

January 2024

Fruit Growers of SWFL

Published by Collier Fruit Growers





COLLIER FRUIT GROWERS

**The Collier Fruit Growers' Meeting will be held
Monday, January 15th,
Starting at 7:00 pm.
The Greater Naples Fire/ Rescue Station
14575 Collier Blvd., 34119**

Enter through the east side door of the Administration Building.
Bring tropical fruit or a fruit-based bake item for the tasting table.

Please bring trees, seedlings, plants or fruit for the raffle. Tickets are \$2 for one or \$5 for three.

Remember: It is time to renew your \$15 annual family membership.

Matthew Reese will speak on **Fruiting Palm Trees** at the January meeting of the Collier Fruit Growers.



Matthew is a full-time "farm-trepreneur" focused on ecologically and financially viable farming solutions. In 2017 he founded Peace River Organics (PRO), an agroforestry-based company in southwest Florida. PRO offers consultancy, site development, and maintenance services for a range of clients in the area. Prior to his transition into farm-based entrepreneurship, Matthew's career experience was centered around coastal restoration and development projects in South Florida, the Caribbean, and Central America. He has degrees in Civil Engineering through the University of Florida with focuses on geotechnical, construction, and sustainable engineering. He began

studying permaculture during graduate school back in 2008. His transition into farming came after moving to Punta Gorda, Florida in 2010 to start his family. By 2012 Matthew was facing a combination of acute health challenges and general dissolution with the damaging effects of some of the development work he had been engaged with. He decided to change his diet and began networking with local fruit growers in the area to learn as much as he could. In 2015 Matthew began acquiring and developing his own 12-acre farm located in Punta Gorda, FL (zone 10a) and has experimented with agroforestry and natural farming methodologies ever since. His crop focuses are mango, banana, pineapple, sugarcane, coconut, bamboo, and a wide collection of other species for evaluation and propagation. Recently, PRO has refocused their efforts into developing a larger plant nursery to meet the growing demand for fruit trees, bamboo, and other supporting plant species that have proven to grow well in the area. Matthew has a deep interest, earned experience, and a nuanced context for exploring agroforestry and natural farming systems and is excited to learn more and share with others in this growing field. Find him on social media under "What's Ripening?" and "Peace River Organics." Let's grow!

Please consider donating to the educational programs through PayPal[™] by clicking the button below:

[Donate](#)

the Bonita Springs
tropical fruit CLUB

**There will be no formal December meeting. Next Meeting
Saturday, January 13th and 20th at 4:30 pm.
Bonita Springs Fire Control & Rescue District Station
27701 Bonita Grande Drive, 34135**

The election of Officers and Directors will be conducted at the January 13th meeting.

All the meetings are potluck events.

Remember to pay your annual dues in person or online.

Recipe of the Month

YUM SOM-O

(spicy Pomelo salad with shrimp and coconut flakes)

Ingredients:

Salad:

350 gm/ 2 cups pomelo meat.
120 gm/ ½ cup peeled, cooked shrimp, sliced.
35 gm/ ¼ cup roasted ground peanuts.
5gm/ 1 Tbsp fried shallots, sliced.
1 tsp/ 1 medium red chili, thinly sliced.
1tps/ 4 thinly sliced Kaffir lime leaves.

Spicy sauce:

1 roasted dried red chili
80 gm/ 1 cup roasted dried ground shrimp.
100 gm/ 1½ cups roasted shallots, sliced.
60 gm/ 3 Tbsp palm or brown sugar
45ml/ 3Tbsp fish sauce
45 ml/ 3 Tbsp tamarind juice

Directions:

