JUNE 2022

Fruit Growers of SWFL

The Collier Fruit Growers Monthly Meeting will be Monday, June 18, at 7:00 pm.
The Greater Naples Fire Rescue Station
14575 Collier Blvd 34119

Enter through the east door (Collier Blvd.) side of the Administration Building.

Photo by Brian Tietz

The speaker at the June 18th Collier Fruit Growers Membership Meeting will be Russell Hollander, founder and 'funguy' of the Mushroom Farm in Naples. A happy accident led to the creation of Care2Grow. While Russell Hollander was working as a finish carpenter, he purchased a grow-your-own mushroom kit as a gift and stored it in the closet to give later. A few weeks later he was shocked to find the mushroom kit fruiting in his closet. In that moment after harvesting and eating the oyster mushrooms that just appeared from the kit, Russell's interest was parked. Being pleasantly surprised by the whole process, he wanted to learn more about how mushrooms grow. Russell continued to learn about the incredible health and environmental benefits of fungus. Russell was so intrigued he began growing fungus cultures on petri dishes and formulated fruiting mushrooms substrates for propagation, as his skills with what was once just a hobby progressed into a commercial Mushroom farm production. Fascinated by the incredible edible fungus, Russell continues his journey learning every day and sharing his knowledge and the fruits of his labor which everyone Loves!
Russell will address the medicinal and agricultural benefits of mushrooms.

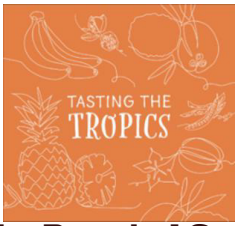
Mushrooms will be available for purchase.

the Bonita Springs tropical fruit club

The June Mtg's of the BSTFC will be Sat., 11 & 25, 4:30 pm.
Bonita Springs Fire Control & Rescue District Station
27701 Bonita Grande Drive, Bonita Springs, FL 34135
Both events will be a 'potluck' events, please bring a dish or dessert to share.

Emanuel Bisarello will the speaker at the Bonita Springs Tropical Fruit Club Meeting on Saturday, June 11. He was born in Argentina and has been working in the field of wellness for the past 15 years, focused on the relationship between spirituality, health, ecology, emotional/trauma release, and raw foods. That led to the study of Syntropic Agroforestry and for the last 5 years have been integrating growing food to wellness. Currently Emanuel has a project called Angela Gardens in Naples, close to the Corkscrew Sanctuary Swamp where there are classes on how to grow all the food needed to sustain a family year-round. There are 35 plots currently available for families wishing to have food security.
Emanuel will discuss how to use syntropic agroforestry concepts on a small scale to achieve food security and why.

Fruit and Spice Park



Naples Botanical Garden

Fairchild Botanic Garden

Mango Bar Recipe

A perfectly ripe mango should have a firm, creamy texture that almost seems to melt in your mouth. They are so good on their own, that many people do not bake with them and prefer to eat them as-is. There are although many mango desserts – from mousses to cakes – that made one re-think that position and start to do more baking with mangoes.

These Mango Bars are a riff on lemon bars, with a custardy topping that is packed with fresh mango – and lots of mango flavor. Started with very ripe mangoes and pureed them in the blender (a food processor will work just as well) until they were very, very smooth and then mixed them with sugar, eggs, and a little bit of lemon juice to make the mixture for the topping of the bars. The lemon juice does not take away from the mango but adds just enough acidity to keep the bars from being too sweet and highlights the mango flavor even more. As a result, the bars taste like biting into a ripe mango – but with a slightly more custardy texture. The topping is thicker than you would find on a typical lemon bar, with the color of a bright, ripe mango.

The base for these bars is an easy to make shortbread, which you can simply press straight into your pan with no rolling required. The shortbread is tender and buttery, but it is firm enough to stand up to the mango topping and holds together well when you are slicing it. The bars are good at room temperature and chilled. The recipe makes a batch of 24 bars, so store them in an airtight container in the refrigerator once they have cooled, where they will keep well for several days.

