



**SEPTEMBER 2023**

***Fruit Growers  
of SWFL***

**Published by Collier Fruit Growers**



COLLIER FRUIT GROWERS

**The Collier Fruit Growers' Meeting will be held  
Monday, September 18th,  
Starting at 7:00 pm.  
The Greater Naples Fire/ Rescue Station  
14575 Collier Blvd., 34119**

Please bring your fruit or a dessert with the fruit that you have grown.



The speaker at the September 18 membership meeting of the Collier Fruit Growers will be Susie Hassett, BS, MA Science Ed, the Environmental Education Resource Teacher, Lee County Schools.

Susie leads the mission to reconnect students to their environment through hands on learning outdoors. This includes driving the bus and leading field trips to various locations including the swamp, beach and ECHO Global. Farm, as well as others. She delivers professional development trainings and coordinates these with community partners to further prepare teachers to practice outdoor education. She connects community partners and resources to teachers, equipping them to grow gardens and explore the outdoors. She is a lifelong gardener, and shares her expertise with schools who want to start gardens. Her experience includes having grown vegetables at an elementary school for ten years, using all techniques from aquaponics and hydroponics to in the ground.

The Collier Fruit Growers is preparing to promote an ambitious agriculture educational program for Collier County Schools in conjunction with the 'Let's Grow' initiative at Naples Botanical Garden and the 'One Flower' nonprofit organization in Lee County, and various business sponsors for all students at the participating public and charter schools throughout Collier County. Please refer to the article entitled "Educational Initiative for Collier County Schools" on Page 4 of the newsletter for current activities of this initiative.

Please volunteer your time for numerous activities, such as posting educational materials on the website, preparing course outlines, or helping with grant applications, at:

[collierfruitgrowersinc@gmail.com](mailto:collierfruitgrowersinc@gmail.com)

Or consider donating to this initiative program through PayPal™ by clicking on the "donate" button:



the Bonita Springs  
**tropical fruit** club

**The Meetings of the Bonita Springs Tropical Fruit Club  
will held On Saturdays,  
September 9th & 23rd 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

# Tasty Mulberry Cobbler

## Recipe from the LA Times

### Fillings Ingredients:

- 1 Tablespoon of flour
- 1 Tablespoon of sugar
- 3 Cups of Mulberries, rinsed gently in cold water



Combine flour and sugar in a medium bowl. Toss gently with the mulberries.

### Topping Ingredients:

- 1 Cup of flour
- 1 Cup of sugar
- 1 Teaspoon of baking powder
- 1/3 Cup of butter or shortening, plus more for greasing the pie plate

Combine flour, sugar and baking powder in mixing bowl. Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Add egg; mix slightly, stirring just to moisten.

Grease a nine-inch round or eight-inch square baking dish. Fill with berry mixture. Crumble topping over berries. Bake at 350 degrees until slightly golden brown, 30 to 35 minutes.

# Watermelon & Halloumi with Caramelized Coriander Seeds

Wall Street Journal, Saturday August 5, 2023

Total Time 10 minutes, Serves 4

### Ingredients:

- 3 Cups bit-size fresh watermelon
- 8 Ounces halloumi cheese or fresh buffalo mozzarella
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon coriander seeds
- 1 Tablespoon honey
- ½ Teaspoon of dried mint
- 2 Tablespoons ground pistachios
- 1 Teaspoon freshly grated lime zest
- Fleur de sel or other flaky salt



### Instructions

Arrange watermelon cubes on serving platter or bowl. Slice halloumi or tear mozzarella into bite-size pieces and scatter on top.

Add oil to a small saucepan over low heat. Add coriander and toast just until fragrant, about 1 minute. Add honey and mint, swirl to combine, then remove from heat.

Scatter pistachios and lime zest over watermelon and sprinkle with flaky salt. Drizzle with the olive oil-coriander mixture. Serve immediately.



