

# Southwest Florida Tropical Fruit News

—covering Naples and Bonita Springs, FL

## September 2009

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## CLUB NEWS

### Collier Fruit Growers

[www.collierfruit.org](http://www.collierfruit.org)

The next meeting is Monday, September 21st. This month's program will feature David Brawley of Trademark Water Systems. David will be talking about irrigation equipment options for your fruit trees and garden.

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

Meetings are held at the Golden Gate Community Center, 4701 Golden Gate Parkway (corner of Sunshine Blvd.), Naples.

**Fruit for the tasting table.** Please cut up fruit to make it easier to sample.

**Membership and change of address.** Yearly family membership is \$25; renewals before February 1, \$15. Commercial membership, \$100, which 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 program.** Yard tour, September 12. See page 2.

### Bonita Springs Tropical Fruit Club

The next meeting is Tuesday, September 8th. Suzy Valentine will be talking about getting the most out of your garden—regardless of size. Suzy has been a friend and member of the club for a number of years. She was the International Coordinator of The Square Foot Gardening Foundation, teaching the simple concept throughout the Caribbean, Central and South America. Currently she is president of the Gulf Coast Garden Club and is involved in a number of community projects.

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).

**Bimonthly workshop.** This discussion group meets September 22nd at the church. The board of directors meets at 6pm.

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

**Upcoming dates.** Fall fruit tree sale, November 14.

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## September fruit calendar

**September 8. Bonita Springs Tropical Fruit Club** monthly meeting. 7pm. First United Methodist Church, 27690 Shriver Ave., Bonita Springs. 992-4664.

**September 12.** Yard tour at Gordon Skrede's. 9am-noon. 670 27th Street SW Naples. For directions, call 353-4543.

**September 21. Collier Fruit Growers** monthly meeting. 7pm. Golden Gate Community Center, 4701 Golden Gate Parkway, Naples. 643-7275.

**September 22. BSTFC** discussion group. 7pm.

First United Methodist Church, Bonita Springs. 992-4664.

**October 30, 31.** Southwest Florida Home and Garden Show. 9am-4pm (Sunday, 10am-3pm). University of Florida Collier Extension Service. 14700 Immokolee Rd., Naples. 353-4244.

**November 14.** Bonita Springs TFC Fall Tree Sale. 9am-3pm. Riverside Park, Downtown Bonita Springs. 947-9429.

**December 8-10.** ECHO Agricultural Conference 2009. 17391 Durrance Rd., N. Fort Myers. 543-3246 or [conference@echonet.org](mailto:conference@echonet.org).

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## Yard tour September 12th

Gordon and Betsy Skrede are opening their garden to visitors to celebrate the muscadine harvest. The Skredes have a commercial muscadine vineyard as well as blackberries and an assortment of cold-hardy fruits like peaches, nectarines, and apples.

Don't miss this wonderful opportunity to learn how to grow these delicious grapes. You'll be able to sample different kinds of muscadines (within reason) and purchase whatever you pick to take home. The

price is \$1.50 a pound. If you don't want to pick your own, the price is \$1.75 a pound. The U-pick is open until the grapes are gone. Call ahead to check.

The address is 670 27th St. SW, Naples. It's just off White Blvd. (where Pine Ridge crosses Collier Blvd. it becomes White). If you need more information, call 353-4543.

Note: Wear close-toed shoes and a sun hat for the tour. Grapes like sun and so do fire ants.



## Collier Fruit Growers

Collier Fruit Growers is an active nonprofit organization dedicated to introducing, propagating and distributing the

many rare tropical and subtropical fruits grown throughout the world, as well as offering education in these areas and encouragement to extend their cultivation. CFG functions without regard to race, color or national origin.

### Officers

<b>John Puig</b> , President	601-2919
<a href="mailto:captjohn@naplesbiofuel.com">captjohn@naplesbiofuel.com</a>	
<b>Brian Housewert</b> , Vice President	537-1261
<a href="mailto:moonblinkstudios@gmail.com">moonblinkstudios@gmail.com</a>	
<b>Mary Fehr</b> , Treasurer	774-1047
<a href="mailto:Fehrmary@earthlink.net">Fehrmary@earthlink.net</a>	
<b>Linda Coyner</b> , Newsletter editor/speaker coordinator	
<a href="mailto:fruitnflowers@gmail.com">fruitnflowers@gmail.com</a>	530-2383