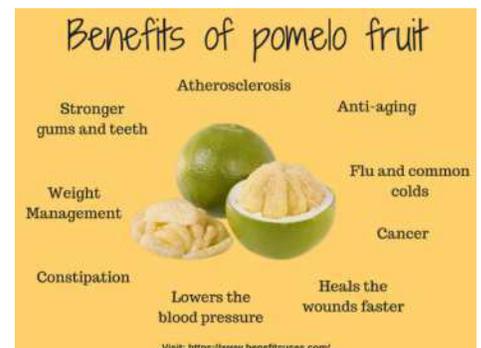
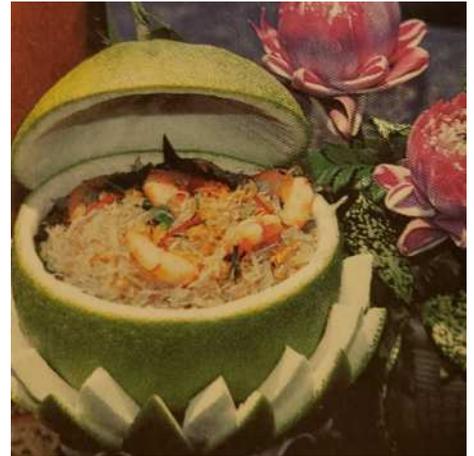
Mix all the ingredients for the salad, except the red chili and Kaffir lime leaves.

Blend all the dry ingredients for the sauce until they are thoroughly ground.

Add the fish sauce and tamarind juice, blend until moist, then boil until thick.

Let the sauce cool.

Pour the sauce over the salad and mix well. Put in a bowl and sprinkle with the red chili slices and Kaffir lime juice.

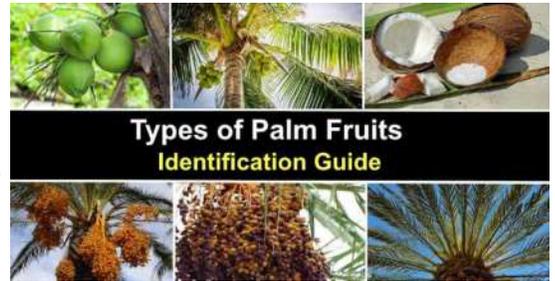


Recipe courtesy of the Royal Orchid Sheraton Hotel & Towers, Bangkok, Thailand

Types of Palm Fruits – Identification Guide

By [Jessica Nolan, Gardening Expert](#) [Fruits & Vegetables](#)

Palm fruits can be juicy, sweet, and exotic or tropical types of fruit. However, answering the question: “what type of fruit grows on palm trees?” can be tricky. There are many varieties of palms, each providing a unique type of palm fruit. The most recognizable types of palm fruits are dates and coconuts. Some other varieties of edible fruit from palm trees can be round black berries, brown oval drupes, or dark red to orange clusters of sticky fruits.



This article is a complete guide to 12 types of edible palm fruits. Some of these fruits may be commonly sold in local stores. Other types of palm tree fruits are processed and used in the food industry or as health supplements.⁹

What Fruit Grows on Palm Trees?

The most common fruits that grow on palm trees are coconut and dates. Other types of fruits that grow on palm trees are acai berries, oil palm fruits, saw palmetto, jelly palm fruits, betel nuts, and round fruits like peach palms. Some palm tree fruits look like miniature coconuts called coquitos.

Palms are a group of perennial flowering woody plants in the family *Arecaceae* with around 2,600 species. Although often called a tree, botanically speaking, a palm is a woody, herbaceous plant like bamboo or bananas. However, large palms have a tree-like appearance.

The fruit that grows on palm trees is relatively diverse. For example, date palms are brown, red, or black drupes with a sweet, sticky, fleshy substance covering a hard stone. With dates, it's the flesh that is edible. However, coconut palm fruit is different. The white edible part of a coconut is part of the seed. Also, coir is the coarse fiber surrounding a coconut fruit seed used for making household items or as a substitute for peat moss.

People tend to avoid eating oil palm fruit. Instead, the fruit pulp and seeds are crushed to extract vegetable oil which is widely used in food and cosmetics production.

Palms don't have leaves; instead, they have evergreen fronds that grow from an unbranched stem. The long, arching stems and an explosion of foliage of fan-shaped leaves on the top usually remind people of warm, tropical islands.

Coconut Palm Fruit (*Cocos nucifera*)

The fruit of the coconut palm is a large green or yellow round fruit when immature, that can measure up to 8" (20 cm) in diameter and 18" (45 cm) long. The recognizable mature brown coconut seed is covered in a hairy fiber and is located inside a thick husk. A coconut weighs around 3 lbs. (1.4 kg).

