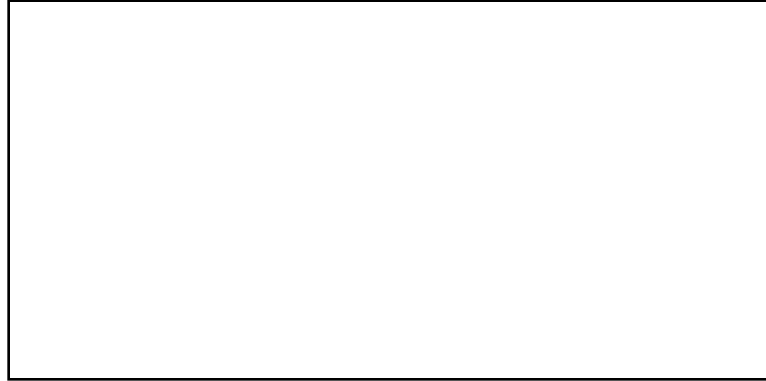
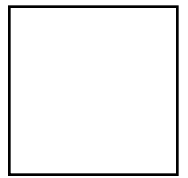




Bonita Springs Tropical Fruit Club Inc.
PO Box 367791
Bonita Springs, FL 34136



September 2015 - Passion Fruit



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

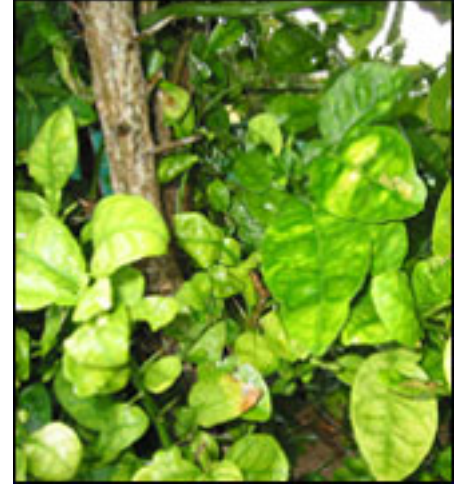
Gerda Gyori - Director

Berto Silva - Director

Guest Speaker



Danny Blank, previously the Farm Manager at ECHO - is now the owner of, and grower at: 12 Seasons Farm in North Ft. Myers. He will speak on Passion Fruit, and also he'll give us an up-date on his progress with changes he was making the last time he spoke to us ... changing over from Citrus (due to Greening problems) to other fruits, veggies and various plants.



Message from the President

Wow! This is the rainiest rainy season I can remember here in Ft. Myers. Rain for the past 3 months, with rain almost every single day! My Resurrection Fern (my own personal "rain gauge") has never looked so green. My very good fortune, as the trees just love it! Mango season was good, but the coming Avocado season looks even better. I hope you're enjoying your yard as much as I do mine.

Workshops

Our July Workshop, featuring a Mango Tasting by David and Jenny Burd was quite a success, with 25 of us attending, pics to follow. The August Workshop with generous amounts of Keitt mango, big beautiful limes, Ladyfinger bananas, Bell starfruit, and others were sampled and given out.

This and That for September - from David & Jenny Burd

MANGOS – If you haven't already fertilized your mango trees, NOW is the time, either 0-0-22 or 0-0-18. selective pruning is done to maintain the recommended height of 10ft, if the tree is 'hat-racked' it will struggle to have fruit next year.

LYCHEES – Your last nitrogen fertilizing on lychees & longans should be before the end of September - 8-2-8 or 10-2-10 or 6-4-6

CITRUS – Apply farm soap & micro nutrients on your citrus trees to fight the citrus psyllid insect that can cause Huanglongbing/HLB also known as "greening" disease. And don't forget to fertilize the citrus as well. Use the same fertilizer used on lychees.

PERSIMMONS – Are starting to get ripe, yea.

Calendar of Events

9/2 Wed. - FREE Edible Landscape Seminar - 7 PM - 239-332-1188

9/8 Tue. - General Meeting - Speaker: Danny Blank - Passion Fruit & Farm Update

9/22 Tue. - Board Meeting - 6 PM and Workshop - 7 PM

Fruit of the Month - Passion Fruit

Scientific Name: *Passiflora edulis*

Family: *Passifloraceae*



The purple passion fruit is native from southern Brazil through Paraguay to northern Argentina. It has been stated that the yellow form is of unknown origin, or perhaps native to the Amazon region of Brazil, or is a hybrid between *P. edulis* and *P. ligularis*. In Hawaii, seeds of the purple passion fruit, brought from Australia, were first planted in 1880 and the vine came to be popular in home gardens.