# Educational Initiative for Collier County Schools

When Daniela Craciun became president of the Collier Fruit Growers in January, she initiated the implementation of her vision of comprehensive agricultural, nutritional and wellness programs for all Collier County school students. Daniela's vision is for people to grow their own fruits, vegetables, and beneficial herbs free of harmful pesticides. She also wants to emphasize diet and well-being through good healthy cooking. Daniela was recently interviewed for an article in the September issue of 'Gulfshore Life' magazine, in which she discusses her vision for this educational initiative.

After the position of vice-president was vacated earlier this spring, Daniela moved quickly to appoint Michael Cartamil, a biology teacher at Gulf Coast High School, to fill the position. Michael is the only teacher in the Collier County School District to hold a degree in Agriculture. This fall Michael assumes the role of science teacher at the Everglades City School, pre-kindergarten through twelfth grade. Michael has plans to incorporate an enhanced agricultural curriculum and expand the garden at the school program as a potential guide for all the County's public, charter, and private schools. Michael is enthusiastically lending his technical knowledge for the betterment of the entire club.

This ambitious goal is to promote and educate all school age children in Collier County, Florida about tropical 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, especially children, off their cell phones, experience the outdoors away from the fast pace of life, and then enjoy the 'Wellness' of getting their hands dirty, having fun, and growing good health food, divorced of artificial chemicals or pesticides.

## **Collier Fruit Growers' Immediate Objectives are:**

- 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 an immediate path forward and a long-term agenda to fulfill its objective.
- Michael Cartamil, CFG Vice-President, is expanding the existing garden and implementing a comprehensive agricultural program for Second through Twelfth grade students at the public school in Everglades City.
- In conjunction with the 4-H, establish educational sessions for 'Home Schooled' children on selected Thursday mornings at UF/IFAS Extension Service throughout the school year.
- CFG is exploring the possibility of conducting workshop courses on Saturday mornings, each for five consecutive weeks, at the UF/IFAS Extension Service on Immokalee Road, Golden Gate Community Center, and at the Naples Botanical Garden's Buehler Auditorium.
- Encourage all public schools, as well as religious and private schools, to establish agricultural programs in line with certain county wide curriculums.
- Assist with the application of private and public grants to enhance the implementation of programs at selected schools.
- Establish an on-line resource of recommended books, workbooks, and other materials that are geared to selected ages, which can be utilized in conjunction with a school's agricultural program.

An Educational Committee, consisting of both educators and members of Collier Fruit Growers, has been formed to further the execution of these and other objectives. Periodical updates of the Committee's activities will be published in subsequent issues of the newsletter.



## The Best Mulberry Varieties Posted by "GrowingMulberry.org"

[Click HERE for an additional online article.](#)

Buyers must be extremely cautious when buying mulberries based upon name alone. Mulberries do not share the esteemed position of being developed and patented by universities and agricultural institutes, and consequently, their names hold little authority. Generally, it isn't the nursery being deceitful, but rather a general lack of knowledge and concern for the lowly mulberry.

Tasting a certain cultivar firsthand is certainly the most reliable way of finding a mulberry that will please you. Be sure to sample several from the same plant, as their flavor tends to vary according to the degree of "ripeness". Cultivars of *Morus alba* (White Mulberry) and *Morus macroura* (Himalayan) are the first to become available for tasting in the spring. Next will be *Morus rubra* (Red Mulberry) varieties and hybrids, while *Morus nigra* is last to ripen in summer months. If you are tasting what is purported to be a *Morus nigra* in spring (USDA Plant Hardiness Zone 8 or colder), it probably is not. *Morus albas* are often being sold as the more flavorful *Morus nigra* in regions of the humid south and the cold north because in these regions of North America the desirable *Morus nigra* does not thrive well.

If local purchase is not an option, it would be advisable to do an online search of reliable plant nurseries before making a purchase. "Garden Watchdog" [<http://davesgarden.com/products/gwd/>] is a good place to start. "Garden Watchdog" has ratings on over 7000 vendors.

