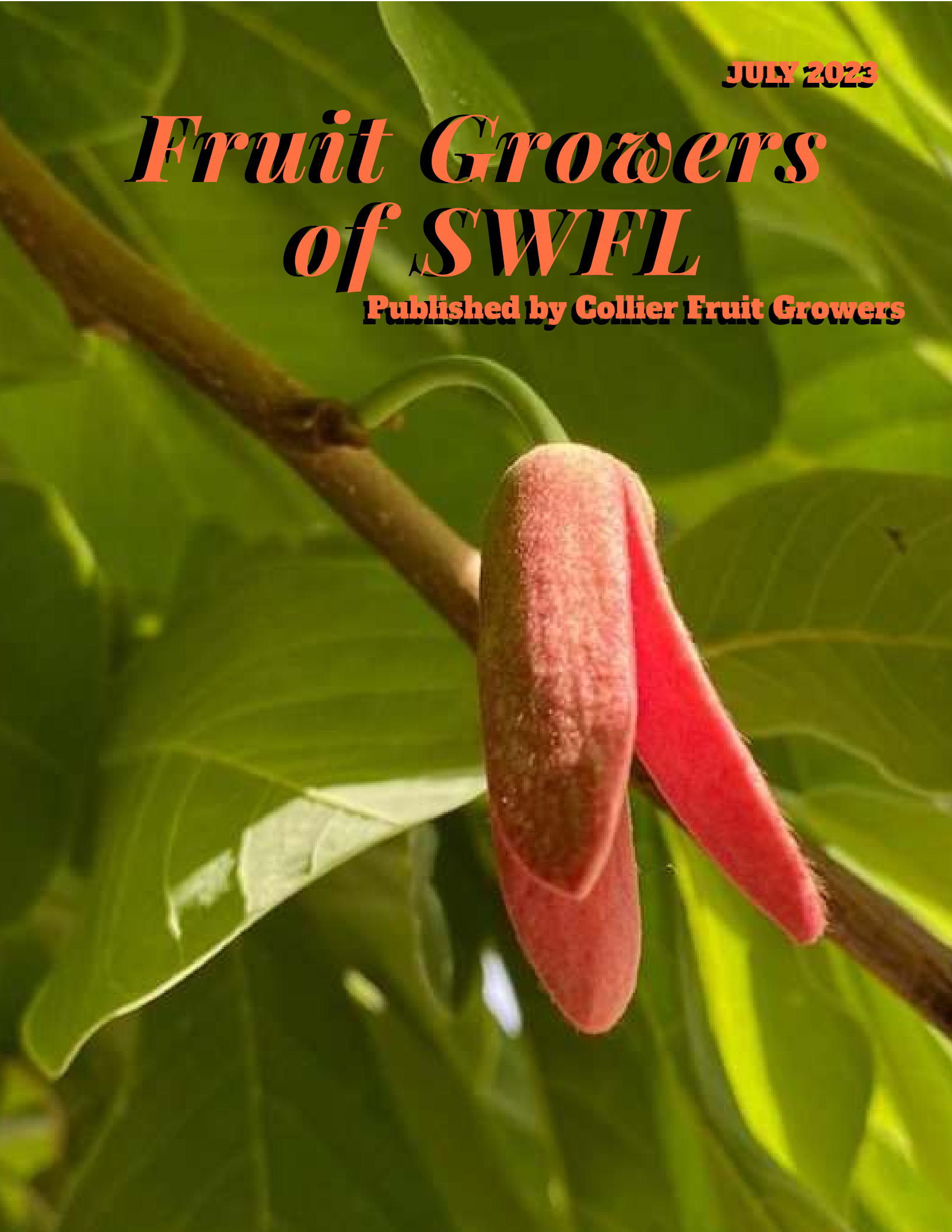


**JULY 2023**

# ***Fruit Growers of SWFL***

**Published by Collier Fruit Growers**





**The Collier Fruit Growers' Meeting will be held  
Monday, July 17th,  
Starting at 7:00 pm.  
The Greater Naples Fire/ Rescue Station  
14575 Collier Blvd., 34119**