Although referred to as a nut, the fruit from a coconut palm is a drupe, not a true nut. Drupes like dates, peaches, olives, and cherries, have a central stone or seed surrounded by a thick flesh (called a mesocarp). Mature coconuts are easiest to identify because they are usually sold as large oval, brown, hard and hairy fibrous shell. The interior of the coconut has thick white flesh and clear liquid. Drilling through the soft part of a hard brown coconut reveals nutritious coconut water. The 'meaty' substance is used to produce coconut oil or is sliced, grated, or roasted and used in cooking.

An immature coconut has a lighter greenish or yellowish color. You can spot clusters of coconuts growing high up on coconut palms. The roundish round fruit contains a liquid called coconut water, and a jelly-like substance called coconut meat. Typically, the top is sliced off green coconuts, and you can drink the coconut water straight from the fruit.

The shape of coconut palm fruit differs depending on whether it's a domesticated type of coconut or a wild species. Pacific coconuts (domesticated) varieties have a round shape when growing on the palm tree. However, wild coconuts have an elongated, triangular shape.



[refer to the following article entitled “Coconut Varieties” for a description of the fifteen common varieties.]

Date Palm Fruit (*Phoenix dactylifera*)

The fruit of the date palm tree is a relatively large, soft, oval drupe ranging in color from bright red to yellow or dark brown fruit. Brown dates with their fibrous flesh are the most recognizable type of date. The oval-cylindrical fruits measure 1" to 3" (2.5 – 7 cm) long.

Date palm fruit is easy to identify on a tall palm tree. The massive distinctive clusters of dates can measure up to 4 ft. (1.2 m) long. Depending on the climate and age of the tree, date palm trees can produce up to 200 lbs. (90 kg) of fruit a year.

The most common type of sweet date that is eaten is the Medjool date. This is also the largest type of date fruit. The oval dark brown or reddish-brown fruit has slightly wrinkled skin, sticky flesh, and a soft texture. The sweet fibrous flesh is delicious to eat 'out-of-hand' or chopped up in desserts or savory dishes.

Although typically classified as large brown fruit, there are many variations of date palm fruits. For example, Deglet Nour dates are dark brown with a honey-like taste. Sukkari dates have sweet golden yellow flesh that is mouth-watering soft and juicy. Ajwa dates have wrinkled black skin like a giant raisin, smooth flesh, and a rich, sweet taste. Medjool dates



Medjool dates

Açaí Palm Fruit (*Euterpe oleracea*)

The fruit from the acai palm tree is a berry-like drupe that looks like a grape. The black, round acai berries grow in huge clusters with between 500 and 900 fruits on drooping branches. Black acai berries have pulpy flesh covering a single seed. The berries from acai palms measure 1" (2.5 cm) in diameter.

You can identify ripe acai palm fruit when the round berries turn a dark purple, almost black color. A feature of acai palm berries is that the seeds are proportionally large compared to the edible portion of the flesh. The taste of acai berries is described as tasting like blackberries and unsweetened chocolate with an earthy flavor.



Typically, you can't find fresh acai berries outside their native South America because they have a short shelf life. However, due to their antioxidant capacity, acai berry supplements are sold for their purported health benefits. In addition, the oil from acai palm fruit is used in cosmetics.

Pindo Palm Fruit – Jelly Palm Fruit (*Butia capitata*)

Fruit from the Pindo palm tree is a small yellowish or orange palm berry about the size of a cherry. Also called the jelly palm fruit, the orange-yellow fruit measures approximately 1" (2.5 cm) in diameter. Like most fruit growing on palm trees, jelly palm fruit grows in enormous clusters.



The jelly palm tree gets its name from the high pectin levels in the round orange drupes. When eaten raw, jelly palm fruits taste like apricots or exotic pineapple and banana. Round, ripe jelly palm 'berries' are often made into a sweet, tart jelly.