Mango bars: A delicious variation on lemon bars.

Ingredient:
Crust
1 1/2 cups all-purpose flour
1/4 tsp salt
1/4 cup sugar
1/2 cup butter, chilled and cut into 8-10 pieces
Filling
1 1/4 cups sugar
3 tbsp all-purpose flour
4 large eggs
1 1/4 cups mango puree (2-3 mangoes)
1/3 cup lemon juice
Instructions:

- **Preheat oven to 350F. Lightly grease a 9x13-inch baking pan**

Make the crust. In the bowl of a food processor, combine flour, salt, and sugar. Whizz to combine, then add in butter and pulse until butter is completely incorporated and mixture is slightly sandy. This can also be done by rubbing the butter in by hand.

- **Transfer into prepared pan and press firmly into an even layer. Bake for about 17 minutes, until set at the edges.**
- **While the crust bakes, prepare the filling.**
- **In a large bowl, whisk together sugar and flour. Beat in the eggs, followed by the mango puree and lemon juice.**
- **Gently pour the filling over the hot crust when it has finished baking. Return pan to oven and bake for 22-24 minutes, until the filling is set.**
- **Cool completely before slicing and use a damp knife to ensure clean slices. Refrigerate.**

Recipe is from FloridaRambler.com

Mango Season is Here Once Again

Its well-deserved nickname is the "Queen of Fruit." South Florida has become the world's epicenter for hybridizing new pleasing varieties of mangoes. Why, some may ask, is there an allure of mangoes? If one has attempted to eat a red, green, or yellow as labelled in the local supermarkets one can be totally put off. But, if, on the other hand one has sampled a desirable ripe variety, one will instantly understand the attraction. The diversity in flavor and texture of the coconut overtones, fruity sweetness, or citrus taste, to name a few, that selective mangoes can provide is alluring. In addition to eating them fresh, mango can be pickled green, added to baked or savory dishes, fermented in liqueurs or frozen without loss of flavor. They are as diversified a fruit as one will encounter. Most mangoes are 'mono-embryonic,' causing them not to grow true from seed. This only adds to the desire to possess the tree that produces a dependable yearly crop of that 'perfect' fruit. Mango enthusiasts never seem to have enough trees as they are always on the search latest variety leading some people to spend hundreds of dollars in an illusive attempt to find that one perfect tasting mango. Stop and first taste the mangoes before buying any trees. The true mango 'connoisseur' should find the one perfect tree as there are always slight variations in taste even among trees of the same variety. Case in point I had the occasion to sample a Valencia pride mango from a neighbor's tree and another one given me by another club member, but the neighbor's fruit was far superior in taste. The exact growing condition will affect the taste, but the point is, learn to graft (proficiency may be elusive, but keep practicing until one reaches a 60 to 70% success rate with mangoes) then search for the 'best' tree and collect scions (always with the owner's permission). Knowing someone who can graft proficiently is the second-best choice. The pamphlet entitled "Propagation of the Fruit Crop" by M. J. Young and Jalian Sauls (Circular 456 A, published by the Florida Cooperative Extension Service, University of Florida, Gainesville) is a good primer on the subject. Of the several methods of grafting described, the Cleft (Vee) and the Side Veneer grafts are the two most used in propagating mango varieties. Grafting is best in early summer (late May/June) or autumn (late September/early October) when daytime temperatures are not too hot, and the average nighttime temperature is above 74°F (24C). Some of the basic facts to follow are as follows:

- Use a sharp single bevel grafting or a hobby knife with a thin blade.
- Select viable scions which are just starting to 'swell,' about to push new growth.
- Select a healthy rootstock having nearly the same diameter as the scion.
- Sterilize the knife using alcohol and let air dry.
- Carefully cut through the bark and phloem layer to expose the one cell thick cambium layer of the rootstock and scion.
- Avoid touching all cut exposed surfaces on both the rootstock and scion.
- Using grafting elastic bands, tightly bind the exposed cambium layers together.
- Seal off graft tightly with parafilm, 'buddy tape,' plastic wrap, or plastic bag to keep out water.
- Wait four to six weeks to see if the graft takes. If scion turns brown the graft was not successful.
- When all else fails seek the assistance from an accomplished grafter.