Enter through the east door Collier Boulevard (Rt. 951) side of the Administration Building

**Collier Fruit Growers, Inc., in conjunction with the 'Tasting the Tropics' festival, is proud to announce a series of lectures from 1:30 to 4:00 pm on Saturday, July 1st in the Buehler Auditorium, Naples Botanical Garden. The lectures will be free to all. The world-renowned mango expert Dr. Noris Ledesma will be the keynote speaker. A mango tasting and light refreshments will be available.**



Michael Cartamil will be the speaker at the July 17 membership meeting of the Collier Fruit Growers. Michael has an extensive knowledge of fruits, vegetables, herbals, and edible plants. He grew up in Miami where his parents still reside. Upon receiving his degree, Michael worked as a lab researcher at the Florida International School in the Department of Chemistry and

Biochemistry. He subsequently took a teaching position as a high school chemistry teacher in the Miami-Dade County Public School District. More recently, Michael was a biology teacher at Gulf Coast High School on Immokalee Road in North Naples. He is the only teacher in the Collier County School District with a degree in Agriculture. At the end of the school year in June, Michael accepted a position in teaching Agriculture, grades 1st through 8th, at the Everglade City Public School. It is the only school in Collier County to have such a program. In addition to teaching summer school, he is preparing his teaching curriculum for the 2023/24 school year. In his spare time as seen in the photo, Michael is also an avid musician.

Michael along with his wife and children with another baby expected later this summer live in Ave Maria. He is interested in creating a 'vertical' garden where he can grow the greatest variety of fruit trees and plants in the smallest area possible. He wants to share his knowledge with his children and others. Michael wants to be able to grow a large enough variety in his garden to enable him to harvest food from his garden every day of the year. He is seeking natural plant-base nutritional sources that can be grown in the home gardens.

**The Collier Fruit Growers is preparing to undertake an ambitious agriculture educational program for Collier County Schools in conjunction with the 'Let's Grow' initiative at NBG and the 'One Flower' nonprofit organization, and various business sponsors for all students at the participating public and charter schools throughout Collier County.**



**The Meetings of the Bonita Springs Tropical Fruit Club  
will held On Saturday, July 8th & 22nd and  
August 10th & 26th at 4:30 pm.  
Bonita Springs Fire Control & Rescue District Station  
27701 Bonita Grande Drive, 34135**

Both events will be "potluck" events, bring a dish or dessert

# Moringa Recipes

## Moringa Hummus 3 Servings

### Ingredients:

- 3 garlic cloves
- 4 tablespoons extra-virgin olive oil
- 2 cups cooked chickpeas (drained)
- 2 limes fresh juice
- 2 tablespoons tahini
- ½ teaspoon of organic Moringa powder
- ¾ teaspoon sea salt
- Chopped parsley and more extra-virgin olive oil for garnish (optional)

### Recipe Preparation:

Blend to smooth paste with a food processor. Add parsley if desired.

Refrigerate for 1 hour before serving.

By Amina.Badar, November 11, 2019



## Spinach, Moringa, & Goat's Cheese Croquetas 33 Servings

Spanish vegetarian croquetas. Watch out though, they're seriously creamy and moreish! Even better, they can be made ahead of time and kept in the freezer for when you need a speedy dinner.

### Ingredients:

- 2 tsp Moringa powder
- 500g baby-leaf spinach
- 125g plain, all-purpose flour
- 80g goat's cheese, crumble
- freshly grated nutmeg
- 80g butter
- 400ml milk
- 100ml vegetable stock
- 2 large eggs, beaten.
- olive oil for frying



### Method:

In a large frying pan cook the spinach with a splash of water for 3-4 minutes over a medium-high heat. Once wilted, remove from the heat, and run under cold water. Squeeze out the water and finely chop, then set aside for later.

