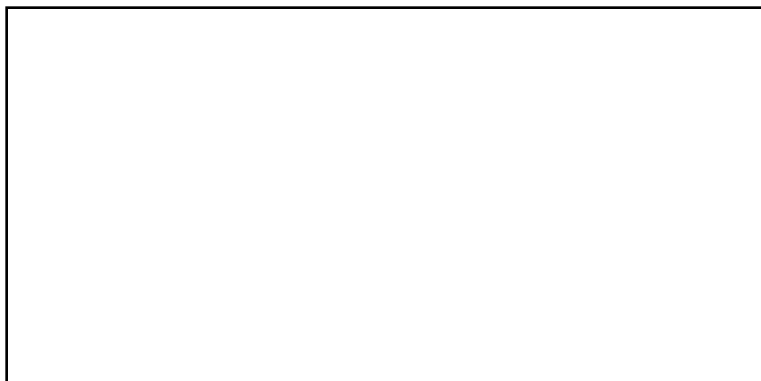
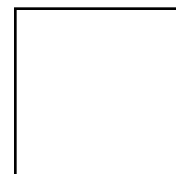


Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



September 2014 - Bananas



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:



This month's speaker is Dr. Martin Price, founder of one of our favorite organizations - ECHO. He founded ECHO in 1981 in North Fort Myers, and our club members have visited it many times, enjoying tours and picnics there ever since then.

Dr. Price will offer a Power-Point presentation and will do Questions & Answers afterward. Have your questions ready!



Message from the President

Wow! What a crazy summer! Lots of good, but also a little bad. I was lucky enough to go to the Rare Tropical Fruit Conference in Homestead/Florida Keys/Miami in July. Just for once, I went for the full five days... didn't miss a thing! Rare fruit, delicious meals, key deer, speakers from Equador to Hawaii, and met and became good friends with SOOOO many lovely and knowledgeable people who were so kind to me, and - of course - saw many old friends, and, several club members. :-)

If there is another Rare Fruit Conference in the future, I'll do a presentation for the club in advance, so people will KNOW they won't want to miss it.

Another real treat was the stint I did, helping to man a booth at the 2014 Citrus Expo on August 13 & 14 at the Lee Civic Center. There were over 160 booths - everything from Agronomics to Water & Earth Sciences. Great fun - and more new friends.

Now ... for the "little bad" ... our previous winter and following weird weather was strange enough that it caused poor crops this summer for many mango and avocado growers. BUT ... it did cause other things to fruit nicely ... things that had never fruited fully before. Things like Wax Jambu and Cashew fruit! Makes me wonder what next year will bring. - Madeline

Up-Coming Speakers

Our Speaker for the January BSTFC meeting will be Chris Rollins, repeating his "farewell speech" to the many of us attending the Rare Tropical Fruit Conference ... "34 Years at the Fruit & Spice Park", as he'll be retiring from this career job at the end of December, 2014.

The earliest possible date for booking Larry Schokman - so famous for his many years at the Kampong, David Fairchild's home in Miami - is March of next year. Over the past 20 years, I've enjoyed his enthusiasm and great sense of humor, as he teaches us wonderful basic growing techniques and hints for success. This man is a LIBRARY!

Calendar

September	9 - Regular Meeting - Dr. Martin Price	November	11 - Regular Meeting -
	23- Board meeting		15 - Tree Sale at Riverside Park
	23 - Workshop		25 - Board meeting
October	14 - Regular Meeting - Persimmons		25 - NO WORKSHOP
	28- Board meeting	December	9 - Christmas Pot Luck Party - 6pm
	28 - Workshop		23- NO BOARD MEETING
			23- NO WORKSHOP

Fruit of the Month - Bananas

Scientific Name: *Musa acuminata* and *Musa balbisiana*

Family: *Musaceae*



The banana is a fast-growing monocotyledonous herbaceous plant consisting of one or more pseudostems (upright, trunk-like structures) formed by tightly packed concentric layers of leaf sheaths, an underground rhizome, and a fibrous root system. The entire plant is called a mat. The pseudostem constitutes the functional trunk which supports the leaves and the flower and fruit bearing stalk.

A rhizome is an underground stem with numerous meristems (growing points) from which the pseudostems, flowering and fruiting stalks, and fibrous roots arise.

