1 large)
1 tablespoon chopped fresh cilantro
3 tablespoons fresh lime juice, divided
1/2 teaspoon salt, divided
3/4 cup diced peeled avocado (1 medium)
3/4 cup low-fat buttermilk
1/4 teaspoon ground cumin



Directions

1. Combine zucchini, 1/4 cup green onions, and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 5 to 7 minutes or until zucchini is tender. Remove from heat; cool 30 minutes.
2. While zucchini mixture cools, combine remaining 1/4 cup green onions, cucumber, cilantro, 1 tablespoon lime juice, and 1/4 teaspoon salt in a small bowl; toss well. Cover and chill.
3. Place remaining 2 tablespoons lime juice, remaining 1/4 teaspoon salt, zucchini mixture, avocado, buttermilk, and cumin in a blender, and process until mixture is smooth. Cover and chill at least 2 hours. Pour soup into bowls, and top with cucumber salsa. Serve chilled.

Recipes

Avocado Shrimp Ceviche-Estillo Sarita

<http://allrecipes.com/Recipe/Avocado-Shrimp-Ceviche-Estillo-Sarita/Detail.aspx?evt19=1>

Ingredients

2 pounds large shrimp
peeled, deveined and chopped
3/4 cup fresh lime juice
5 Roma (plum) tomatoes, diced
1 white onion, chopped
1/2 cup chopped fresh cilantro
1 tablespoon Worcestershire sauce
1 tablespoon cocktail sauce or ketchup
1 teaspoon hot pepper sauce
1 avocado - peeled, pitted and diced
salt and pepper to taste
saltine crackers



Directions

1. Place the shrimp and lime juice into a large bowl, and stir to coat. The lime juice will cook them. The shrimp will become opaque over time. The time will vary according to the shrimp size. You can marinate them overnight.
2. Mix in the tomatoes, onion, and cilantro until coated with lime juice; cover and refrigerate for 1 hour.
3. Remove from the refrigerator, and mix in the Worcestershire sauce, cocktail sauce/ketchup, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use whatever hot sauce you like, or leave it out and let people add their own when serving.
4. Serve in glass tumblers and top with avocado pieces. Set out extra Worcestershire sauce, cocktail sauce/ketchup, lime wedges and hot sauce for people to individualize their dish. Serve with crackers.

Avocado Feta Salsa

<http://allrecipes.com/Recipe/Avocado-Feta-Salsa/Detail.aspx?evt19=1>

Ingredients

2 plum tomatoes, chopped
1 ripe avocado - peeled, pitted and chopped
1/4 cup finely chopped red onion
1 clove garlic, minced
1 tablespoon snipped fresh parsley
1 tablespoon chopped fresh oregano
1 tablespoon olive oil
1 tablespoon red or white wine vinegar
4 ounces crumbled feta cheese

Directions

1. In a bowl, gently stir together tomatoes, avocados, onion, and garlic.
2. Mix in parsley and oregano.
3. Gently stir in olive oil and vinegar.
4. Then stir in feta.
5. Cover, and chill for 2 to 6 hours.