Heat the milk and stock together in a saucepan. In a separate pan, melt the butter over a medium heat, add the flour and cook for 2-3 minutes. Once the mixture starts to turn brown, add the milk and stock slowly until you get a silky-smooth mixture (it will take around 10 minutes). Slowly add the cheese, spinach and moringa powder, stirring continuously until everything is fully combined. Season well with salt, pepper, and nutmeg.

Spread the mixture onto a shallow tray and press a sheet of clingfilm over the top. Transfer to the fridge and let it cool for no less than 2 hours.

Roll the mixture out into 30g balls (you can put some oil in the palm of your hand to make it easier). If they still feel soft place them in the freezer for an additional 30 minutes.

Place the egg and breadcrumbs in separate bowls and dip the croquetas first into the beaten egg then into the breadcrumbs.

Heat the oil to 180C and fry the croquetas for 2 minutes or until golden. Drain on paper towels.

Recipe by Aduna

# Moringa oleifera: known as the Drumstick Tree

Neither fruit nor vegetable moringa is known as the “miracle tree” or “wonder tree,” moringa is a tropical plant with enormous value and incredible potential.

Scientific Classification: Kingdom: Plantae; Clade: Tracheophytes, Angiosperms, Eudicots, Rosids;  
Order: Brassicales, Family: Moringaceae; Genus: Moringa; Species: M. oleifera



Moringa is a deciduous tree native to the Himalayan foothills of India and Pakistan.

There are over 13 species of Moringa plants, and all of them have been used for food and medicine for hundreds of years. One of the most popular varieties is Moringa oleifera, which is now widely cultivated across tropical and subtropical areas of Asia, Africa and South America. It's also called the drumstick tree (for the shape of its seed pods), the ben oil tree and the horseradish tree (for the taste of its roots).

Moringa has whitish-grey bark and an umbrella-shaped canopy of lush green leaves and fragrant white flowers when in bloom. The tree grows quickly – sometimes up to 20 feet, or 6 meters, in a single year – and is resistant to drought, making it one of the most dependable and economically valuable crops in places where food and water are scarce.

The moringa tree serves a wide range of uses to both humans and livestock around the world.

All parts of the moringa tree are edible – from its leaves all the way down to its roots. Its leaves, pods, roots and flowers can all be cooked, similar to vegetables, but are eaten in many different ways. Leaves are cooked like spinach and can also be used for salads, or dried and ground to make a powder. Younger seed pods, when cooked, taste like asparagus, while older pods are used in curries and sauces. Oil from the seeds can be used for salad dressing or for cooking, as a substitute for olive oil, and seeds themselves can be cooked or roasted, like peanuts. Flowers can be steamed to make tea, added to sauces, or made into pastes.

Moringa is used for a wide range of medicinal purposes. Moringa extracts help fight bacterial infections, address stomach disorders, and treat and manage heart disease. Moringa has also been proven effective in reducing blood pressure, protecting the liver and kidneys, and treating anemia and sickle cell disease. The plant is also used to prepare medicine for livestock, aiding in the treatment of simple wounds, parasites and to purify water.

Moringa is also used in a variety of industrial contexts – to purify drinking water, to make paint and lubricants and even to produce biodiesel. The oil extracted from moringa seeds is used in the perfume industry and found in many other hair and skin products. Bark is used as a source of dye, and timber can be used to produce fiber for ropes and mats and pulp to make paper.

In agriculture, moringa is used as green fodder for livestock, its soft leaves and non-woody stem an important food source for chickens, pigs, cattle and other farm animals. It's also used to help other plants grow, thanks to the phytohormones (plant hormones) found in its leaves. Spraying moringa leaf extract on the leaves of various crops such as black gram (mungo bean), peanut, soybean, sugarcane and coffee has been shown to increase plant production as much as 35%.

## **Annona diversifolia: known as the Ilama**



The ilama is probably the finest annonaceous fruit which can be grown in the tropical lowlands; yet it has not, until very recently, been planted outside the region in which it is indigenous. Now that it has been called to the attention of horticulturists, its range should be extended rapidly to all parts of the tropics.