Many homeowners in southern states such as Florida grow Pindo palm trees as an ornamental landscape plant. However, the abundance of palm fruit can mean the tree is relatively messy. The yellow or orange palm fruit falls when ripe, and there are usually too many palm berries for a household to use.

Saw Palmetto Palm Fruit (*Serenoa repens*)

The fruit on saw palmetto palms is an identifiable oval dark or black berry that looks like an olive. Each black rounded fruit measures between 0.5" and 1" (1.3 – 2.5 cm) long and grows in dense clusters. The saw palmetto palm's dark berries have a sweet aroma but have a strong blue cheese flavor.



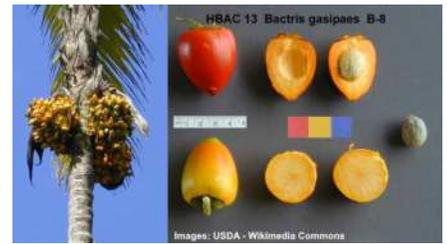
Native to Florida, the saw palmetto fruit from this dwarf palm tree is oily like a black olive. However, because of its pungent taste, the purplish-black palm fruit is rarely used in cooking.

The most common use for saw palmetto berries is in their dried form. The dried berries are made into a powder and sold as a male health supplement.

[Please Note: A Florida State Permit must be obtained to harvest the edible berries of the Saw Palmetto Palm, even from one's property.]

Peach Palm Fruit (*Bactris gasipaes*)

The fruit from the peach palm is a large orange, red, or yellow edible drupe with a triangular shape. Peach palm fruit is easy to identify growing on a palm tree. Each fruit measures 2.4" (6 cm) long and 2" (5 cm) wide, and the fleshy fruits grow in drooping clusters. Peach palm fruits can number up to 300 fruits on each bunch. Depending on the tree's age, up to five clusters of ovoid-shaped orange or red fruits grow on a single palm tree. The large bunches of palm fruit can weigh up to 26 lbs. (12 kg).



Oil Palm Fruit (*Elaeis guineensis*)

The fruit that grows on an oil palm tree is a large orange to dark red rounded fruit. Like most palm trees, the round fruits grow in massive clusters. Each red palm fruit has an oily flesh and oil-rich seed or kernel. Each bunch of oil palm fruits can weigh between 11 and 66 lbs. (5 – 30 kg).

The most common use of oil palm fruit is in vegetable oil production. Oil is pressed from the palm fruit, extracting the valuable substance from the pulp and kernel. It is estimated that 220 lbs. (100 kg) of the pulp can produce 48 lbs. (22 kg) of vegetable palm oil and 3.5 lbs. (1.6 kg) of palm kernel oil.



Betel Nut Palm Fruit (*Areca catechu*)

The fruit from the betel nut palm tree is the areca nut. The mature palm nuts are brown and egg-shaped and measure up to 2" (5 cm) long. Although called a nut, this brown palm fruit is a hard-shelled drupe. When ripe, the outer layer develops a hard, fibrous shell like a nut. The areca palm nut is commonly called the betel nut. This is because, in Southeast Asia, the areca palm fruit is chewed along betel leaf for its stimulating effects. However, chewing areca nut along with betel leaf is linked to severe side effects and disease.



Immature fruit (left) / Mature fruit (right)

Snake Palm Fruit (*Salacca zalacca*)

The fruit growing on the snake palm is an egg-shaped brown, about the size of a fig, with sweet and tangy white edible pulp inside. Snake palm fruit consists of three lobes that are like a garlic bulb. Each of the lobes contains a large inedible seed.

Fruit from a snake palm gets its name from the brown, scaly skin covering the large fruit. Biting into the white firm pulp has a texture like an apple. However, the taste of snake palm fruit can be from sweet to astringent. Sometimes, the palm fruit is moist and crunchy; other times, it's dry and crumbly.

Also called the snakeskin palm or salak tree, snake fruit grows in Java and Sumatra in Indonesia.