NOTE: The target is to complete each graft within one minute as the exposed Cambiums will immediately start to heal over thus reducing the possible success of a graft.

A summary of the principles is illustrated in article by Crafton Clift entitled, 'Understanding How Grafting Works,' July 2020, issue of FGSWF newsletter, Page 12. Realize that grafting is only effective on certain types of fruit trees, which are indicated in the article entitled, 'Propagation', November 2018 FGSWF newsletter, Pages 4 and 5. The grafting techniques are not difficult to master, so be determined and practice. Remember that in many parts of the tropics most children, even under the age of five, know how to graft. So, pay close attention to the basics and there is a good chance the one can become proficient.

There are several articles, written by accomplished horticulturists relating to the planting and care of mango trees, that have been published in issues of the FGSWF newsletters over the past four years that the reader will find very helpful. Links to these articles can be found on the CollierFruit.org website.

- Mango Tree Care Requirements, July 2012, Pages 5 and 6.
- Mango Calendar, by Dr. Stephen Brady, March 2022, Page 4.
- Planting and Care of Mango Trees, Dr. Noris Ledesma, October 2018, Pages 5 and 6.
- Training and Pruning a Mango Orchard to Improve Blooming and Yield in South Florida, By Dr. Ledesma,
June 2020, Pages 4 to 6.
- Ground Covers for Organic Mango Production in South Florida, By Dr. Ledesma, January 2020, Pgs. 4 to 6.
- Piper sarmentosum as a Ground Cover, February 2022, Page 5.
- Fungicide for Mango Trees, By Clark Reid, Sept 2019, Pages 5-6.

Fruit tree (avocado) grown as a 'bush.'

For resilience against hurricanes, prune young fruit trees and grow them as if they were bushes. When grafted trees are approximately two-feet (0.7m) tall, measure up 6 to 8-inches (15.3 – 20cm) above the graft and cut off the central truck. When it sprouts new growth stake or weigh the branches down, so they grow horizontally for the distance of three to five-ft. (0.9 -1.5m), space permitting, before allowing the branches to turn and grow vertically. As the tree matures selectively prune regularly to keep the total height to below six feet (1.8m).

An example of an espaliered (October 2018 issue of FGSWF newsletter, Page 7), 1½yr-old “fruit punch” mango tree trained to grow horizontally on a six-foot (1.8m) high and twenty-four-foot (7.3m) wide wire trellis.

A year later bearing one mango and room to grow.

The techniques proposed may seem labor intensive, but they are not. To the contrary, the long-term care is made that much simpler, for spraying, pruning, and harvesting of the fruit. This is true not only for backyard garden but also for smaller commercial orchards as well.

Fruits which Ripen in June

Atemoya (beginning), banana, Barbados cherry (end of season), black sapote (sporadic), carambola, carissa, coconut, fig, granadilla, grape, illama (end of season), jackfruit, kwai muk, longan, lychee, mamey sapote, mango, miracle fruit, mombin, mulberry, macadamia, monstera, muscadine, papaya, passionfruit, peanut butter fruit, persimmon, pineapple, soursop, pomegranate, santol, sapodilla, Spanish lime, strawberry tree, sugar apple, wax jambu, white sapote.

Annual fruits: Watermelon, cantaloupe, pickling cucumbers, corn, eggplant, winter squash (Cushaw/Seminole pumpkin), peppers (hot), cherry tomatoes.

