

MAY 2022

Fruit Growers of SWFL



Fruit and Historical Tour of Peru in 2023

Explorations, Inc., based out of Bonita Springs, is planning a possible custom natural history tour to Peru designed specifically for tropical fruit enthusiasts, foodies, and nature lovers. The tour will highlight the beauty and botanical diversity of Peru and the Amazon Rainforest. With visits to farms, markets, and a walk through the forest canopy to get a close look from bottom to top! Not only is the scenery and flora spectacular, the locations visited also provide excellent birding and wildlife viewing. The tours will be escorted by local guides and all group transportation and lodging in Peru are to be included. The tour will accommodate between 10 and 20 persons. More details will be announced soon!



**Collier Fruit Growers Meeting:
Monday, May 16, 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.



Alex Nikesch will address the CFG at the May 16th meeting. Alex organizes activities for the SWFL Permaculture Guild, teaches permaculture design and forest gardening at Florida Gulf Coast University, and offers permaculture design and consultation services through his company, Edulis Designs. He is also developing his own quarter acre property as an example of what can be done on a small suburban lot using permaculture design. His property along with the FGCU Food Forest was recently featured on Justin Rhodes Great American Farm. Feel free to contact him if you would like a tour of his homestead.



**The Monthly Meetings of the BSTFC will be
Sat., May 14 & May 28, at 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.



Rick Burnette will be the BSTFC May 14th speaker.

Having over three decades of international experience in small-scale food production, Rick Burnette is a co-founder of Cultivate Abundance, a nonprofit addressing food and nutrient insecurity faced by migrant farmworkers in SWFL. Cultivate Abundance has a vision for alleviating hunger and advocating for the rights of marginalized communities through strategic intervention

Mamey Cake

Recipe type: Dessert – a two-layer cake

Cuisine: Mexican

Serves: 10 – 12 persons



Ingredients:

- sugar – 2 cups
- vegetable oil - 3/4 cup
- eggs – four
- all-purpose flour – 2 cups
- baking soda – 1 tsp
- ground cinnamon – 2 tsp
- baking powder – 1 tsp
- salt – ½ tsp
- mashed mamey – 1 average size fruit – 2 cups
- chopped pecans – ½ cup

Frosting:

- butter – ¼ cup
- cream cheese – 8 ounces at room temperature
- sifted confectioners' sugar – 1 lb.
- vanilla extract – 2 tsp
- chopped pecans – ½ cup

Instructions:

1. In a large bowl mix the sugar, vegetable oil, and eggs until they are well blended.
2. Sift the baking soda, flour, cinnamon, ground ginger, baking powder and salt into a separate bowl.
3. Add the dry ingredients into the oil mixture, beating well.
4. Stir in the mamey.
5. Pour batter into two greased and floured 9-inch round layer cake pans.
6. Bake at 350°F for 35 to 40 minutes.
7. Let cool, then remove from pans
8. For frosting combine all ingredients with half the pecans in large mixing bowl
9. Beat well until smooth.
10. Frost the cake with cream cheese frosting and sprinkle with chopped pecans. (There should be enough frosting for the two-layers).

Recipe by 'What's Cooking Mexico' at: <http://whatscookingmexico.com/2008/09/09/mamey-cake/>

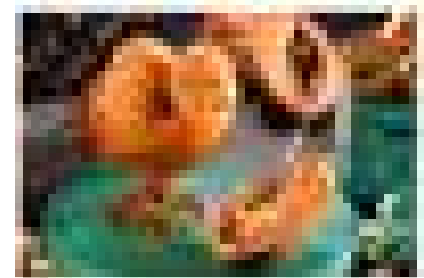
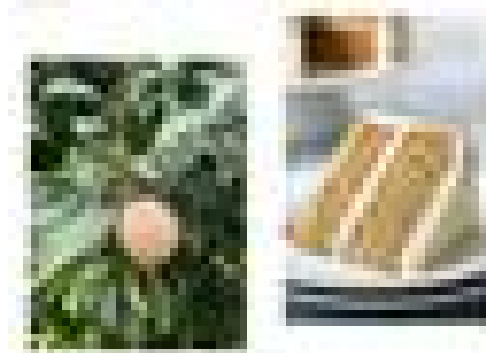
The cake can be served with Creamy Mamey Ice Cream.

Ingredients:

1. mamey, either fresh cut into small cubes or frozen – 3 cups
2. evaporated milk – ¼ cup
3. sweetened condensed milk – 1 cup
4. vanilla extract – 1 tbs.
5. whipping cream – 1 cup

Instructions:

1. In a blender, mix mamey, evaporated milk, condensed milk, and vanilla extract and blend until smooth.
2. Beat whipping cream in a large bowl until it doubles in size. Add mamey mixture gradually until a homogeneous mixture is obtained.
3. Pour mixture into container and freeze for 8 hours, stirring occasionally.