Chilean Wine Palm Fruit or Coquito (*Jubaea chilensis*)

Fruit from the Chilean wine palm tree is a round, spherical yellow or brown fruit and looks like a tiny coconut. The small round palm fruit measures 0.8" to 1.2" (2 – 3 cm) in diameter. The small coconut-like fruits have a hard outer shell that covers creamy white flesh. Although the round palm fruits are edible, they have a soapy, unappetizing taste. Chilean wine palms get their name from the tree sap used to make palm syrup or palm wine. However, to get the sap, it's necessary to chop down the palm tree. Because the species is threatened, chopping down Chilean wine palms is restricted.



Guadalupe Fan Palm Fruit (*Brahea edulis*)

Fruit from the Guadalupe fan palm is round and golden yellow, measuring 1" to 1.5" (2.5 – 3.8 cm) in diameter. The round palm fruits have sweet flesh that is reminiscent of dates. The sticky pulp surrounds a hard seed in the center, making this palm fruit a true drupe. It can be eaten fresh off the tree or cooked as a sweet preserve.

California Fan Palm (*Washingtonia filifera*)

Fruit from the California fan palm tree is a small, rounded fruit growing in dense clusters. The small black, brown, or yellow palm fruits are drupes measuring 0.23" to 0.4" (0.6 – 1 cm) in diameter. Although California palm fruit is sweet and tasty, the edible portion is tiny compared to the hard seed in the middle of the soft pulp. Another name for *Washingtonia filifera* is desert fan palm.

Coconut Varieties

Most people are unaware that there are fifteen different common varieties of coconut palms. They are summarized below in two general groups as dwarf or tall. The origin of dwarf palms is attributed to India, Malaysia, Fiji, and the Philippines. The origin of five of the tall palms is attributed to the western hemisphere, whereas the origin of the remaining two (Tiptur Tall and Chandrakalpa coconut) is attributed to India.

Dwarf Varieties of Coconut Palms

Dwarf coconut palms are typically small in stature. They start producing fruit at a small age and size. Sometimes it only takes a few years for a dwarf variety to produce coconuts, at which point it may only be a meter or two tall. Even though dwarf coconuts can produce fruit when they are still a small size, some types can still grow to be quite tall.

Chowghat Orange Dwarf Coconut

Mature Size: 5 meters (16 feet)

Origin: Kerala, India

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium water.

Special Features: This variety produces coconuts after 3 or 4 years, and lives around 50 years on average. It's famous for producing huge orange coconuts, up to 65 per year! The coconuts themselves have a large amount of meat and sweet water. This variety is one of the more popular ones due to the size of the coconuts and the amount of edible goodness they contain. It is prone to being damaged from high winds.



Malayan Yellow Dwarf Coconut Trees

Mature Size: 10-20 meters (30-60 feet)

Origin: Malaysia

Sun, Soil, and Water Needs: Full sun, well-drained soil, and drought tolerant.

Special Features: The Malayan yellow dwarf is one of the older varieties, originally cultivated in the late 1800s. It is fairly easy to grow and produces medium-sized yellow coconuts after just a few years of age. These days, the Malayan yellow dwarf coconut can be found in countries all over the world, especially Thailand, Brazil, and the Pacific Islands.



Golden Malayan Dwarf Coconut

Mature Size: 10-20 meters (30-60 feet)

Origin: Malaysia

Sun, Soil, and Water Needs: Full sun, well-drained soil, and drought tolerant.

Special Features: The golden Malayan dwarf coconut is the same as the yellow Malayan dwarf coconut in pretty much every way, except for the color. This variety produces 50-60 in 3-4 years. The coconuts are dark orange coconuts instead of yellow, and they're slightly larger, too. It is native to Indonesia and is resistant to lethal yellowing disease.

Green Dwarf Coconut

Mature Size: 10 meters (30 feet)

Origin: Malaysia

Sun, Soil, and Water Needs: Full sun, well-drained soil, and drought tolerant.

Special Features: The green dwarf is another type of Malayan dwarf coconut, and like the two previous types, it is fairly easy to grow. This variety produces 60-70 green coconuts in 3-4 years that don't ever turn yellow or gold. The tree itself also doesn't grow as tall as the other Malayan varieties, and the coconuts typically contain more water and less meat. Its drupes are dark green and resistant to root wilt disease.