The identity of the ilama, first mentioned by Francisco Hernandez toward the end of the sixteenth century, remained in doubt until W. E. Safford showed, in 1911, that it was a species which had not been described botanically. Safford named it *Annona diversifolia* and brought together much information concerning its habits and the character of its fruit. These data were published in the *Journal of the Washington Academy of Sciences*, March 4, 1912. More recently the writer has been able to study the species in Mexico and Guatemala, and the United States Department of Agriculture has distributed several thousand plants in the warmest regions of the United States and in tropical America.

The tree grows to an ultimate height of 25 feet. It is slender in habit, the trunk not more than 10 inches thick, often branching from the ground to form three to six main stems. Some trees are erect, others spreading in habit. The foliage somewhat resembles that of *A. squamosa*, but the leaves are larger and of distinct form, being broadly elliptic to oblanceolate, rounded at the apex, and 4 to 5 1/2 inches in length. A distinguishing characteristic of this species is the presence of orbicular leaf-like bracts at the bases of the smaller branchlets. The flowers are maroon-colored, 1 inch long, with the three outer petals linear-oblong in form, the inner petals minute. The fruit is conical, oval, or round in form, the largest specimen weighing about 1 1/2 pounds. The surface is rough, with the carpellary areas indicated by deeply incised lines; from each of the areoles thus formed rises a short thick protuberance. Sometimes these protuberances are suppressed, the fruit then being almost smooth. The color varies from pale green to magenta pink. An appearance of whiteness is given by the presence of a thick bloom over the entire surface. In the pale green varieties, the flesh is white; in the pink kinds it is tinged with rose-pink. The flavor is sweet, very similar to that of the sugar-apple in the green varieties; in the pink it is more acid, resembling that of the cherimoya. The seeds are about as numerous as in the latter species but larger in size. The fruits are used fresh, like those of the sugar-apple.

The ilama is indigenous in the mountains and foothills of southwestern Mexico, Guatemala, and Salvador, but is not known to occur at elevations greater than 2000 feet. It is found in the gardens of many Mexican and Central American towns, notably in Tapachula, Chiapas, where it is one of the principals cultivated fruit-trees. In Colima and Acapulco, Mexico, it is called ilama (the *ilamatzapotl* or "old women's zapote" of Hernandez), while from Tehuantepec to the Guatemalan border it is known as *papauce*. In Guatemala and Salvador, it is named *anona blanca*.

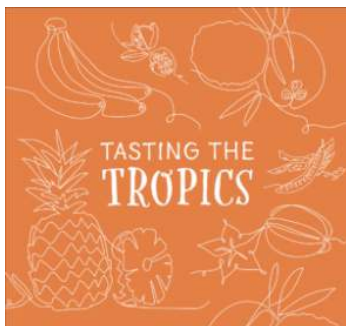
The climatic requirements of the ilama are similar to those of the sugar-apple and the custard-apple. The species is found only at relatively low elevations, indicating that it prefers a hot climate. The amount of cold it will withstand has not yet been determined. The regions where it occurs most abundantly are dry during several consecutive months and subject to abundant rainfall the remainder of the year. In Guatemala it sometimes appears in places where there is little rainfall. The same is true as regards Tehuantepec, but in this region the trees are irrigated. The best soil seems to be a deep, rich, rather loose loam. Although propagated in Mexico and Central America by seed only, the ilama can probably be budded in the same manner as other annonas. By using this method of propagation, it will be possible to perpetuate the best varieties which originate as seedlings.

The trees come into bearing when three or four years old, and sometimes produce good crops. Productive trees often bear 100 fruits in a single season. There is, however, the same variation in this regard as with other annonas, though less as to the form and size of the fruit. The ripening season is short; July and August are the principal months. When the fruits are fully mature, they crack open. They are commonly left on the tree until they reach this condition, but it would be better to pick them a few days earlier. So handled, they require to be kept one to three days after being taken from the tree before they soften and are ready for eating.