Mamey Sapote: A Giant Tropical Berry Treat

Mamey sapote (*Pouteria sapota*), the national fruit of Cuba, is a tropical fruit that is popular in Central America and the Caribbean. They can also be grown in the United States in some areas of South Florida, California, Texas, and Hawaii. Although it is more common in South Florida, mamey sapote is hard to find in other areas of the US. If you live in USDA zone 9-11 and have enough space, you can grow mamey sapote at home. It is tolerant of many soil types and will produce up to 200-500 fruits per year at maturity. The mamey sapote fruit has a smooth, creamy texture and the flavor is compared to sweet potato, pumpkin, and sweetened almonds. The fruit can be eaten raw, but it is often used to make smoothies and ice creams.

Mamey is loaded with vitamins, minerals, and dietary fiber. It is a great vegetarian source of iron and it is considered to be a heart healthy food that promotes cardiovascular health and healthy cholesterol levels. Once planted, the mamey sapote is there to stay as they are known to live up to 100 years.

Description

The mamey sapote tree is also commonly referred to as a mamey or sapote tree. Mamey sapote originates from Central America but has become popular in many tropical areas especially the Caribbean. The term "sapote" originates from the word "tzapotl" which means "edible fruit" in Nahuatl, an Aztec language.

Pouteria sapota is a large, evergreen tree with thick branches and dense foliage. The leaves are large, green, lanceolate, and concentrated at the tips of the branches. At maturity, the tree will grow to around 12.2 meters (40 ft) in height and can grow more than 18.3 meters (60 ft) in optimal conditions. Fortunately, the tree can be pruned to maintain an appropriate size for its planting location.

The flowers and fruit grow in clusters on leafless branches. The white to green flowers are small and inconspicuous. The color and shape of the fruit are similar to a coconut. However, the inside is very different. The flesh of the mamey fruit is a beautiful orange to red color. The size of the fruit varies depending on the variety but ranges from 11-20 cm (4.5-8 in.) in diameter. Each fruit weighs between 0.7 and 2.7 kg (0.75 & 6 lbs.) and contains one to three large seeds in the middle.

Mamey sapote is a tropical plant, so it requires warm temperatures and plenty of water. It is tolerant of a wide range of soil types and grows well in areas with an average of 178 cm (70 in.) of rainfall. Since the fruits take a long time to develop, it is common to see flowers, developing fruit, and mature fruit growing on the tree at the same time.

Planting

Pouteria sapota is most commonly planted as a grafted tree. It is possible to plant from seed. However, the seed must be planted shortly after harvest or else viability is lost. Trees planted from seed also take 7-10 years before producing fruit versus 3-5 years with a grafted tree. The best time to plant is in the spring when there is adequate rainfall to establish a young tree. Avoid planting in the winter since *Pouteria sapota* is sensitive to cold temperatures. If there is occasional frost, it's recommended to plant in a large pot that can be moved or protected during a frost event.

Choose a sunny location with at least 6 to 9 meters (20-30 ft) of space between nearby trees and structures. For the tree to thrive, it needs at least eight hours of direct sunlight each day.

When planting the mamey sapote, dig a hole that is three times the diameter and depth of the root ball. Place the soil around the root system and mound the soil surrounding the trunk about four inches higher than ground level. In many areas of Florida, the water table is within seven feet. If you live in an area with a shallow water table, plant the tree on an elevated mound. Although mamey sapote trees require constant moisture, they do not tolerate persistently saturated conditions. These conditions will result in the tree developing root rot.

Sun and Temperature

Pouteria sapota requires full sun for at least 8+ hours per day. Insufficient light will compromise fruit yield. These trees are hardy to USDA zones 9-11, so they are not frost-tolerant. Young trees are vulnerable to damage if the temperature drops below 0°C (32°F). Mature trees can handle temperatures below 32°F for several hours with very little damage. Below 5.6°C (22°F), the tree will die. The optimal average temperature is between 25 & 28°C (77 & 82°F). These trees are known to thrive in climates in Central America that also reach 32-35° (90-95F).



The fruit has one or two large seeds.
This one is sprouting.

Water and Humidity

The best time to water is in the early morning. This will prevent water from evaporating too quickly and it allows the plant and the soil to absorb the moisture. Watering in the evening sometimes allows for stagnant water which can promote diseases.

Young trees should be watered immediately after planting and every other day for the first month or two. In general, mature trees should be watered about every five days with one inch of water if there is not sufficient rainfall. However, soil type will play a big role in determining how often and how long to water. For example, if you have clay soil, you will need to apply more water less often than you would sandy soil. This is because the water holding capacity of clay soil is greater than sandy soil.