The placement of the various cultivars into their corresponding species in this website was mostly derived from the *Morus* accessions list on the "U.S. National Plant Germplasm System (NPGS)" website [<https://npgsweb.ars-grin.gov>]. The database is a good resource, but one must be aware that most of the cultivar placement contained therein is based solely on taxonomy determinations and not genetic testing. Also, considering the ease at which the various species (except *nigra*) can cross (form hybrids), perhaps most cultivars don't represent any particular species category, but are instead hybrids. Therefore, please look at the cultivars listed under a specific species as having characteristics which closely match the taxonomy of that species category and not a "pure" genetic makeup.

Cultivars tend to vary greatly in flavor depending on the climate, soil, sunlight, and care where they are grown. A cultivar of *Morus alba* grown in fertile California soil may be reported as "flavorful", while the same cultivar in the sandy soil of Florida, may taste "bland". Also, be aware, a cultivar named 'Oscar' from one nursery may actually be something else at another nursery...So it is ALWAYS advisable to buy locally after "taste testing".

Be careful about selecting cultivars that may not withstand the climate of your area. Although the cultivar may fit the USDA Plant Hardiness Zone for your area, if your climate is fraught with hard freezes occurring after several weeks of very warm temperatures, you might be better served in purchasing a more cold hardy cultivar, since many cultivars ('Shangri-La' for example) will proceed to bud and leaf out at the hint of spring. 'Silk Hope' and 'Illinois Everbearing' are two mulberry cultivar examples that have a delayed awakening and are not usually fooled by a couple weeks of warm weather. It should be noted, nearly all mulberries will grow even in the extreme tropics, but disease problems and fruiting issues from lack of winter chill can make growing problematic. One orchard grower in the Philippines strips the branches of leaves of his purported 'Illinois' mulberry trees to induce fruiting; claiming to have achieved up to six crops a year. So, the upper "USDA Zone" number listed is just a suggested range for easy care for that particular cultivar.

Another consideration in selecting a mulberry cultivar is based on how you plan to enjoy your plant. Many people are attracted to the "everbearing" varieties with the hope of enjoying their fresh fruit over an extended period of several months. In a perfect world, the "everbearing" varieties are an excellent choice, but there are a few points that need to be considered. If your plan is to prune your plant and keep it small, you will compete for the few mulberries ripening on a daily basis with birds and a host of other diurnal and nocturnal critters (While they possibly might lack in intelligence over their human rival, they excel in persistence). So barring colossal measures to protect your fruit, a more realistic approach might be to let the plant become a large tree; then there will be plenty for everyone. Still, another factor is as the "everbearing mulberry" continues to produce into the summer, insects and the heat of summer cause issues. Thrips, fruit flies, and other insects can become an issue as the temperature heats up. And, very hot summer temperatures can cause the fruit to become somewhat desiccated, or extensive summer rains can cause a host of other issues.

'David Smith', 'Illinois' Everbearing', 'Silk Hope', 'Gerardi Dwarf' and many others ARE excellent "everbearing" choices in the right circumstances, BUT don't underestimate the benefits of a mulberry tree that produces a lot of fruit which ripen over a fairly short interval. Even with a small, well-pruned tree, you should enjoy a good portion of the crop. "Everbearing" is actually a "misnomer" since it doesn't mean that the mulberry cultivar produces fruit all year (although some cultivars can produce multiple crops of mulberries a year, especially when pruned heavily), but rather all of its catkins (flowers) are produced in a relatively short period of time, but the fruit ripens in a staggered fashion over a long period of a couple months or more. Mulberries freeze very well and have many uses.

#### **Notes:**

The author has attempted to place the various cultivars [Refer to the [growingmulberry.org](http://growingmulberry.org) website using the above web address] in specific species categories but feel time and genetic testing will uncover many errors. Most mulberry cultivars are self-fruitful and do not require a male pollinator, but there is some evidence that suggests pollination can increase the size of fruit and yield.