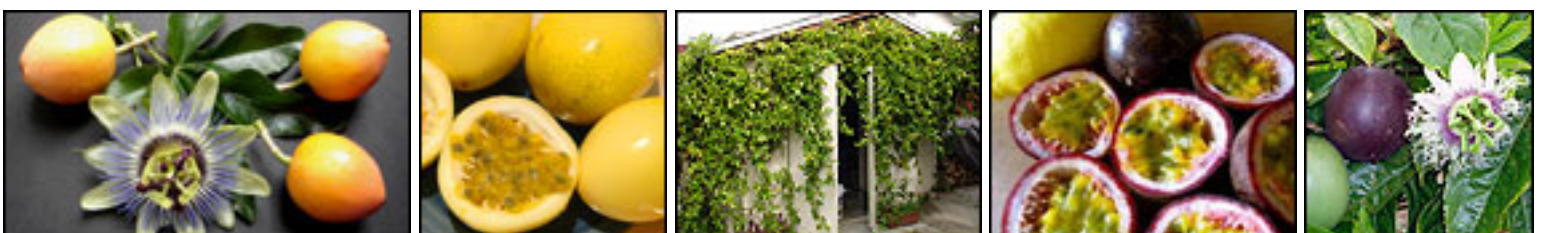
The passion fruit is a vigorous, climbing vine that clings by tendrils to almost any support. It can grow 15 to 20 ft. per year once established and must have strong support.

The evergreen leaves of passion fruit are alternate, deeply 3-lobed when mature and finely toothed. They are 3 to 8 inches long, deep green and glossy above, paler and dull beneath and, like the young stems and tendrils, tinged with red or purple, specially in the yellow form.

A single, fragrant flower, 2 to 3 inches wide, is born at each node on the new growth.

The nearly round or ovoid fruit, 1-1/2 to 3 inches wide, has a tough rind that is smooth and waxy and ranging in hue from dark purple with faint, fine white specks, to light yellow or pumpkin-color. Within is a cavity more or less filled with an aromatic mass of double walled, membranous sacs containing orange-colored, pulpy juice and many small, hard, dark brown or black, pitted seeds. The yellow form generally has a larger fruit.

The unique flavor of passion fruit is appealing, musky, guava-like and sweet/tart to tart.



Mango Tasting Workshop



Recipes

Grilled Bananas with Passionfruit and Yogurt

Ingredients

- 3 firm bananas
- 2 Tbsp of brown sugar
- 1 1/2 Tbsp of butter
- 1/2 cup of vanilla yogurt
- Pulp from 2-3 passionfruit

Directions

1. Pre-heat the grill. Line a baking tray with foil.
2. Slice the bananas in half, length-ways. Spread the butter over the cut side. Place the bananas, cut side up, on the baking tray.
3. Sprinkle bananas with brown sugar. Grill for 4 minutes then gently turn bananas over and grill for another 4 minutes or until golden and soft.
4. Divide bananas equally amongst two serving dishes. Top with vanilla yogurt and passionfruit pulp. Serve immediately.



Recipes

Apple and Passionfruit Crumble

Ingredients

4 apples, peeled
Pulp from 3-4 passionfruit or use canned passionfruit
1/2 tsp of sugar
3-4 ANZAC biscuits for crumbling (see recipe)
Butter for greasing
Vanilla ice-cream for serving



Directions

1. Pre-heat the oven to 350F (180C). Lightly grease a baking dish with butter. Set aside.
2. Quarter and core the peeled apples. Slice the quarters into 1/2"-wide (1.5cm-wide) wedges. Place the apple wedges flat in the greased baking dish. Sprinkle evenly with sugar.
3. Spoon passionfruit pulp evenly over apples.
4. Cover baking dish tightly with foil and bake in the oven for 25-30 minutes or until soft.
5. Remove baking dish from oven and spoon apple/passionfruit mixture evenly into four small ramekins. Crumble ANZAC biscuits on top of fruit and then place back in the oven for 7-10 minutes, or bake until biscuits are golden brown.
6. Remove ramekins from oven and serve immediately with a scoop of vanilla ice-cream on top.

Passionfruit Butter

Ingredients

1/2 cup of passionfruit pulp
2 Tbsp of fresh lemon juice
1/4 cup of castor (berry) sugar
125 grams (1/2 cup) butter
4 extra large eggs, lightly beaten
Special equipment:
Sterilized Airtight jar for 1 cup of passionfruit butter



Directions

1. Place a heatproof bowl over a saucepan of water. Make sure the bottom of the bowl isn't touching the water. Bring water to the boil over a medium heat.
2. Turn heat down to medium-low. Add butter and sugar to bowl and stir with a wooden spoon to melt and combine.
3. Mix together passionfruit pulp, lemon juice and eggs in a small mixing bowl. Add to butter/sugar mixture and stir continuously with a wooden spoon until mixture thickens and coats the back of the spoon. This should take about 10-12 minutes over a medium-low heat.
4. Once thickened, remove bowl from heat and allow butter to cool completely before storing in sterilized airtight jar.
5. Refrigerate to store.

