

April 2024



***Fruit
Growers
of SWFL***

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COLLIER FRUIT GROWERS

**The Collier Fruit Growers' Meeting will be held
Monday, April 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.



Dr. Fernando Alferez is the invited speaker for the Monday, April 15th meeting of CFG. Dr Alferez began as the SWFREC Citrus Horticulturist in February 2017. He previously worked as a visiting research scientist at the UF/IFAS Citrus Research and Education Center in Lake Alfred on systemic acquired resistance of citrus plants. Dr. Alferez earned his Ph.D. in plant biology from the University of Valencia, Spain. His graduate studies dealt with determining and understanding exogenous endogenous factors regulating fruit development, maturation, and quality.

At SWFREC, Dr. Alferez' research and extension programs will be interconnected and strive to serve the citrus industry in southwest Florida and the entire state. Some of his projects will include systematic characterization of novel varieties being released for both processing and the fresh market and assaying novel ways to manage postharvest fruit drop under HLB pressure.

Please consider donating to the Collier Fruit Growers Agricultural, Nutritional, and Wellness program through PayPal™ by clicking the button below:

[Donate](#)

**The Bonita Springs Tropical Fruit Club will meet on the second and fourth Saturdays,
April 13th and 27th at 4:30 pm. Bonita Springs Fire Control & Rescue District Station**

27701 Bonita Grande Drive, 34135

All the meetings are potluck events.

Remember to pay your annual dues in person or online.

the Bonita Springs
tropical fruit club



Medea Galligan will be the speaker at the April 13th BSTFC meeting. Medea began her practice as a Functional Medicine/Holistic Nutritionist in South Florida in 1998, working with several holistic health doctors to help their clients not just treat diseases, but create a state of optimal health through science-based education and support. In 2003 she and her family moved to Asheville, NC where she established Medea's Healthy Lifestyle Concepts, and in 2012 became a Registered Yoga Teacher

Since that time, she has been incorporating yoga, yoga therapy, breathwork and meditation as powerful tools that assist her clients in making profound changes in their lives. Through a combination of science-based education, practical skills, and compassionate guidance, she creates personalized programs that support her clients in creating a sustainable change to a life of vibrant health and happiness.

AMBARELLA CURRY (JUNE PLUM RECIPE)

Ambarella or June plum cooked into a delicious curry.

This ambarella curry is sweet and spicy, almost like an ambarella chutney. If you are searching for a recipe that uses June Plum, then be sure to give this easy vegetarian and vegan curry a try. The sweet and spicy flavor of this Ambarella curry is addictive and perfect for your rice and curry. There is simply no excuse not to try this, EXCEPT for the cleaning of the fruit.

Sri Lankan Ambarella Curry

Ingredients:

- 3 tablespoons of oil
- A sprig of curry leaves (substitute with a bay leaf)
- 3 cardamom pods
- 1" cinnamon stick
- 1 large onion finely sliced.
- 1 green chili chopped.
- 3 teaspoons Flecks
- 1/2 teaspoon of red chili powder
- 250g of Ambarella, Peeled and cut into halves.
- Salt to season
- 1 to 1-1/2 cup of sugar (depending upon desired sweetness).
- 2 cups of water (add more if needed to soften the fruit)



Instructions:

If the Ambarella is large in size, use a cleaver to cut the ambarella in half. You might have to slam the fruit hard on a steady surface for the fruit to split in two. And then peel off the skin, rinse with water, and use.

The ambarella from a bud tree is not so large and you can cook them whole without splitting.

Just remove the skin, rinse and cook.

Over medium heat, add oil (3 tbsps) to a pan.

Once the oil heats, add the curry leaves (a sprig), cardamom pods(3), and cinnamon(1").

Add the sliced onion (1 large), green chilies (1 chopped), and mustard seeds.

Cook for a further 2 minutes over low heat or until the mustard seeds pop.