The ilama may be termed the cherimoya of the lowlands. The cherimoya does not succeed in the tropics unless grown at elevations of 4000 to 6000 feet, where the climate is cool. The ilama, on the other hand, belongs to the lowlands, but is strikingly similar in character to a good cherimoya. It is a valuable recruit and one which cannot be too strongly recommended for cultivation throughout the tropics.

## Naples Botanical Garden – Tasting the Tropics

**Saturday, July 1, 2023, 9:00 am to 2:00 pm**



Enjoy the Garden's most fruitful season with this tasty festival! Many of the world's favorite fruits have subtropical or tropical origins. Our climate in Southwest Florida is well-suited for growing these sweet treats, and at the Garden, you can find fruiting plants growing in nearly all the designed landscapes.

During this event, one can sample tropical fruits from around the world and discover some lesser-known fruiting plants grown in the Garden. Have you ever wondered how to open a coconut or jackfruit? Or wanted to know how to grow a pineapple? With more live demonstrations, special tours, and themed programs than ever before, you'll have the opportunity to get the answers to these questions and more, all as you explore the tropical fruit plants of the Garden! The festival is included with Garden admission.

\$15 Adults (ages 16 and over), \$8 Children (ages 15-6), Children 5 and under FREE.

**Saturday, July 1, 2:00 to 4:30 pm**

**Free lectures in the Buehler Auditorium; Speakers are Dr. Noris Ledesma & Alex Nikesch**

Light refreshments and a mango tasting will be provided. Noris will have Mallika mangoes for sale at a very good price.

**Fairchild Tropical Botanic Garden, Miami - Mango Festival**

**Saturday, July 8 & Sunday, July 9, 2023, 10:00 am to 4:00 pm**



Celebrate the King of Fruit in July with a weekend of mangos! Enjoy tastings, smoothies, and mango-inspired cocktails. Fun for the whole family!

Fairchild has been hosting the Mango Festival for nearly 30 years and we cannot wait for this year's festival. For the full list of activities and lectures go to: <https://fairchildgarden.org/eventon/mango-festival/>

**Pine Island's Tropical Fruit Fair – Mango Mania 2023**

**Saturday, July 15, 2023, 9:00 am to 4:00 pm**



At Our Lady of Miraculous Medal Catholic Church  
12175 Stringfellow Rd, Bokeelia, FL 33922

Pine Island's annual festival celebrates the wonderful bounty of the island. This fun-filled family event will include tropical fruit sales & tastings, tropical fruit-inspired foods and beverages, island growers, local artisans, kids' activities, contests, live music, adult beverages, educational seminars, and much more!

Donation of \$5.00 for Adults, Children under 10 are FREE, Tickets are available at the gate. Call for more information 239-283-0888 or visit <https://www.pineislandchamber.org/chamber-events/mangomania/>

**UF/IFAS Collier Extension Service – Lectures on the 'Care of Mango Trees.'** **Saturday, July 22, 2023, 9:30 to 11:30 am**

**14700 Immokalee Road, Naples, FL 34105**

## Past Articles Pertaining to Mangoes

Numerous articles have been published in the newsletter; they can be easily accessed at [Collierfruit.org](http://Collierfruit.org).