Summer Fruit Festival

Maimi-Dade County Fruit and Spice Park
SATURDAY, JUNE 25
10:00 am - 5:00 pm

Showcasing local agriculture and tropical fruits. Vendors will be featuring tasty cuisine and rare fruit samplings available to shock your taste buds!
Event Admission: $15 for adults (12 and over), $ 8 for kids (11-6 years old) and 5 and under are free.
Purchase your pre-sale tickets and get 20% off regular admission price.

Tasting the Tropics

Naples Botanical Garden
SATURDAY, JULY 2
9:00 am – 2:00 pm

Take your taste buds on a trip across the globe to sample fruit from the tropics — and learn about some of the lesser-known edible plants growing in the Garden.
Many of the world's favorite fruits – like banana, **mango**, pineapple, and more – have subtropical or tropical origins. Our climate in Southwest Florida is well-suited for growing these sweet treats, and at the Garden, you can find fruiting plants growing in nearly all our designed landscapes.

Scheduled Programs
Guided Tours: Fruits of Asia, Brazil, and the Caribbean
Demonstration: Cutting Open a Jackfruit, Coconut, Banana, Vanilla.
• Tropical Fruit Tasting and Display inside Kapnick Hall
• W.O.N.D.E.R. Family Programming "Little Green Thumbs"
• Dig Deeper: "The Spice is Right" Drop-in Adult Programming
Tasting the Tropics is included with general Garden admission. Guided tours have limited capacity; sign up with a staff member at the Smith Entry Prow upon arrival.

Mango Festival

Fairchild Botanic Garden, Coral Gables
SATURDAY & SUNDAY, JULY 9 & 10
10:00 am – 4:00 pm

Fairchild has been hosting the Mango Festival for nearly 30 years and it's just about that time to celebrate the King of Fruit once again!
Join us at the Garden for one of our all-time favorite weekends of the year! We will have loads of mango fun for the entire family!

- Cooking demos and mango tastings
- Specialty mango smoothies and cocktails
- Signature mango brunch
- Wide variety of mangos for purchase
- Food vendors with mango inspired menus
- Mango lectures
- Mango tree sales
- Lawn games
- Live Music, lawn games, and fun for the entire family!

Allampur Baneshan Mango - Crafton Clift

In 1979 I was working on Four Fillies Farm, a mile west of Fairchild Tropical Botanic Garden in Miami owned by Frank Smathers. Smathers prided himself in having 100 of the world's best tasting mangoes. He went to India to get their latest most highly recommended cultivars. When these were bearing, I took fruit to the Fruit and Spice Park where Chris Rollins was having an international conference. During the tasting, Rita O'Hearn came to me and whispered, "Number 23 in the best." I checked, that is Allumpur Baneshan, but I did not bring it. Chris Howell came behind me at Smathers and brought fruit I thought was green.

Two years later Chris Rollins put me in charge of mango tasting at the international conference and before I cut up the fruit, I held up each cultivar to s9wt what they looked like because tasting was by numbered samples. I wanted the rating to be taste alone, not appearance. When it was over, I had uncut which I held up and identified, "Who would like . . . ?" When I held up the uncut, green, cracked to the seed Allampur Baneshan, there was a stampede to grab it.

Mushrooms in Their Natural Habitats (1)

Mushrooms – ignored by many, reviled by some – may turn out to be important keys to both human health and planetary health. Their indispensable role in recycling organic matter, especially in forests, has long been known. But how many people realize that trees and other green plants could not grow and reach maturity without symbiotic associations with mushrooms, at least with mycelium, the network of fungal threads in soil that act as interfaces between plant roots and nutrients?

Mushrooms can be placed in four basic categories: saprophytic, mycorrhizal, endophytic, and parasitic, depending upon how they nourish themselves. However, exceptions abound, since some species employ more than one strategy, making them difficult to categorize. Approximately 8,000 macrofungi (visible to the naked eye) are saprophytic, around 2,000 to 3,000 are mycorrhizal, and the remaining are either endophytic or parasitic, although more species are constantly being discovered and categorized. The balance of populations can vary drastically with environmental change. For example, deforestation causes a rise in saprophytic and a decline in mycorrhizal mushrooms.