Macapuno Coconut

Mature Size: 5 meters (16 feet)

Origin: The Philippines

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: The Macapuno coconut is a variety that was caused by a genetic mutation in the 1930s. The mutation causes the endosperm of the fruit to develop abnormally, which leads to the coconut having almost no water. Instead, the coconut has meat that is incredibly soft, juicy, and sweet, making it a perfect type of coconut to use in desserts and pastries. Ever since the mutation occurred, people have cultivated the Macapuno variety for its decadent coconuts.



Fiji Dwarf

Mature Size: 8 meters (25 feet)

Origin: Fiji

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: In the 1970s, tall coconut varieties in Florida and the Caribbean were victims of a deadly yellowing disease. In just a couple of decades, millions of coconut palms perished to the disease, so a replacement variety was in dire need. The Fiji dwarf coconut turned out to be resistant to the deadly pathogen, so it was subsequently planted all throughout Caribbean countries as well as Florida. The Fiji dwarf coconut produces fruit at a young age and height, so coconuts can be harvested without the use of a ladder. In addition, this variety has many leaves compacted at the top, making it appear more vibrant and lush than other varieties.



King Coconut

Mature Size: 10 meters (30 feet)

Origin: Sri Lanka

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: King coconuts are common along roads in Sri Lanka and southern India and are a common part of the diet for people in these countries. The coconuts themselves have an attractive shiny orange husk and contain more water than other varieties of coconut. The high sugar content in King coconuts makes them decadent and refreshing sources of hydration. The orange husk is due to the Carotenoids compound. It is also rich in vitamins, calcium, and amino acids.



VHC1 Coconut

Mature Size: ?

Origin: Tamil Nadu, India

Special Features: The VHC1 coconut is a hybrid between the East Coast Tall and the Green dwarf coconut. It is famous for producing a massive number of (80-100) coconuts each year, up to 100 per tree after four years.



Tall Varieties of Coconuts

Tall coconuts are varieties that don't produce as early on as the dwarf varieties. As their name suggests, they grow to a larger size before producing coconuts, and some can reach incredible heights at maturity. In addition, tall coconut varieties typically live longer and are hardier than dwarf varieties.

East Coast Tall Coconut Tree

Mature Size: 30 meters (90 feet)

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: The east coast tall coconut is one of the more common types of cultivated coconuts. It is typically very hardy as long as the soil isn't too wet. These tall palms begin producing coconuts after 6 or 8 years and can produce 60-70 coconuts per year.

West Coast Tall Coconut

Mature Size: 33 meters (100 feet)

Sun, Soil, and Water Needs: Full sun, well-drained soil, and drought tolerant.

Special Features: The west coast tall coconut is one of the tallest varieties of the coconut palm. It is slightly taller than the east coast tall variety and produces around 60-80 coconuts per year and is drought tolerant. In addition, the coconuts of the west coast tall coconut have a slightly higher oil content than most other types. It bears fruit in 6-7 years which varies from green to yellow and orange to brown in color.



Jamaican Tall

Mature Size: 33 meters (100 feet)

Origin: Jamaica

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium to high moisture.

Special Features: The Jamaican tall is a beautiful, fast-growing, coconut palm that can live up to 80 years old. Its canopy is dense and globose, forming a round cluster of huge, dark green leaves. The trunk of the Jamaican tall is usually swollen at the base and is quite distinct. It also produces coconuts prolifically – up to 200 per year!

Panama Tall

Mature Size: 30 meters (90 feet)

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: The Panama tall, also called Pacific tall, is famous for its hardiness. The palm is especially resistant to wind, and it is the most cold-resistant coconut palm there is. The Panama tall is a perfect choice for people in places with frequent storms, or in the subtropics where temperatures often drop below 60- or 70-degrees F. Its appearance is very similar to the Jamaican tall, but the Panama tall tends to have a more umbrella-shaped canopy rather than a round one.

