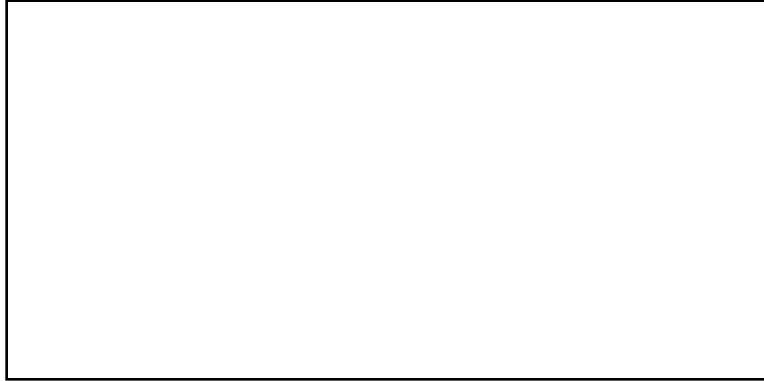
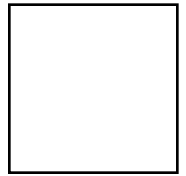




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



October 2015 - Monstera Deliciosa



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

Guest Speaker



Steve Cucura will be our featured speaker at the October meeting. He will tell us about some of the varieties he'll be supplying for our November Tree Sale and give all of you a chance to request any special trees you might want for your own yard. His nursery on Pine Island is called Fruitscapes, and he'll bring some hand-outs with more information.



Message from the President

As a general rule, this is a good time to fertilize and prune your trees and plants, as these two encourage new growth which needs to harden off before any cold weather sets in. Now that days are slightly cooler, it makes working out in the yard a more pleasurable experience ... especially in the mornings.

Calendar of Events

- 10/7 Wed. -FREE Edible Landscape Seminar - 7 PM 239-332-1188
- 10/10 Sat. - Compost Seminar - 10 AM & Walking Tour through Compost Facility
- 10/13 Tue. - General Meeting - 7 PM Speaker - Steve Cucura
- 10/27 Tue. - 6 PM - Board Meeting & 7 PM - Workshop
- 10/31 Sat. - 2:30 PM FREE Fall Festival - Hay Rides & Hot Dogs at MW Horticulture in North Ft. Myers - 239-332-1188

Recipes

Ideas for cooking with *Monstera deliciosa*:

1. Substitute banana pulp with blended *Monstera deliciosa* pulp in baked goods recipes: banana bread and citrusy cupcakes are just a few possibilities.
2. Make *Monstera deliciosa* jam by adding sugar and lemon—the fruit itself has enough pectin to make a suitable texture.
3. Add kernels to fruit salads or smoothies, especially with ones that share its tropical flavor: bananas, pineapple, strawberry, jackfruit, etc. The fruit also pairs well with papaya, mango, kiwi and other tropical, exotic, acidic fruits.
4. *Monstera deliciosa* pulp tolerates heating, thus allowing for use in jams, baked goods, stir fries, syrups and sauces.

MONSTERA FRUIT CUP

ripe monstera kernals
1 cup strawberries
1 cup Surinam cherries
1 cup diced guava
Combine fruits. Chill.
Fold in a yogurt dressing

MONSTERA SALAD

Combine monstera segments with sliced olives in a little lime juice. Serve in avocado halves with mayonnaise or French dressing.

MONSTERA COCKTAIL

Combine segments with chopped celery, onions and avocado. Make a sauce of catsup, lime juice, salt & pepper.

Fruit of the Month - *Monstera deliciosa* / Ceriman

Scientific Name: *Monstera deliciosa*

Family: Araceae



The *Monstera deliciosa* is a stout, herbaceous vine, similar in appearance to its cousin, the split-leaf philodendron. This ornamental landscape plant with huge, dark green, perforated leaves is commonly called window leaf or Swiss cheese plant. It is a member of the Araceae family that contains about 2000 species in 115 genera but is the only noteworthy fruiting plant within the family. This species will endure considerable shade and can succeed as an understory plant, thus filling a unique niche within the garden.

The inflorescence (flower) is an 8-12 inch, creamy white, Jack-in-the-pulpit like spadix (Jack) and spathe (the pulpit). As you can see in the images above all stages of the inflorescence and fruit can be found on the plant at the same time.

The fruit is peculiar in form, but appealing in taste. The fruit typically measures 10 inches in length and 2 1/2 inches in width. The rind is made up of hexagonal, tile like scales, which cover segments of pulp. The pulp is off-white, crisp, juicy, and sweet. It is flecked with black floral remnants. In flavor the ceriman resembles a pineapple. The fruit ripens about a year after it blooms. As it ripens the rind lightens and segments near the base begin to separate. The fruit is clipped from the petiole about an inch from the base. After harvest, the fruit continues to ripen slowly over a period of several days, with individual segments coming ripe from the base toward the apex. Segments should fall from the fruit with ease and not be forced. Only fully ripe segments should be consumed, as immature segments contain needlelike crystals of calcium oxalate, which can cause serious irritation to the mouth and throat. All parts of the plant other than the fruit are poisonous.