Soaker hoses and sprinklers can both be used to irrigate. Typically, it takes 200 minutes to apply an inch of water using a soaker hose. Sprinklers have much more variability, so a rain gauge should be used to determine the appropriate length of time. Irrigation is not needed if there is at least one inch of rainfall throughout the week. During cooler months, irrigation frequency can also be scaled back to avoid overwatering.

Soil

Pouteria sapota grows best in clay loam soil with good drainage. However, it is tolerant of moist soil types as long as there is adequate drainage. Ideal pH is between 6.0 and 7.0 but tolerates a wider range.

Fertilizing

Fertilize twice per year in the spring and early fall using an 8-3-9 fertilizer formula. Depending on the soil, zinc and manganese deficiencies may occur. If there are deficiencies, foliar sprays are recommended every 6 weeks between March and September. Iron deficiency is also common and can be remediated by applying a chelated iron once or twice a year through a soil drench.

Pruning

Pruning should be done during the warmer months after fruit harvest. Young trees can be pruned to encourage 3-4 large branches. Mature trees should be pruned to maintain an appropriate size.

Before pruning, search for flowers and young fruit at the base of the branches to avoid accidental removal of developing fruit. If fruits are not picked, they will drop naturally after ripening.

Propagation

Mamey trees can be propagated by seed and grafting.

Trees propagated from seed take many years to produce fruit. The fruit characteristics are also unknown and there are some cases in which the seed propagated trees will not produce fruit. Seed should only be used to grow rootstocks that will later be grafted with a known variety. Grafted trees are the most reliable source for new trees.

Harvesting

Eventually, the ripe fruit will fall off the tree naturally. However, the fall will most likely damage the fruit. To pick the fruit, simply twist the fruit off the branches. Harvesting season will vary depending on the variety, but most varieties will be ready for harvest between April and September.

The easiest way to determine the right time to pick a mamey sapote is by scratching the skin of the fruit and checking the color. If the flesh is green in color, the fruit is not ready. If the flesh is orange, red or pink, the fruit is ready to pick.

The fruit will still feel firm so it's important to expose the fruit to room temperature for a couple of days for it to fully ripen. Ripeness is recognized the same way you would an avocado. Squeeze the fruit lightly. If there is a slight give, then the fruit is ripe and ready to eat.

Keep in mind the fruit takes 13 months to two years to develop. Patience is the key to harvesting good fruit.

Storing

Fruit can be stored fresh in the fridge for 1-2 weeks. Frozen fruit can later be used in smoothie and ice cream recipes. The fruit can also be freeze-dried to make a crunchy snack with a long shelf life.

Growing Problems

Proper irrigation is key to growing a healthy tree. Underwatering can cause defoliation and fruit drop. Lack of water and nutrition will also cause low fruit production.

Temperatures below freezing can also injure or kill trees. Young trees are particularly susceptible to cold temperatures.



Mamey sapote loves warm, tropical climates.

Pests

The Diaprepes weevil (*Diaprepes abbreviatus*) is a root weevil found in Florida and the Caribbean. Adults feed on the leaves while the larvae feed on the roots. Adults range from 3/8 to 3/4 inch in length. They are black with red, orange, or yellow scales on the elytra. Larvae are white grubs that reach a length of about 1 inch. Heavy infestations may cause severe decline or death. Beneficial nematodes can be applied to the soil to control larvae. Horticultural oils can be sprayed to kill eggs and prevent females from laying eggs on the leaves.

Red spider mites

(*Tetranychus bimaculatus*) may infest the leaves causing stippling damage. Mites are extremely small, so the damage may be noticeable before the pest is detected. Severe infestations may cause defoliation. Mites can be controlled biologically using predatory mites such as *Phytoseiulus persimilis*. Horticultural oils will also effectively control mite populations.

There are various types of scale insects that will infest mamey trees. Scales are most commonly found on branches and twigs. Damage from scales is usually very minimal. Most scales will be controlled by natural predators if the ant populations are under control. Ants collect honeydew from scales, so they will physically protect scales from predators. Horticultural oils are also proven to be effective in controlling scale insects.

Diseases

The most significant disease problems that can occur are root rots caused by *Pythium* and *Rhizoctonia*. These diseases occur when the tree is being overwatered. The first indicator that there is a root issue is a general decline in vigor and fruit production. Confirm the diagnosis by digging: if the soil is saturated and the roots are brown & brittle.

Anthracnose can also be a problem during the rainy season. This disease causes damage to young tender tissues like flowers and new leaves. Damage usually does not require treatment and will go away on its own once conditions dry.