Maypan Coconut

Mature Size: 20 meters (60 feet)

Origin: Jamaica

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: The Maypan coconut is another hybrid coconut that was cultivated in response to a lethal yellowing disease. The disease threatened to wipe out coconuts throughout the Caribbean, but like the Fiji dwarf, the Maypan coconut showed a resistance to the disease. This hybrid is a mix between Malayan dwarf and Panama Tall coconuts. It boasts the hardiness of the Malayan dwarf and the weather resistance of the Panama Tall.



Tiptur Tall

Origin: India

Sun, Soil, and Water Needs: Full sun, well-drained soil, and medium moisture.

Special Features: The Tiptur tall coconut palm is one of the easiest to grow, requiring almost no maintenance once planted. It produces 70-80 coconuts per year and pushes out a reliable crop year after year. Its leathery fronds produce 6-12 inches long fruits and is considered by many to be one of the best coconut tree varieties to grow.



Chandrakalpa Coconut

Origin: India

Sun, Soil, and Water Needs: Full sun, and tolerant of many different soils.

Special Features: The Chandrakalpa coconut produces loads of coconuts – over 100 reliable coconuts each year! It can grow in many types of soil and is extremely tolerant of moisture, whether there is too much water or too little. It's a good coconut variety to grow if you live in a place with severe rainy or dry seasons.

Pawpaws; What are they, besides Papayas?

There's a good chance that you've never heard of the other pawpaw, let alone tasted one. That's because these pawpaws are quite rare and typically not found in grocery stores. These hard-to-find fruits are sought after for their delicious, sweet taste – and they may offer a few health benefits, too.

This article explains everything you need to know about pawpaws, including where they grow, how they taste, and whether they make a healthy addition to your diet.

What is a pawpaw?

Pawpaws are the fruit of the *Asimina triloba* tree, which is native to the eastern United States and southern Canada. Pawpaws are the northernmost member of the Annonaceae plant family, which consists mainly of tropical and subtropical plants.

They're considered the largest edible fruit native to North America, measuring 2–6 inches (5–16 cm) and 1–3 inches wide (3–7 cm).

According to historical documentation, "pawpaw" is a Spanish name given to the fruit by members of

conquistador Hernando de Soto's party during a colonization attempt in the Southeastern United States. The Native American term for the fruit was *asemina*.

It's important to note that, although the first documented report of this fruit that scholars have access to comes from a Portuguese explorer in 1541, Indigenous People started growing and eating pawpaw long before that.

Indigenous People used the bark of the pawpaw tree to make rope and cloth as well.

What's more, the wide distribution of pawpaw throughout the Eastern United States is likely part due to Indigenous People growing and trading it, unintentionally dispersing its seeds across the region. Fossilized remains of pawpaws have been found all over the Northeastern United States, including along the Mississippi and Ohio Rivers and at archaeological sites in., Arkansas, Indiana, Kentucky, Mississippi.

Taste, texture, and appearance:

Pawpaws are oblong green fruits that have large, black, lima-bean-shaped seeds.

Pawpaws are prized for their flavor, which is described as a tropical blend of mango, banana, berries, and pineapple.

However, it's important to note that there are several types of wild pawpaw, some of which don't have a pleasant taste.

Plus, a number of commercial pawpaw cultivars are grown in the United States, including Overleese, Taytwo, Mary (Foos) Johnson, and Sunflower, which may have flavor differences.

The texture of ripe pawpaw is described as creamy and custard-like.

Ripe pawpaws have a strong, fruity, and floral aroma and are soft to the touch like a ripe avocado or peach.

Immature pawpaws are generally light green, and the fruit may exhibit a slight yellowish color change when ripening. Ripe pawpaw flesh is yellow and has a smooth, soft texture.

However, color changes are not always reliable signs of ripeness, so you may need to rely on other signs to know when pawpaws are ready to be eaten.

Nutritional profile of pawpaws:

Like most fruits, pawpaws are nutritious and rich in a number of vitamins and minerals.