The banana inflorescence (flowering stalk) emerges from the center of the pseudostem 10 to 15 months after planting; by this time 26 to 32 leaves have been produced. The process of banana flowering is called shooting. The flowers appear spirally along the axis of the inflorescence in groups of 10 to 20, covered by purplish-to-greenish fleshy bracts which shed as flowering development progresses. The first flowers to emerge are functionally female. In the edible cultivars, the rapidly growing ovaries develop parthenocarpically (without pollination) into clusters of fruits, called "hands." The fruit is a berry. Although most banana cultivars produce seedless fruit, some are fertile and can set seed. The last flowers to emerge are functionally male. In plantains, the male flowers may be absent or greatly reduced. The time from shooting to fruit harvest depends upon temperature, cultivar, soil moisture, and cultural practices and ranges from 80 to 180 days. The time from planting a small banana sucker and harvest ranges from 9 to 20 months depending upon temperatures, cultivar, and cultural practices.



Recipes

Let me start by saying, I love Bananas! They are the perfect snack fruit out of hand. And unlike many friends I know, I like them better the riper they get. If the only bananas you have ever eaten were purchased at a supermarket, then you are truly missing out.

Commercial bananas are picked and shipped green, and then often dosed with external gaseous ethylene to induce ripening. Because of this, they seem to rot on your counter before they are fully ripe. On the other hand, bananas that I harvest from our Florida backyards can often turn entirely black and when opened they are perfect inside. So why do I take the time to tell you this? Well our first recipe is an old standard, banana bread. And we need over ripe bananas to make a good one. If the bananas you are going to use are from your back yard then you can let them get much riper and darker than the supermarket bananas.

Banana Bread - This recipe is from Food.com
<http://www.food.com/recipe/best-banana-bread-2886>

Ingredients

1/2 cup butter
1 cup sugar
2 eggs, beaten
4 bananas, finely crushed
1 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon vanilla



Directions

1. Cream together butter and sugar.
2. Add eggs and crushed bananas.
3. Combine well.
4. Sift together flour, soda and salt. Add to creamed mixture. Add vanilla.
5. Pour into greased and floured loaf pan.
6. Bake at 350 degrees for 60 minutes.
7. Keeps well, refrigerated.

Banana Jam - from the 1984 first edition CRFE - Favorite Tropical Recipes
Marian Van Atta, Living Off The Land

Ingredients

3 cups diced bananas
1 cup sugar.
1 cup orange juice
1/3 cup lemon juice

Directions

1. Heat sugar, orange and lemon juice and stir until sugar is dissolved.
2. Add bananas and bring to a boil
3. lower heat and cook until thick, stirring constantly.
4. pour into hot, sterilized jars and seal



Recipes

Banana Pudding - Recipe courtesy of Trisha Yearwood

Adapted from *Georgia Cooking in an Oklahoma Kitchen* by Trisha Yearwood

<http://www.foodnetwork.com/recipes/trisha-yearwood/banana-pudding.html>

Ingredients

4 large eggs
3/4 cup sugar
3 tablespoons all-purpose flour
1/2 teaspoon plus a pinch salt
2 cups whole milk
1/2 teaspoon vanilla extract
30 to 40 vanilla wafers
3 to 4 medium ripe bananas



Directions

1. Separate the yolks from the whites of 3 of the eggs; set aside the whites. Add the remaining whole egg to the yolks.
2. In a saucepan, whisk together 1/2 cup sugar, the flour and 1/2 teaspoon salt. Stir in the whole egg and 3 yolks, and then stir in the milk. Cook uncovered, stirring often, until the mixture thickens, about 10 minutes. Remove from the heat and stir in the vanilla.
3. Preheat the oven to 425 degrees F.
4. Spread a thin layer of the pudding in a 1 1/2-quart casserole dish. Arrange a layer of vanilla wafers on top of the pudding. Thinly slice the bananas crosswise, about 1/8 inch thick, and arrange a layer of banana slices over the wafers. Spread one-third of the remaining pudding over the bananas and continue layering wafers, bananas and pudding, ending with pudding.
5. To make the meringue, beat the reserved egg whites with a pinch of salt until they are stiff. Gradually beat in the remaining 1/4 cup sugar and continue beating until the whites will not slide out of the mixing bowl when it is tilted.
6. Spread the meringue over the pudding with a spatula, making a few decorative peaks on top, and bake until the meringue is lightly browned, 5 minutes.

Mixed Berries and Banana Smoothie

<http://www.foodnetwork.com/recipes/food-network-kitchens/mixed-berries-and-banana-smoothie-recipe.html>

Ingredients

1 cup frozen mixed berries
1 frozen ripe banana
1/2 cup low-fat vanilla yogurt
1/4 cup orange juice
1 teaspoon honey (optional)



Directions

Combine all ingredients together in a blender and puree until smooth.