<b>A 100-year-old tree standing in a Miami yard. Is it the 'granddaddy?' of all Florida mangoes? By Carlos Frias</b>	<b>Apr/May 20 Pgs. 14-18</b>
<b>Achieving Sustainable Cultivation of Mangoes</b>	<b>Nov 2020 Pg. 8</b>
<b>Allampur Baneshan Mango - Crafton Clift</b>	<b>June 2022 Pg. 7</b>
<b>Annual Mango Calendar, as recommended by Dr. Stephen Brady</b>	<b>Oct 2022 Pg. 12</b>
<b>Aphids on Mangoes</b>	<b>Sept 2021 Pg. 7</b>
<b>Apple Mango</b>	<b>Jan 2019 Pg. 6</b>
<b>Coal Region Stuffed Mangoes (Stuffed Peppers), By Cracker in PA</b>	<b>Sept 2019 Pgs. 3-5</b>
<b>Conservation and Commercial Development of Mangifera Species (Wild Mangos) in Florida, Drs. Noris Ledesma and Richard Campbell</b>	<b>July 2020 Pgs. 4-7</b>
<b>Fungicide for Mango Trees, By Clark Reid</b>	<b>Sept 2019 Pgs. 5-6</b>
<b>Grafting Mangos</b>	<b>July 2020 Pgs. 11-12</b>
<b>Ground Covers for Organic Mango Production in South Florida, By Dr. Noris Ledesma</b>	<b>Jan 2020 Pgs. 4-6</b>
<b>How the pawpaw, also known as a hillbilly mango, could be a climate change winner in NC, By Gareth McGrath</b>	<b>July 2022 Pgs. 7-9</b>
<b>How to Stake a Mango Tree to Control Height</b>	<b>Sept 2022 Pg. 9</b>
<b>Improving Harvest and Postharvest Practices on 'Mallka' Mango for the Local Industry, by Dr. Noris Ledesma</b>	<b>Apr/May 20 Pgs. 4-6</b>
<b>Mango Bacterial Black Spot, By Randy Ploetz</b>	<b>Mar 2019 Pgs. 5-6</b>
<b>Mango Calendar – Dr. Stephen Brady</b>	<b>Mar 2022 Pg. 4</b>
<b>Mango Tree Care Requirements</b>	<b>July 2012 Pgs. 5-6</b>
<b>Mango Season is Here Once Again</b>	<b>June 2022 Pgs. 4-5</b>
<b>Morphologic Characterization of Ten Commercial Mango Cultivars (Mangifera indica L.)</b>	
<b>with Potential for Pulp Industry in Colombia, by Dr. Ledesma</b>	<b>Apr/May 20 Pgs. 10-13</b>
<b>Planting and Care of Mango Trees, By Dr. Noris Ledesma</b>	<b>Oct 2018 Pgs. 5-6</b>
<b>'Rapoza' A Potential Mango Cultivar for the Americas, by Dr. Noris Ledesma &amp; Dr. Hervert Yair Ordonez</b>	<b>Sept 2022 Pgs. 5-7</b>
<b>Taming the Wild Mango, By Dr. Noris Ledesma</b>	<b>July 2019 Pgs. 3-5</b>
<b>Training and Pruning a Mango Orchard to Improve Blooming and Field in South Florida, By Dr. Noris Ledesma</b>	<b>June 2020 Pgs. 3-6</b>
<b>When Mangoes Reached Egypt? By Crafton Clift</b>	<b>Feb 2019 Pg. 4</b>

## **Tropical Fruit World magazine, published by Fairchild Tropical Botanic Garden**

### **Excerpts from Volume 1, Number 4, September/October 1990 Issue, include:**

- Who knows the Annonas? By David Fairchild August 27, 1950; Pages 99 to 103.
- Fruiting of the Ilama, published in The Kampong, Sunday, August 13, 1944, written from David Fairchild's notes by Beinn Bhreagh, Baddeck, Nova Scotia, March 26, 1937; Pages 104 to 108.
- Zill's Annona Project, by Har Mahdeem; Pages 109 to 114.
- Annona cslero derma: A New Annona for Florida, by Har Mahdeem; Pages 114 – 115.
- Heat Production in the Flowers of an Annona, by William Tang; Page 117.
- Other Annonaceous Fruits, by Har Mahdeem and various other authors; Pages 118 to 120.
- Pests of Annona Species, by J. E. Pena, H. Nadel and V. Torres, Pages 121 – 122.
- Annona Problems and Prospects in South Florida, by Nicholas Cockshutt, Pages 123 to 125.
- Potential Biomedical Applications for Tropical Fruit Products, by Maria T. Kowalska and David Puett; Pages 126 – 127.

The [linked article](#) to this issue of the July issue of the FGSWF newsletter contains both the background history and technical development of Annona species in South Florida during the twentieth century. The referenced publication is out of print and generally unavailable to readers. It is with great pleasure that this information is provided to our members and interested fruit growers. [Click HERE](#) to be directed to the [publication on collierfruit.org](#).