Pour in water (2 cups, add more if needed), followed by sugar (1 cup), and cook over medium heat.

While the liquid slow simmers, add chili flakes (3 tsp), and red chili powder (1/2 tsp) and continue cooking over medium heat. 3 minutes. Add the ambarella into the simmering liquid.

Make sure there is enough water covering the ambarella, if not pour more water and let the curry simmer over medium heat until the gravy turns to dark amber. This will take some time as the ambarella curry is thick and takes longer to soften. Season with salt while the curry cooks.

Source: www.islandsmile.org/sweet-ans-spicy-ambarella-cuppy/

Collier Fruit Growers' News

PICNIC; Saturday, April 6 starting at 1:00 pm: With the success of the February, belated Christmas, picnic another one has been planned for the entire family. By popular request the 'Bouncy Castle' will return. Come and share good conversation, and a dish or dessert with other members. Burgers, grilled vegetables, and beverages will be provided by CFG. A different venue for the picnic is being considered, and due to the publication timeline of this newsletter, please refer to the announcement in the adjoining transmittal letter.

Collaboration with Other Organizations:

CFG continues to establish close connections with The Kampong, National Tropical Botanical Garden, in Coconut Grove; US Depart. of Agriculture, Subtropical Horticulture Research Service in Miami; and The Naples Botanical Garden to collect and share trees and plant material.

An Agreement with Ave Maria University is being pursued to create an arboretum to establish a permanent repository of rare and hard to find fruit trees on their campus.

Collier Fruit Growers – Education Initiative:

CFG, has chosen the ambitious goal of promoting and educating all school age children in Collier County, Florida about subtropical fruits and vegetables that can be propagated and grown easily around their own homes. The advent of the electronic age, in general, has only served to push people further away from any semblance of 'Self-Sufficiency' and naturally grown produce. Now is the time to get people off their cell phones and the fast pace of life and to enjoy the mental health/ 'Wellness' of getting their hands dirty growing good health food, without artificial chemicals or pesticides, and the preparation of nutritional meals.

The Ten Objectives:

- CFG has taken inspiration from the 'Let's Grow' initiative of the Naples Botanical Garden's Educational Department, and the [Healthy Living Collaboration](#) within Lee County School District to formulate a path forward and a long-term sustainable agenda relative to all Collier County Schools.
- Michael Cartamil, CFG Vice-President, is expanding the existing garden and implementing a comprehensive agricultural program for Second through Twelfth grade students at the Everglades City School.
- Establish educational sessions for 'Home Schooled' children on selected Thursdays or Saturdays at UF/IFAS Extension Service throughout the school year.
- CFG to conduct workshops on selected Saturday mornings at the UF/IFAS Extension Service on Immokalee Road, Golden Gate Community Center, and at the Naples Botanical Garden's Buehler Auditorium.
- Ambitiously promote and encourage all the public, charter, religious and private schools to establish family oriented agricultural programs in line with Florida approved and County school curriculums.
- Encourage the Collier County School District to create a department to organize and monitor all agricultural related programs and activities throughout the district.
- Establish an on-line resource for books, workbooks, and other materials that are geared to selected ages, which can be utilized in conjunction with a school's agricultural program.
- Promote the establishment of Agriculture Sustainability / Wellness curriculums at colleges and universities of higher learning.
- Coordinate activities with Ave Maria University to establish a food forest and an arboretum of rare and unusual subtropical fruit trees.
- Assist with the application of private and public grants to enhance the implementation of programs at participating schools and universities.

Health Benefits of Ambarella Fruit

Written by Cyrus Wahome; Medically Reviewed by Christine Mikstas, RD, LD on July 08, 2022

The ambarella (or June Plum) Fruit Tree is very popular in the tropical regions of Sri Lanka, India, Malaysia, Indonesia, Thailand, Jamaica, and Barbados. It not only makes a great addition to a landscape but also produces delicious and fibrous fruits that are super nutritious. Ambarella fruit, also called golden apples or jew plums, are sweet and spicy tropical fruits that can be eaten both ripe and unripe.