#### **Morus alba (White Mulberry)**



**Morus alba** holds center stage for having the most cultivars. While, indeed, there are many white-fruited cultivars, most cultivars have ripe fruit that is pink to black in color. The white fruited **Morus alba** flavor is distinct from the dark fruited **Morus alba**; the former reported to be reminiscent of watermelon. **Morus alba** has a wide range of fruit quality, although taste can be highly subjective. **Morus alba** cultivars are generally described as being "sweet", while **Morus rubra** cultivars and hybrids are regarded as more "flavorful". **Morus macroura** has a unique "raspberry" flavor, and **Morus nigra** most often holds the highest taste rating.

**White Mulberry** grows and fruits best when planted where it will receive at least 4 hours of full sun per day. It can handle poorer and drier soils than **Morus rubra** varieties. Needs minimal care and fertilization once established. Soil pH should be less than 7.5. Can grow to 70 feet and live 250 years. Has been found at elevations up to 10,000 feet.

#### **Morus rubra (Red Mulberry)**



**Morus rubra** usually performs better than **Morus alba** in less sunny locations, although fruit yield has a strong relationship to the amount of sunlight. **M. rubra** prefers moist, organic-rich soil, but will thrive in drier soil types once established. Established **M. rubra** trees can even withstand having their roots flooded for periods of several months. **Morus rubra** can thrive in more alkaline soils than **Morus alba** or **Morus macroura**. **Morus rubra** is native to North America, but pure strains of **Morus rubra** may be becoming rare, as one study of Red Mulberries in Canada put the occurrence of hybridization with **Morus alba** at 54%.

**Red Mulberry** trees generally set fruit individually along a branch, while the **White Mulberry** often sets fruit in clusters. The fruit is often preferred to be eaten while it is still quite red (before turning reddish black), as it has a pleasant tart taste at that stage.

**Morus rubra** has fewer available cultivars than **Morus alba**, perhaps due to the fact that **Morus alba** was grown in vast quantities throughout the eastern United States for raising silkworms (*Bombyx mori*), while **Morus rubra** is not readily accepted by the silkworm.

**Red Mulberry** grows in full sun to partial shade (fruits heaviest in full sun). Prefers moist soil that is high in organic matter but will grow in a wide range of soil types up to pH 8.5. Once established it can survive drought and extended flooding. Can grow to 70 feet. Grows up to elevations of 3500 feet, possibly higher.

Much of the information on **Red Mulberry** cultivars comes from a 1906 publication titled *The Evolution of Our Native Fruits*, by Liberty Hyde Bailey. It is unfortunate that this wonderful native tree presently has no

genetically "pure" cultivars available. Young trees are usually not very prolific, and their productivity varies by year. But their beautiful tree shape and growth rate, which is more manageable than *Morus alba*, warrants giving them much consideration.

Red Mulberry plants can be found in nurseries in the eastern half of the United States that specialize in native plants. These will generally be seed-grown, since "true" Red Mulberry trees do not root from cuttings and must be either grafted or air-layered.

### **Morus nigra (Black Mulberry)**



*Morus nigra* is unique among mulberries in that it is highly polyploidy; that is, instead of 14 pairs of chromosomes (28 chromosomes) found in *Morus alba* and *rubra*, it has 14 sets of 22 identical chromosomes (308 chromosomes). Highly polyploid species like *Morus nigra* may be more resistant to producing new varieties, since even when a mutation occurs in one chromosome, it is masked by the countering chromosomes (4). Perhaps for this reason, there appear to be fewer distinctions between the so-named cultivars.

*Morus nigra* can handle higher alkaline soil than the other mulberry species. Preferring a Mediterranean-type climate, it has a fairly limited range here in the gUS, being confined mainly to US Agricultural Zones 6-9 west of the Mississippi. In other areas of the US where it happens to occur, it does so unwillingly; being smitten by cold or disease.