### At-large Directors

<b>Jon Adams</b> , past President	777-8217
<a href="mailto:jonadamsfl@gmail.com">jonadamsfl@gmail.com</a>	
<b>Thomas Hecker</b>	682-0674
<a href="mailto:tshecker@gmail.com">tshecker@gmail.com</a>	
<b>Tracey Vessillo</b>	877-6608
<a href="mailto:tracey.vessillo@yahoo.com">tracey.vessillo@yahoo.com</a>	

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## September in SW Florida

Your newsletter editor enjoyed two months off. Thank you. I hope your summer was as productive as mine. I had the good fortune of finding a young man to help in the garden. Nick Doria has a strong back and is very helpful and hard working. He shoveled mulch and wheelbarrowed it to my fruit trees. We pruned gigantic bougainvilleas, gathered fallen branches that I'd been mowing around, planted some huge crinum lilies. At \$10 an hour, he's a bargain. If you're interested and live in the Naples area, his number is 353-9325 or email him at [nickdoria1986@yahoo.com](mailto:nickdoria1986@yahoo.com).

It's not too late to make sure your citrus is extra sweet this winter. Add 0-0-21 or 0-0-18 evenly around the dripline. Ideally this is done in late June, July, August, and September.

The rainy season has been erratic, to say the least. Add in the cold spells we had during the spring and you have late, uneven fruiting. Even so it was a bountiful mango season for those whose trees didn't freeze. Mine are still recovering from the arctic temperatures last winter.

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### Vegetables to plant in September

Brussel sprouts  
Cabbage

Cauliflower  
Collards  
Kale  
Mustard  
Radish

Okra  
Peas  
Tomatoes  
Turnips

If you have surplus fruit and want to donate it to the needy, contact Naples Harvest. They'll pick it for you and get it where it's needed. Call 593-7600 or check out [www.naplesharvest.com](http://www.naplesharvest.com).

Bring your questions to club meetings or check out the Forum at the Collierfruit.org website. Another source of information is the University of Florida's Collier Extension at 353-2872 or Lee at 533-7504.—*Linda Coyner, horticulturist and freelance writer*

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### CFG offers commercial memberships

Business owners can now join CFG for \$100 a year. That includes space for a standard business card in a year's worth of newsletters (10 issues). If interested, contact Linda at [fruitnflowers@gmail.com](mailto:fruitnflowers@gmail.com).

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#### Officers

**Tim Deaton**, President  
[timdeaton@yahoo.com](mailto:timdeaton@yahoo.com) 992-4664

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**Bob Van Scoy** 992-1751  
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### Bonita Springs Tropical Fruit Club

The purpose is to introduce and distribute the many rare and tropical and subtropical fruits grown throughout the world; to inform, educate and advise members and the public in the selection of these valuable tree crops, so as to encourage their cultivation. Where possible, the organization will produce a basis for researching and producing new cultivars and hybrids.

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## Vitis rotundifolia

*Common Names:* muscadine, scuppernong, bullace

If you're interested in growing grapes in Florida, then look no further than the muscadine grape, native to our state and other areas of the Southeast.

Sometimes called scuppernongs, these grapes are popular because they have a high degree of tolerance to pests and diseases and can be grown with minimal or no use of pesticides.

Muscadines differ from the bunch grapes found in the produce section of the supermarket in that they are thicker-skinned, somewhat spicy-sweet, and are picked individually from the vine rather than in bunches.

They mature in August and early September, when you can pick them from the vine and enjoy them fresh or make them into jelly, jam, or wine.

### Varieties

Wild muscadine vines can be either male or female and must grow near each other in order for pollination to occur and grapes to form. If you don't have the room for multiple vines, opt for a self-fertile variety, i.e. those that are said to have "perfect" flowers.

Many varieties of muscadines are commercially available, and several of the most popular self-fertile cultivars in Florida are 'Carlos', 'Polyanna', 'Florida Fry', and 'Southern Home' (the latter is actually a hybrid of bunch and muscadine grapes developed in Florida).

### Growth and care

Muscadines will do best and fruit most heavily if planted in a sunny spot with well-drained soil. Plant new vines in the spring after the danger of hard freezes has passed, spacing plants at least 10 if not 20 feet apart and leaving 4 to 10 feet between rows.

