

JULY 2010

SW FLORIDA TROPICAL FRUIT NEWS

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CLUB NEWS

COLLIER FRUIT GROWERS

WWW.COLLIERFRUIT.ORG

The next meeting is Monday, July 19th. The program will be fruit and fun. Bring fruit to share and make fruity pies and cakes. Let's have a fruit social. We'll socialize and talk about our gardens.

The club meets on the third Monday of the month at 7pm for socializing and enjoying the tasting table. The program starts at 7:30pm.

Meetings are at the Golden Gate Community Center, 4701 Golden Gate Parkway, Naples.

Membership and change of address. Family membership is \$25; renewals before February 1, \$15. Commercial membership, \$100, includes a business-card ad in each 10 issues of the newsletter (a year's worth). Send checks and change of address information to CFG, c/o Mary Fehr, 137 Debron Dr., Naples FL 34112.

Upcoming date. November 6, fall tree sale, Freedom Park, Naples.

Contact information. John Puig, president, 601-2919 or captjohn@naplesbiofuel.com.

BONITA SPRINGS TROPICAL FRUIT CLUB

The next meeting is Tuesday, July 27th. This meeting and the next will be a "workshop," where we sit around the table and share information.

Meetings are held at the First United Methodist Church, 27690 Shriver Ave., Bonita Springs (from Old 41, turn east on Crockett and left on Shriver).

The board of directors' regular meetings resume September 14th.

Membership director. The club is preparing a membership directory. If you wish not to have a listing or to limit the information, contact Amy Morkoc, acmorkoc@comcast.net, 804-432-3649.

Membership. Dues are \$15. Send checks to Tom Betts, 25071 Pennyroyal Lane, Bonita Springs, FL 34134.

Upcoming date. November 13, fall tree sale at Riverside Park, Bonita Springs.

Contact information. Tim Deaton, president, 992-4664 or timdeaton@yahoo.com.

Newsletter produced by Linda Coyner; proofreading by Madeline Bohannon

JULY CALENDAR

June through September 25. North Naples Green Market www.northnaplesgreenmarket.com.

8:30-12:30pm. Collection at Vanderbilt (corner of Vanderbilt Rd. and Airport Pulling Rd.) near Pei Wei Bistro. 249-9480 or info.nngm@gmail.com.

July 19. Collier Fruit Growers monthly meeting.

7pm. Golden Gate Community Center, 4701 Golden Gate Parkway, Naples. 609-2919.

July 27. Bonita Springs Tropical Fruit Club workshop. 7pm. First United Methodist Church, 27690 Shriver Ave., Bonita Springs. 992-4664.

August 16. Deadline for grant applications to CFG. See May newsletter for details on suitable community projects or call John Puig, 601-2919.

FORGOTTEN FRUITS WORTH A SECOND LOOK

Steve Brady's presentation at BSTFC's June meeting brought our attention to some not so familiar fruits:

Santol
Green sapote
Rollinia
Yellow passion fruit
Grumichama
White sapote

Bignay
Bael
Downy myrtle
Surinam cherry
Kei apple
Hog plum
Mysore raspberries
Tallowood plum
Purple mulberries
Ground cherry
Davidson plum

PROGRAM DIRECTOR

CFG announced that Madeline Bohannon will succeed Linda Coyner as Program Director. Linda has done an outstanding job and we thank her for all her hard work.

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SUCCESSFUL FIELD TRIP TO HOMESTEAD

On Saturday, June 19th, a busload of fruit lovers headed to the Redland Summer Fruit Festival at Fruit and Spice Park in Homestead, courtesy of the Bonita Springs Tropical Fruit Club.

It was a hot day but we found cool fruity drinks and plenty of shade as we shopped for fruit and fruit trees from local growers. sampling fruit along the way. There was a wide variety of foods to eat from vendors as well as in the park's Mango Cafe. Because of the late mango season, we could not do a mango sampling. There was an abundance of lychees on park trees and for sale by the vendors.

The grounds of the Fruit and Spice Park are finally nearing completion, with fountain and lake and new paths in place. It's quite a transformation.

Thanks to Crafton Clift for bringing fresh corn to sample on the trip and to Nancy and Steve Nowosielski for bringing their sweet cockatoos Roger and Sydney along. Madeline Bohannon did another fine job organizing and hosting the trip.

FRUIT-FLY REMEDIES WORTH A TRY

Steve Brady, BSTFC's June speaker, provided information about a homemade fruit fly trap and a chemical bait that's now available.

Steve uses plastic gallon milk jugs with lids. He cuts two holes in the sides high up and places PVC elbows in them. That's the route the flies will take. Aim the PVC so rainwater doesn't collect in them. The bait is a small amount of water and marmite, a yeasty sandwich spread that the British use, in the bottom. Another possibility is apple cider vinegar, *Vegemite*, or molasses. Hang the jug by its handle in the tree. The flies are attracted to the bait in the bottom and drown. I've put a jug in each guava and my papaya.