Black Mulberry is the slowest growing mulberry species and also the longest lived. Generally considered to have the most flavorful fruit. Handles drier soil than *alba* or *rubra*. Needs full sun to fruit well. Can grow to 45 feet and live 500 years or more. Grows at elevations of up to 6500 feet.

#### **Notes:**

There is very little difference in appearance between most cultivars of *Morus nigra*.

*Morus nigra* has been reported to thrive in dry winter locations of USDA Hardiness Zone 6, but will not tolerate a wet winter Zone 6.

### **Morus macroura (Long mulberry, Tibetan or Himalayan mulberry)**



There are undoubtedly many different cultivars of *Morus macroura* in the US, but most are referred to as either white, red, or black 'Pakistan' or 'Shahtoot' (which translates from the Persian language as 'King Mulberry'), though some cultivars or hybrids of *Morus alba* are also called 'Pakistan' because they possess elongated fruit (or called *Morus alba* in error). 'Himalayan' mulberry often refers to a separate species named *Morus serrata*, but I have little knowledge of this species. And *Morus macroura* is "King" indeed, with a fruit that sometimes exceeds four inches in length. The flavor of the red cultivars is often described as raspberry like and is usually preferred to be consumed while still firm. The fruit is generally firmer and less staining than other species of mulberry.

*Morus macroura* does well in the deep south, withstanding intense heat and humidity. It also appears to be the most disease resistant species of mulberry.

Although it is only recommended for USDA Plant Hardiness Zones 9 and 10, it has been reported to survive down to Zone 8 (with isolated reports of 'Pakistan' surviving down to Zone 6 with proper acclimation), but most crops of fruit will be lost to late freezes. Also, hard freezes after spring bud break may severely damage the plant. Sometimes growing to 100 feet (Thailand; unverified), it usually stays well below 60 feet in height. It tolerates a wide range of soil types and is reported to even grow in heavy clays.

#### **Morus hybrids**

Although only a few hybrids are listed on the website, the author feels that most mulberry cultivars will be found, through extensive genetic testing, to be hybrids (crosses) between the various *Morus* species; This list will most likely grow considerably in the years to come.

# Eight Basic Health Benefits of Kombucha

Kombucha may provide similar benefits to green tea and protect against conditions like diabetes and cancer. It also contains probiotics, which can benefit your gut microbiome. People have consumed kombucha, a type of fermented tea, for thousands of years. Not only does it have the same health benefits as tea – it's also rich in beneficial probiotics. Kombucha also contains antioxidants, can kill harmful bacteria, and may help fight several diseases.

Here are the top eight health benefits of kombucha, based on scientific evidence:

## 1. Is a potential source of probiotics

Kombucha is thought to originate in China or Japan. It's made by adding specific strains of bacteria, yeast, and sugar to black or green tea, then allowing it to ferment for a week or more. During this process, bacteria and yeast form a mushroom-like film on the surface of the liquid. This is why kombucha is also known as "mushroom tea." This blob is a living symbiotic colony of bacteria and yeast, or a SCOBY, and can be used to ferment new kombucha. The fermentation process produces acetic acid (also found in vinegar) and several other acidic compounds, trace levels of alcohol, and gases that make it. A large number of bacteria also grow in the mixture. Although there's still no evidence for the probiotic benefits of kombucha, it contains several species of lactic-acid bacteria which may have a probiotic function. Probiotics provide your gut with healthy bacteria. These bacteria can improve many aspects of health, including digestion, inflammation, and even weight loss. For this reason, adding beverages like kombucha to your diet might improve your health in many ways.

### SUMMARY

Kombucha is a type of tea that has been fermented. This makes it a good source of probiotics, which have many health benefits.

## 2. May provide the benefits of green tea

Green tea is one of the healthiest beverages on the planet.