Proper trellising helps contribute to good fruit production, so choose a trellising system that will work in your space. While growing grapes over an arch or pergola can look nice, these structures can make it harder for you to maintain the vines and fruit production may decline. You want to be sure you have easy access to the cordons (arms) of each vine so that you can prune them each year.

To learn more about muscadines, see University of Florida publication HS763 or visit <http://edis.ifas.ufl.edu/HS100>. A tour of a local muscadine vineyard is planned for September 12 (see page 2).

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## Muscadine Hull Pie

For use in recipes, muscadines can be seeded with a knife, then served in salads or canned for jellies. To seed, just cut the muscadine in half and flick the seeds out with the tip of the knife. If you're going to use muscadines in a recipe that calls for the fruits to be peeled, on the other hand, here's a trick: just cut an X on one end of the muscadine and squeeze the other end until the pulp pops out.

Recipe courtesy of [www.cooks.com](http://www.cooks.com).

2-1/2 cup muscadine hulls and pulp

3 Tbsp. melted butter

1 cup sugar

2 Tbsp. flour

One store-bought or homemade pie pastry

Wash fully ripened muscadines. Separate pulp and hulls. Cook pulp slowly until soft. Rub through sieve. Boil hulls until tender. Combine sugar, flour and add to muscadine mixture. Add butter. Pour into pastry-lined pan. Cover top with strips of pastry. Bake in hot oven (425 degrees) about 25 minutes.

WWW.COOKS.COM editor's note: My aunts told me that grandmother made "grape pie" when they were little girls, but none of them could remember how she did it. I have tried to find this recipe for years, so I was really tickled when it showed up in the morning's mail. I want to say a personal thank you to Ina Wray for her contribution of this recipe.

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## What's ripe in September?

apple, malay  
apple, sugar  
apple, velvet  
atemoya  
avocado  
banana

Barbados cherry  
carambola  
coconut  
fig  
guava  
longan  
mango  
miracle fruit  
monstera  
muscadine grape

natal plum  
papaya  
passion fruit  
persimmon  
pineapple  
plum  
pomegranate  
sapodilla  
sea grape  
Surinam cherry

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## Recipe from the garden of daily living

Come to the garden alone, while the dew is still on the roses. . .

For the garden of your daily living,

Plant three rows of peas:

1. Peas of mind
2. Peas of heart
3. Peas of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To complete our garden, we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.  
There is much fruit in your garden because you reap what you sow—Author Unknown

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## Mango Sorbet (from Seasaltwithfood.com)

### Ingredients

- 2 large, ripe mangoes (2 pounds)
- 2/3 cup sugar
- 2/3 cup water
- 4 tsp. freshly squeezed lime juice, plus more to taste
- 1 Tbsp. dark rum, plus more to taste
- Pinch of salt

### Method

Peel the mangoes and cut the flesh away from the pit. Cut the flesh into chunks and put them in a blender with the sugar, water, lime juice, rum, and salt. Squeeze the mango pits hard over the blender to extract as much of the pulp and juice as possible.

Puree the mixture until smooth. Taste, then add more lime juice or rum if desired. Chill the mixture thoroughly, then freeze it in your ice cream maker according to the manufacturer's instructions.

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## Free organic fertilizer

This ad ran recently in the Naples Daily News:

Watch your garden grow...Free horse manure. Rich and natural...Come and get it...Pine Ridge Farm, 235 Center Street, Naples (corner of Goodlette-Frank and Center St./between Pine Ridge Rd. and Orange Blossom). Contact Joanne at 596-9070.

Other horse farms have plenty of manure to share. Check your yellow pages and start calling. Some even bag it for you! Your fruit trees will thank you.

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## Upcoming speakers & events

### Bonita Club

- September 8: Suzy Valentine
- October 13: Brian Housewert on organic gardening
- November 10: Jenny Burd and Pat Johnson
- November 14 Fall tree sale
- December 8 Holiday potluck and election

### Collier Club

- September 21 Irrigation how-to by Dave Brawley
- October 19 Ian Orlikoff on sustainable fruit and vegetable growing
- November 16 TBD
- December 21 Holiday potluck and election

## Got Questions about Growing Tropical Fruit? We're got Answers

Check out our website [www.collierfruit.org](http://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](mailto: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](http://www.hort.purdue.edu/newcrop/morton/index.html).

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Collier Fruit Growers [www.collierfruit.org](http://www.collierfruit.org)  
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