Saprophytic mushrooms, the decomposers, steer the course for proliferating biological communities, shaping the first menus in the food web from dead plants, insects, and other animals. Most gourmet and medicinal mushrooms are wood decomposers, the premier recyclers on the planet; building soils is the primary outcome of activities of these saprophytic fungi, whose filamentous mycelial networks weave through and between the cell walls of plants.

Mycorrhizal mushrooms (myco means "mushroom": rhizal means "related to roots"), such as matsutake, boletus, and chanterelles, from mutually beneficial relationships with pines and other plants. In fact, most plants from grasses to Douglas firs have mycorrhizal partners. The mycelia of fungal species that form exterior sheaths around the roots of partner plants are termed ectomycorrhizal. The mycorrhizal fungi that invade the interior root cells of host plants are labeled endomycorrhizal, although currently the preferred term for these fungi is vesicular arbuscular mycorrhizae (VAM). Both plant and mycorrhizal mycelium benefit from the association. Because ectomycorrhizal mycelium grows beyond the plant's root structure, it brings distant nutrients and moisture to the host plant. The mycelium dramatically increases the plant's ingestion of nutrients, nitrogenous compounds, and essential elements (phosphorus, copper, and zinc) as it decomposes surrounding debris. Dave Perry (1994) postulates that the surface area – hence its absorption capability – of mycorrhizal fungi may be 10 to 100 times greater than the surface of leaves in the forest. As a result, the growth of plant partners is accelerated. Plants with mycorrhizal fungal partners can also resist diseases far better than those without. Fungi benefit from the relationship because it gives them access to plant-secreted sugars, mostly hexoses that the fungi convert to mannitols, arabitols, and erythritols.

(1) The above excerpts are from the book entitled, "Mycelium Running, How Mushrooms Can Help Save the World, by Paul Stamets, Copyright 2005.

Note: Mushrooms have both plant and animal traits.

Collier Fruit Grower's Council History: from the Naples Daily News
Mango Mania, Mango Madness, no "Just Mangoes" Held: July 26, 2003

Many, many mangoes

Mango enthusiasts pack the Golden Gate Community Center on Saturday as they sample mango varieties during the "Just Mangoes" Mango Festival organized by the Collier Fruit Growers Council. *Dan Wagner/Staff*

Golden Gate Center makes way for myriad mangoes

By ELIZABETH WENDT
ehwendt@naplesnews.com

Call it mango mania. Mango madness. A fleshy fruit free-for-all.

But do not suggest that a mango is just a mango.

"If you're a mango lover, it almost goes to the extreme," said Jenny Burd, a member of the Collier Fruit Grower's Council and organizer of the Mango Festival, held at Golden Gate Community Center on Saturday.

The event gave mango buffs and those new to the fruit a chance to sample different varieties and delicacies, such as mango ice cream or goat cheese mango spread, and to learn more about one of Southwest Florida's tree treasures.

Hundreds of people attended the event, a turnout that didn't stun event organizers.

Burd said she knew of some mango lovers who came from as far away from Tampa or Fort Lauderdale for the festival, now in its third year.

■ Richard Campbell, a fruit curator at the Fairchild Tropical Garden in Coral Gables, eats an average of five to six mangoes a day. He married his wife after he saw her eat a mango. He's a mango man.

Ned and Tonya Flightner made the trip from Marco Island.

"We love mangoes," said Tonya Flightner. "They're exotic and the most delicious fruit I've ever tasted, truly."

At home, she plays around with her own recipes, making "everything mango, anything mango," she said. Recently, she made mango sorbet.

As much as the couple loves their mangoes, though, Flightner said she didn't realize how deep the passion runs with some people, or that there are so many varieties of the fruit.

"That was a big surprise to us," Flightner said.