When unripe, these fruits are green, hard, and crispy on the inside with a sour taste. As they ripen, ambarellas turn yellow and juicy with a bit of pineapple and mango and have a floral and tropical aroma.

Ambarellas are packed with important nutrients that play a major role in your overall health. Eating them has been linked to improved heart, gut, eye, and skin health and maintaining a healthy immune system.

How Do You Eat Ambarella Fruits?

Ambarella is one of the most versatile tropical fruits. To eat it whole, wash off all the dirt and remove the stem and the peel. You can eat it as it is or section it into smaller pieces.

Since ambarellas are tasty and highly nutritious, they can be juiced or made into jams, jellies, and delicious smoothies. Some people enjoy eating sweet and sour fruits with a bit of chili powder and salt to reduce the fruit's bitterness.

You can also bake slices of ambarella to make delicious chips. Unripe ambarella can be made into jellies and pickles and are excellent for making sour flavorings for soups and sauces.

Additionally, the leaves of unripe ambarella can be eaten raw as a seasoning or steamed and eaten as a vegetable. Mature ambarella leaves are also used in salads with other herbs and spices to enhance their flavor.

Ambarella Fruit Nutrition Facts

One Ambarella fruit contains, on average:

- 69.12 kcal of energy
- 0.45% protein
- 16.65% carbohydrate
- 3 mg of iron
- 22 grams of phosphorus
- Dietary fiber
- 0.08% fat
- Sodium 3018 mg/ Kg,
- Potassium 344 mg/ Kg
- Calcium 94.7 mg/ Kg
- Vitamins A
- Vitamin B
- Vitamin C



Health Benefits of Ambarellas:

Ambarella fruits and leaves are known to be natural antioxidants. They also contain antimicrobial agents, which protect you from infection; agents used to treat thrombosis; and cytotoxic compounds, which kill harmful cells, including cancer cells.

Vitamin C in ambarellas has numerous benefits. It:

- Promotes absorption of iron needed to fight anemia.
- Protects a person's cells on a molecular basis.
- Helps the body recover, especially after strenuous activities.
- Dissolves blood clots responsible for both heart attacks and strokes.
- Stimulates the production of collagen, an important protein that heals wounds and protects the skin from radical damage.

Other benefits of ambarellas are that it:

Treats digestive problems. The water content and fiber in the ambarella fruit prevent dehydration and help clear the bowels, thus reducing symptoms of constipation. If you have loose stool, fiber may help to solidify your stool. Fiber plays a major role in heart health as it lowers blood pressure and cholesterol. Fiber may also reduce insulin resistance in people with diabetes. Additionally, dietary fiber improves mental health by reducing symptoms of depression.

Treatment of inflammation. Ambarella leaves are also used in the treatment of inflammation. The bark and leaves of ambarella trees can be used to treat dysentery, an inflammation of the intestines, and sore throat caused by inflammation.

Improves vision. Because ambarellas are rich in vitamin A, a decoction from its leaves can be used to treat sore eyes. Vitamin A improves the retina's health and is crucial in the treatment of night blindness.

Increase endurance. Ambarellas contain sugar stored as sucrose. Most athletes need this natural carbohydrate in their diet to act as a quick fuel source during endurance exercise training.

Prevents premature aging. Rich in Vitamin C, ambarellas play a major role in preventing signs of premature aging. It is a natural antioxidant that prevents premature aging caused by factors like solar radiation, pollution, and smoking.

Maintains healthy bones and teeth. The calcium and phosphorous in ambarella fruits keep bones healthy by providing hard tissue for support and mobility. Calcium strengthens enamel in teeth to prevent damage caused by chewing, grinding, and extreme temperatures.

Ambarella and Pregnancy

Ambarella fruits have a mild diuretic effect. While diuretics are not recommended during pregnancy, they go a long way in treating hypertension and cardiac diseases during pregnancy. Eating ambarellas may help women during the last stages of pregnancy.