According to Kentucky State University's Pawpaw Research Project, 100 grams of ripe pawpaw fruit with skin provides (7):

| | |
|--------------------------|--|
| Calories: 80 | Protein: 1.2 grams |
| Fat: 1.2 grams | Carbohydrates: 18.8 grams |
| Fiber: 2.6 grams | Vitamin C: 20% of the recommended Daily Value (DV) |
| Riboflavin: 7% of the DV | Potassium: 7% of the DV |
| Magnesium: 27% of the DV | Manganese: 113% of the DV |
| Iron: 39% of the DV | |

A 100-gram serving of pawpaw contains 3 times as much vitamin C as an apple and twice as much as a banana.



Plus, pawpaws are an excellent source of magnesium and nonheme iron, and they're exceptionally high in manganese, a mineral that's needed for nutrient metabolism, immune function, reproduction, skeletal health, and more.

However, keep in mind that this analysis was done on pawpaw fruit with the skin. Pawpaw skin is considered inedible, so any nutrients included in it, including fiber and fat, would not be consumed. Overall, pawpaws are a great source of vitamins, minerals, and carbs.

Potential health benefits of eating pawpaws:

Including pawpaws in your diet could provide a number of health benefits. However, there's a lack of research investigating the effects of pawpaw consumption on human health.

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Good source of many nutrients:

Like many fruits, pawpaws are rich in nutrients like vitamins and minerals. Pawpaws are especially high in vitamin C, magnesium, manganese, & iron.

Maintaining optimal vitamin C levels in the body is essential for immune function, protection against illness and infection, skin health, and more.

In fact, white blood cells called neutrophils contain very high levels of vitamin C – about 10–100 times higher than the average vitamin C levels found in plasma, or the liquid part of blood.



Neutrophils are considered the first line of defense of the innate immune system, destroying pathogens that would otherwise cause infection.

Pawpaws are also high in magnesium, a mineral that most people don't consume enough of. Having suboptimal magnesium levels may increase your risk of developing certain health conditions, including high blood pressure, stroke, and artery calcification.

Pawpaws are a good source of nonheme iron as well.

It's important to get a mix of both nonheme and heme iron in your diet to maintain optimal levels.

This is because the nonheme found in plant foods isn't as bioavailable (easily absorbed and used) as the heme iron found in animal foods or the iron found in supplements.

Contains protective plant compounds:

In addition to vitamins and minerals, pawpaws contain a variety of plant compounds, including phenolic compounds like epigallocatechin, epicatechin, chlorogenic acid, and p-coumaric acid, which have antioxidant and anti-inflammatory properties.

However, according to one study, the antioxidant content of pawpaws may decrease as the fruit ripens.

While pawpaws contain antioxidant levels similar to those of tropical fruits like guava, papaya, and bananas, far fewer studies have investigated the potential antioxidant and anti-inflammatory effects of pawpaws.

Increasing your intake of any fruit will likely benefit your health:

Like many fruits, pawpaws are a good source of vitamins and minerals. Pawpaws are especially high in vitamin C, magnesium, manganese, and iron. They also contain plant compounds with antioxidant and anti-inflammatory effects.

How to find and eat pawpaws:

Pawpaws can be found growing wild in certain areas. You may be able to grow them or purchase them from pawpaw growers. They're highly perishable, so they're not usually found in grocery stores. Enjoy pawpaws fresh or use them in cold, sweet dishes.

Summary:

Pawpaws are unique, nutritious fruits with a tropical, sweet taste.

They're a rich source of nutrients like magnesium, vitamin C, and manganese, and they contain a variety of plant compounds that may offer some anti-inflammatory and antioxidant effects.

If you're lucky enough to get your hands on some pawpaws, it's best to enjoy these highly perishable fruits fresh or incorporate them into dishes like ice creams and sorbets.

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://bstfc.org/>

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/>

Collier Fruit Growers

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.



COLLIER FRUIT GROWERS

VISIT US AT:
www.collierfruit.org

REMEMBER TO RENEW YOUR MEMBERSHIP!

2023 CFG Officers

President, Daniela Craciun
Vice President, Michael Cartamil
Secretary, Veronica Perinon
Treasurer, Rodger Taylor

CFG Board Members

Jorge Sanchez
Crafton Clift
Marianne Daley



CFG Mailing Address:
1944 Piccadilly Circus, Naples, FL 34112