Richard Campbell, a fruit curator at the Fairchild Tropical Garden in Coral Gables, manned a table covered with some 60 locally grown mango varieties, all slated to be auctioned off at the end of the event.

Part of his mission at the festival was to "make converts" of those not yet enthralled by mangoes, he said.

"It's the greatest way to spend your life," he said. "If you live in Southwest Florida and you're not growing mangoes, you're missing out on part of why you're living here."

Campbell eats an average of five to six mangoes a day. He married his wife after he saw her eat a mango. He's a mango man.

There's something about mangoes that apples and other fruits simply can't claim, he explained.

"It's a sexy fruit, not boring," Campbell said. "It's a hot fruit. It really personifies Southwest Florida."

For those looking to flush out their mango garden, mango trees were also available for sale.

Cathy Piccaluga brought a sprig cut from a mango tree in her family's yard; for some secret mango reason, it hasn't yielded any fruit in recent years. The event's in-house mango mavens told Piccaluga's husband, Enrico, that there was too much salt in their soil, and advised them on how to fix the situation.

The event was an eye-opener, Cathy Piccaluga said.

"You look at them in a different way," she said.

As for her husband, some mango truths never change.

"Personally, I've never met a mango I didn't like," Enrico Piccaluga said.

the Bonita Springs tropical fruit club

Who We Are & 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.

General Meeting:

The General Meetings will be held on the second Saturday of each month starting at 4:30 pm. The Meetings will be pot luck dinners at the Bonita Springs Fire Control & Rescue District Station at 27701 Bonita Grande Drive, Bonita Springs, FL Please bring a dish to share.

Workshops:

Workshops will be held on the forth Saturday of each month starting at 4:30 pm. at the Bonita Springs Fire Control & Rescue District Station at 27701 Bonita Grande Drive, Bonita Springs, FL and will be pot luck dinners.. Please bring a dish to share. This open format encourages discussion and sharing of fruits, plants, seeds, leaves, insects, photos, recipes, etc. This is a great change to receive answers to specific questions.

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:

The annual dues are $30.00 for both individuals and families. Name tags are $6 each.
Send checks to: PO Box 367791, Bonita Springs, FL 34136, or bring to any regularly scheduled meeting.

the Bonita Springs tropical fruit club

Feel free to join BSTFC on **our Facebook group**, where you can post pictures of your plants, ask advice, and find out about upcoming events!

https://www.facebook.com/groups/BSTFC/

Link to the **next meeting**: https://www.facebook.com/groups/BSTFC/events/
Meetup Link (events/meetings sync with the calendar on your phone!):

https://www.meetup.com/Bonita-Springs-Tropical-Fruit-Club/

Our **Website** (and newsletters with tons of info):
https://www.BonitaSpringsTropicalFruitClub.com/

Officers and Board of Directors:

Jorge Sanchez, President
Mario Lozano, Vice President
Tom Kommatas, Secretary
Janice Miller, Treasurer
Crafton Clift, Director
Eric Fowler, Director
Luis Garrido, Director

Like Us on Facebook! https://www.facebook.com/groups/BSTFC/

2022 CFG BOARD OF DIRECTORS

The Collier Fruit Growers Inc. (CFG) is an active organization dedicated to inform, educate and advise its members as well as the public, as to the propagation of the many varieties of fruits that can be grown in Collier County. The CFG is also actively engaged in the distribution of the many commonly grown fruits, as well as the rare tropical and subtropical fruits grown throughout the world. CFG encourages its members to extend their cultivation by providing a basis for researching and producing new cultivars and hybrids, whenever possible. CFG functions without regard to race, color or national origin.

VISIT US AT:
www.collierfruit.org

REMEMBER TO RENEW YOUR MEMBERSHIP!

CFG Officers
President, Crafton Clift
Vice President, Bonnie Hawkins
Secretary, Lisa Hare
Treasurer, Rodger Taylor

CFG Board Members
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