Conclusion:

Ambarella is an incredibly delicious tropical fruit loaded with nutrients, antioxidants, and other beneficial compounds crucial for your overall health. Whether you eat it whole, juiced, or as a flavoring in soups and sauces, this fruit will grace your taste buds with a spicy yet scrumptious flavor that will leave you wanting more.

Atemoya Varieties: The Comprehensive Guide

Source: <https://gardenfl.com/atemoya-varieties-the-comprehensive-guide/>

[The qualities and traits of Bradley, Geffner, Lisa, Priestly, 47-16, and 75-16 Atemoyas were presented in the October 2022 (pages 7 to 11) issue of the newsletter. In addition to the atemoyas listed below there is the **Elly atemoya**, that was identified and recently propagated by a couple of the CFG members, which bares tasty, green fruit similar to the Geffner atemoya.]

The Atemoya, a hybrid fruit native to Central and South America, is known for its exceptional taste and unique physical characteristics.

They are the result of a successful cross between the cherimoya (*Annona cherimola*) and sugar apple (*Annona squamosa*), boasting some of the best traits of both parent fruits.

Let us dive into some remarkable varieties of Atemoya.

1. Phet Pak Chong (PPC)

Originating from Thailand, the Phet Pak Chong is renowned for producing delicious, chewy, and sweet fruit.

The tree can grow quite large, which often results in a generous yield of fruits. Despite being a tropical fruit, it adapts well to various climatic conditions, enhancing its global popularity.



2. Lisa Atemoya

Famously recognized for its unique pink hue and distinct berry flavor, the Lisa Atemoya is a popular variety from Florida hybridized by Mr. Har Mahdeem.

It has a vibrant visual appeal, with a firm texture and a delightfully sweet taste. Its adaptability to various soil conditions makes it a favorite among gardeners.



3. Geffner Atemoya

The Geffner Atemoya stands as a standard in the world of atemoya. A striking characteristic of this variety is its self-pollinating nature, enabling it to set fruit independently.

It's appreciated for its smooth texture and sweet flavor.



4. Priestly Atemoya

This variety offers an outstanding balance of sugar content and acidity, contributing to its refreshing taste. The priestly atemoya is more of an uncommon variety in Florida but it is said to be one of the better tasting atemoya varieties.

Priestly atemoya is a cultivar you can find in the nursery trade in Florida. The Priestly Atemoya has a bumpy texture, making it a favorite choice for its taste and being an old-school atemoya variety.

[] Denotes an editorial insert.



5. African Pride Atemoya (AP)

Well-known for its large, humpy fruits, the African Pride Atemoya offers a lovely and chewy flavor that is both distinct and delightful. This variety is quite vigorous and often produces a substantial quantity of fruits.



6. AP2 African Pride Atemoya 2

A variant of the original African Pride Atemoya, the AP2 African Pride Atemoya 2, is also noted for its massive fruit size and the sweet, chewy taste it offers. Similar to its parent variety, the AP2 also yields a significant number of fruits.

7. Red Temolyata

An exciting Red Temolyata hybrid is a cross between a custard apple and an atemoya. It contains the genetics of both the sugar apple and the cherimoya. The fruit, true to its name, exhibits a beautiful red color. The Red Temolyata is a sweet, tropical treat that is visually striking and delightful. Each variety, unique in its way, contributes to making the atemoya one of the most beloved fruits worldwide.

8. Bradley Atemoya

The Bradley Atemoya is well-known for its size and aromatic sweetness. With its exotic taste and rich texture, this atemoya variety has gained popularity among fruit lovers.

9. Dream Atemoya

True to its name, the Dream Atemoya is indeed a dreamy fruit variety. It has a custard-like consistency with a balanced sweetness that will delight your palate. This variety of atemoya was created in Bradenton Florida by the late Wayne Clifton. One unique feature of this variety is its appealing seed-to-pulp ratio. The Dream Atemoya presents fewer seeds and more flesh, allowing a heartier taste experience.