### **Flight Turns into Fight for Survival**

**Story by Victoria Bisset and Ana Herero: Washington Post, June 10, 2023**

**A need for a basic understanding of plants and survival is required at an early age.**

Four children have survived 40 days in the Amazon jungle in Colombia after their plane crashed last month, killing all three adults on board, including their mother.

The children, aged 13, 9, 4 and 1, were rescued Friday after rescuers spent weeks searching for them in remote areas of the Amazon jungle, which is home to jaguars, ocelots and venomous snakes.

#### **How did the children survive?**

It's not yet clear how exactly the children survived – but the Organization of the Indigenous Peoples of the Colombian Amazon [tweeted](#) that the children's survival was “a sign of the knowledge and relationship with the natural environment of life, which is taught and learned from the mother's womb and is practiced from a very early age.”

This was echoed by Fátima Valencia, the children's maternal grandmother, who told the 'Agence France-Presse' that the eldest child, the 13-year-old, had a “warrior”-like nature and “always took care” of her younger siblings, including by giving them fruit from the forest. Their grandfather, meanwhile, said the 9- and 4-year-old brothers were very “skilled” at walking through the forest.

The children were also supplied with emergency food parcels which were found to be used by the children. They did not survive solely on their skills and knowledge of the native plants, but it certainly helped.

Carlos Peres, a professor of tropical forest ecology at the University of East Anglia in England who has worked with eight ethnic groups in the Amazon jungle, said in a telephone interview Saturday that the children's knowledge of the forest would have helped them to survive.

For outsiders, “the hinterlands of the Amazon jungle sound a lot more hostile than it actually is, particularly if you come from those places,” Peres continued. “In that part of the Amazon, there will be about 80 different species of snakes, but only five of those are venomous and they [Indigenous people] can distinguish poisonous from nonpoisonous snakes.”

“Four Western kids of the same age would have died” there, he said, but many children from Indigenous communities in the Amazon “mature very early” and at an early age learn basic skills for surviving in the forest, including how to find food and how to avoid predators. In some communities with which he has worked, children may begin climbing trees as early as 1 year old.

Conclusion: It is vitally important that all school-age students know about the environment they live in and the basic edible fruits and herbals available for both their natural nutrition and medicinal qualities. Therefore, a first through twelfth grade agricultural, nutritional and wellness school program is important for all students.

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## Mosquito-Repelling Plants You need on Your Property

Why invest in presumably organic pesticides or bug sprays to control mosquitoes when you can repel them naturally with plants? Planting certain types of herbs and flowers is an effective solution for keeping mosquitoes away. As a bonus, plants that smell terrible to mosquitos smell great to us. Here are a few to consider that are suitable for our Southwest Florida climate. Rosemary (in containers, keep dry under cover), basil, lemon balm, pennyroyal, American beauty berry, lavender, marigolds & catnip (in containers as it spreads prolifically).

UF IFAS Collier Extension just announced a new event and wants to make sure you are the first to know!



### 2023 Mango Morning with UF/IFAS Extension

Saturday, July 22, 2023, at 9:00 AM  
14700 Immokalee Road - Naples, FL 34120

[Click Here](#)

[Get Tickets](#)

Here are other upcoming events from this organizer

Wednesday, July 19 at 9:00 AM

### 2023 Summer Southwest Florida Small Farmer Network Meeting

Bokeelia, FL

Saturday and Sunday, October 28 & 29 9:00 AM to 4:00/3:00 PM

### 2023 Naples Yard and Garden Show

14700 Immokalee Road - Naples, FL 34120

# 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/>

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

### **REMEMBER TO RENEW YOUR MEMBERSHIP!**

#### **2023 CFG Officers**

President, Daniela Craciun  
Vice President, TBD  
Secretary, Lisa Hare  
Treasurer, Rodger Taylor

#### **CFG Board Members**

Jorge Sanchez  
Crafton Clift  
Anameka Raju  
Kevin Cruz