Article derived from: [Growable.org](http://growable.org) "Grow Florida Edibles"

Further information can be obtained at: <https://edis.ifas.ufl.edu/publication/MG331>

Common Varieties of Mamey Sapote

Source: USDA, ARS, National Genetic Resources Program, Germplasm Resources Information Network – (GRIN)
<https://npgsweb.ars-grin.gov/gringlobal/search> then Search 'Pouteria sapota'

Accession	Name	Accession	Name
TARS 17854	Lorito #2	TARS 17855	Forida [RT1]
TARS 17856	Mayapan	TARS 17857	Copan
TARS 17858	Adelantado	TARS 17859	Pantin (Key West)
TARS 17860	Alkil Especial	TARS 17861	Alejos
TARS 17870	Emilio Duran	TARS 17871	Piloto
TARS 17873	Felipe Larguito	TARS 17874	Celso #3
TARS 17877	Vidal	TARS 17878	Felipe Mayo
TARS 17879	Lara	TARS 17861	Viejo
TARS 17864	Danny	TARS 17865	Morales
TARS 17866	Pace	TARS 17867	Tazumal
TARS 17868	Magana	TARS 17869	Adelantado #2

Planning A Tropical Fruit Grove

Saturday, May 7th

Virtual class @ 9:00 AM – 11:30 AM

If you are interested in starting or expanding your grove, join me and Commercial Tropical Fruit Extension Agent of UF/IFAS Extension Miami-Dade County, Jeff Wasielewski on Saturday, May 7th at 9:00 AM for a virtual class on planning a tropical fruit grove for commercial production.

Information for the class [CLICK HERE](#)

Registration for the class [CLICK HERE](#).

Jessica Mendes Ryals

Agriculture & Sustainable Food

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Jessicaryals@ufl.edu

Enterprise Planning:

Successful Tropical Fruit Groves in South Florida

Learn how to establish a commercial tropical fruit grove or enhance your existing grove for commercial production.

Join us on
Saturday, May 7, 2022
9:00 a.m. to 11:30 a.m. on Zoom



- Topics include:
- Enterprise planning and market research
 - Insurance and regulations
 - Food safety
 - Equipment and fertilizer costs
 - Climate and soil considerations
 - Irrigation and wind protection
 - Choosing the right crop
 - Preparing the land and design

Case studies and examples from production groves included.

This class is for small and mid-size commercial farmers, backyard producers, hobbyist, community gardeners, food entrepreneurs.

About the instructors:

Jeff Wasielewski is the Commercial Tropical Fruit Extension Agent in UF/IFAS Extension Miami-Dade County

Jessica Ryals is the Agriculture & Sustainable Food Systems Agent in UF/IFAS Extension Collier County.



Registration: <https://2022planningtropicalfruitgrove.eventbrite.com>



Florida Grades and Standards for Nursery Plants

The Florida Grades and Standards for Nursery Plants 6th Edition is completed and now ready to be viewed and downloaded. The manual can be accessed at the Division of Plant Industry's home page under Popular Links, Regulatory Hot Topics: Florida Grades and Standards for Nursery plants 2022. [CLICK HERE FOR MORE INFO](#). The 6th Edition of the Florida Grades and Standards for Nursery Plants will go into effect July 1, 2022.



Naples
Botanical
Garden™

Tropical Fruit of the Summer Naples Botanical Garden

It has been reported that NBG is planning to hold another Tropical Fruit festival on July 2nd. Little else is known about the festival at this time. Inquiries have been made into the Collier Fruit Growers possibly sponsoring this event. More information about the festival will be made available in the June FGSWF newsletter.

Affordable Mulch



Many of us are looking for a source of 'good' quality affordable mulch in Collier County. It has been suggested that any interested party contact Robert Olenski, mobile 239-462-6809 at Green Club Recycling, 2330 Brantley Blvd. The mulch is \$20 per cubic yard. Bring a pickup truck or open trailer at an agreed upon time to haul the mulch. The directions are, from the intersection of Pine Ridge Road & Collier Blvd., east on White Blvd. in Golden Gate Estates, south on 23rd Street SW to Brantley Blvd., then turn right. Green Club Recycling is on the left.



Fruits which Ripen in May

Avocado, banana, Barbados cherry, blackberry, black sapote, canistel, cherry of the Rio Grande, coconut, custard apple, fig, grumichama, guava, jaboticaba, jackfruit, loquat, mango (early varieties), miracle fruit, mulberry, monstera, natal plum, nectarine, mulberry, miracle fruit, papaya, pineapple, sapodilla, Surinam cherry, strawberry tree (muntingia), tamarind, and white sapote.



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 fourth 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.

REMEMBER TO RENEW YOUR MEMBERSHIP!

CFG Officers

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

CFG Board Members

Jorge Sanchez
Micah Bishop
Lisa White



VISIT US AT:
www.collierfruit.org



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