Conclusion

Atemoya fruits, with their enticing range of varieties, offer a delightful blend of flavors, sizes, and textures.

From the exotic, chewy sweetness of the Thai-born Phet Pak Chong to the beautiful red Temolyata, each variety is a unique testament to nature's diversity.

This fruit's worldwide popularity is a tribute to its unique flavor profiles and adaptability to various climates and soil conditions.

Whether you are a fruit enthusiast or a seasoned gardener, exploring these atemoya varieties is sure to be a captivating journey.

It's not difficult to see why the atemoya has become such a staple in the world of tropical fruits.

Dr. Albrecht, Ph. D.

A large part of Dr. Albrecht's research and extension program focuses on citrus rootstock traits and finding solutions to combat the negative impacts of Huanglongbing (HLB, a.k.a. citrus greening). Much of her research is applied and she is conducting many collaborative field trials in commercial citrus orchards to evaluate the effects of different rootstocks on tree growth and productivity under HLB-endemic conditions. In addition, Dr. Albrecht is investigating the mechanisms of rootstock effects on the scion using different methods which range from metabolomics to shovelomics. Other projects involve methods of rootstock propagation and the potential influence on root architecture and tree growth. Dr. Albrecht has authored several in depth articles on huanglongbing (HLB); below is the abstract to the most recent one.

Relative Influence of Rootstock and Scion on Asian Citrus Psyllid Infestation, and *Candidatus Liberibacter asiaticus* Colonization.

March 2023

Abstract: The citrus industry in Florida faces a destructive endemic disease, known as huanglongbing (HLB), associated with *Candidatus Liberibacter asiaticus* (CLas), a phloem-limited bacterium, and transmitted by the Asian citrus psyllid (ACP). Rootstocks are regarded as critical to keep citrus production commercially viable and help trees cope with the disease. Although most scions are susceptible, some rootstocks are HLB-tolerant and may influence ACP infestation and CLas colonization and therefore the grafted tree tolerance. This study aimed to elucidate the relative influence of rootstock and scion on insect vector infestation and CLas colonization under natural HLB-endemic conditions. Seven commercial rootstock cultivars with different genetic backgrounds were grafted with 'Valencia' sweet orange (*Citrus sinensis*) or were self-grafted (non-'Valencia') and planted in an open field where ACP and CLas were abundant. ACP infestation was determined weekly during periods of leaf flushing, and leaves and roots were analyzed every 3 months to determine CLas titers. The trees with 'Valencia' scion were more attractive to the psyllids than non-'Valencia' scions. This was also associated with a higher number of bacteria and a larger abundance of foliar HLB symptoms. The influence of the rootstock on the psyllid attraction of grafted 'Valencia' scion was less evident, and leaf CLas titers were similar regardless of the rootstock. Among the non-'Valencia' scions, Carrizo had the lowest and US-942 the highest leaf CLas titers. Root CLas titers also varied among cultivars, and standard sour orange roots harbored more bacteria than some trifoliolate orange hybrid rootstocks such as US-942. In some trees, CLas was detected first in the roots 4 months after planting, but root CLas titers remained low throughout the study. In contrast, leaf CLas titers increased over time and were considerably higher than root titers from 7 months until the end of the study, 15 months after planting. Overall, the results of this study demonstrate a greater relative influence of the scion than the rootstock on ACP infestation and CLas colonization during the early stages of infection. This suggests that other cultivar-specific traits, such as the ability to tolerate other stresses and to absorb water and nutrients more efficiently, along with influences on the scion phenology, may play a larger role in the rootstock influence on the grafted tree tolerance during the later stages of HLB progression.

Source: <https://www.researchgate.net/lab/Ute-Albrechts-lab-Ute-Albrecht>

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/>

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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!

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