Another product, *Conserve Naturalyte*, is used as a spray on the undersides of leaves. It's active ingredient is Spinosad, which is approved for organic gardens. The flies are attracted to the bait and paralyzed. *Naturalyte* is available online for \$20 for a pint, which makes 8 gallons. Four spray applications per season are recommended. Steve suggested that dotting the backside of a few leaves might be sufficient.

WHAT'S RIPE THIS MONTH IN THE BACKYARD

This year's crop of mangos is over two months late due to the cold winter and wet spring. Lots of green ones are falling. Lychees seem to be in good supply. Club members have been harvesting plums, mulberries, peaches, passion fruit, blackberries, tamarind, pitomba, Barbados and Surinam cherries.

banana	mango	pomegranate
Barbados cherry	miracle fruit	raspberry
canistel	monstera	Rio Grande cherry
coconut	muntingia	sapodilla
fig	natal plum	sapote, white
grumichama	papaya	star apple
guava	passion fruit	Surinam cherry
jaboticaba	pineapple	tamarind
jackfruit	plum	

SEMINOLE PUMPKIN HAS A RICH HISTORY

By Richard Campbell, Fairchild Tropical Botanic Garden, for the Miami Herald 3/28/2010

The Seminole pumpkin has a rich history here in South Florida, pre-dating the arrival of the Spanish and other Europeans. By the time the first Spanish sail was spotted off our shores, this tasty and nutritious vegetable was a staple of the Florida Indian. A member of the large and useful pumpkin and squash family, Seminole pumpkin (*Cucurbita moschata*) was improved by the American Indian through selection and use over the centuries. This pumpkin was well adapted to our Everglades, having exceptional tolerance to pests and diseases that will devastate the average pumpkin. For American Indians, its domestication was paramount to their survival in Florida.

This unassuming pumpkin was also at the center of a pivotal act of the Second Seminole War. When Chief Chekika was tracked down and killed by the U.S. Army after his raid on Indian Key, his body was hung from the trees of a small hammock west of Miami. To add further emphasis to this act, the

Seminole pumpkins hanging from the trees in the hammock were shot to the ground. More than symbolic, this was an effective way to cause starvation among these Everglades renegades.

Seminole pumpkin is a vigorous, heat-resistant vine that grows best in moist organic soils. Seeds should be planted directly in the soil or in small containers and will germinate in three to four days under warm conditions. The seeds should be planted near a trellis or tree that the vine can climb. The vines will benefit from twice-weekly watering with liquid 20-20-20 fertilizer to hasten development. Young plants will tolerate powdery mildew well and will survive extreme heat and humidity and the attack of caterpillars in most years.

The vines will climb on the trellis or the tree and can reach heights of 25 feet or more. The flowers are yellow and typical of most pumpkins. Fruit set is best when the vine is within a tree or on a trellis; vines on the ground are poor fruiters. The fruit has deep orange flesh and is sweet and highly nutritious. It can be used as one would use any butternut squash, and for my taste there is no better pumpkin pie than a Seminole pumpkin pie.

The pumpkins store well at cool room temperature and should be kept dry and out of the sun. Their shapes and colors are highly variable and lend themselves to fall decorating as well as eating. As the fruit matures, the vines will die. Seed should be collected and dried for later planting. The seeds are also an excellent food in themselves, roasted and lightly salted.

Seed can be found on the Internet or catalogs or by attending a local fruit and vegetable enthusiast meeting. These groups and their meetings offer excellent opportunities to acquire heirloom material and information on fruit and vegetables.

JULY IN THE VEGGIE PATCH

The high temperatures started early, limiting the variety of

vegetables we can grow to those that can handle the heat and humidity. That includes some eggplant, okra, yard-long beans, black-eyed peas, pepper, melons, katuk, and

seminole squash. Some of us take a break from vegetable garden this time of year, using the summer to solarize beds with plastic or using sweet potatoes as a cover crop.

**GOT QUESTIONS ABOUT GROWING TROPICAL
FRUIT? WE'VE GOT ANSWERS.**

Check out our website www.collierfruit.org

Our clubs have many experienced backyard and professional growers. Bring your fruity questions to the next meeting or have them posted in the newsletter (fruitnflowers@gmail.com). You can also call the Collier Extension Service plant clinic at 353-2872, M/W/F 9am-noon and 1-4pm. The Lee County Extension horticulture desk can be reached during those hours at 239-533-7504.

Don't overlook online resources about tropical fruits. For instance, you can access the full text of Julia Morton's [Fruit of Warm Climates](http://www.hort.purdue.edu/newcrop/morton/index.html) at www.hort.purdue.edu/newcrop/morton/index.html.

JULY 2010 FRUIT NEWS

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