This is because green tea contains many bioactive compounds, such as polyphenols, which function as powerful antioxidants in the body. Kombucha made from green tea contains many of the same plant compounds and presumably boasts some of the same benefits. Studies show that drinking green tea regularly or taking supplements containing green tea extract can increase the number of calories you burn, reduce belly fat, improve cholesterol levels, help with blood sugar control, and more.

Studies also show that green tea drinkers have a reduced risk of prostate, breast, and colon cancers.

### SUMMARY

Kombucha made from green tea may offer many of the same health benefits as green tea itself, such as weight loss and blood sugar management.

## 3. Contains antioxidants

Antioxidants are substances that fight free radicals, reactive molecules that can damage your cells.

Many scientists believe that antioxidants from foods and beverages are better for your health than antioxidant supplements. Kombucha, especially when made with green tea, appears to have antioxidant effects on your liver. Rat studies consistently find that drinking kombucha regularly reduces liver toxicity caused by toxic chemicals, sometimes by at least 70%. While no human studies exist on this topic, it seems like a promising research area for people with liver disease.

### SUMMARY

Kombucha is rich in antioxidants, and studies have shown that it protects rats' liver from toxicity.

## 4. Can kill bacteria

One of the main substances produced during the fermentation of kombucha is acetic acid, which is also abundant in vinegar. Like the polyphenols in tea, acetic acid can kill many potentially harmful microorganisms. Kombucha made from black or green tea appears to have strong antibacterial properties, particularly against infection-causing bacteria and Candida yeasts. These antimicrobial effects suppress the growth of undesirable bacteria and yeasts, but they do not affect the beneficial, probiotic bacteria and yeasts involved in kombucha fermentation. The health relevance of these antimicrobial properties is unclear.

### SUMMARY

Kombucha is rich in tea polyphenols and acetic acid, which have both been shown to suppress the growth of undesirable bacteria and yeasts.



## **5. May reduce heart disease risk**

Heart disease is the world's leading cause of death. Rat studies show that kombucha can greatly improve two markers of heart disease, "bad" LDL and "good" HDL cholesterol, in as few as 30 days.

Even more importantly, tea (especially green tea) protects LDL cholesterol particles from oxidation, which is thought to contribute to heart disease. In fact, green tea drinkers have up to a 31% lower risk of developing heart disease, a benefit that may also apply to kombucha.

### **SUMMARY**

Kombucha has been shown to improve bad (LDL) and good (HDL) cholesterol levels in rats. It may also protect against heart disease.

## **6. May help manage type 2 diabetes**

Type 2 diabetes affects over 450 million people worldwide. It's characterized by high blood sugar levels and insulin resistance. A study in diabetic rats found that kombucha slowed down the digestion of carbs, which reduced blood sugar levels. It also improved liver and kidney function. Kombucha made from green tea is likely to be even more beneficial, as green tea itself has been shown to reduce blood sugar levels. In fact, a literature review of almost 300,000 individuals found that green tea drinkers had an 18% lower risk of developing diabetes. Further human studies are needed to investigate the benefits of kombucha for blood sugar management.

### **SUMMARY**

Kombucha improved several markers of diabetes in rats, including blood sugar levels.

## **7. May help protect against cancer**

Cancer is one of the world's leading causes of death. It's characterized by cell mutation and uncontrolled cell growth. In test-tube studies, kombucha helped prevent the growth and spread of cancerous cells due to its high concentration of tea polyphenols and antioxidants. How the anticancer properties of tea polyphenols work aren't well understood. However, it's thought that the polyphenols block gene mutation and growth of cancer cells while also promoting cancer cell death.

For this reason, it isn't surprising that tea drinkers are much less likely to develop various types of cancer. However, whether kombucha has anticancer effects on people hasn't been confirmed. Further studies are needed.

### **SUMMARY**

Test tube studies show that kombucha may suppress the growth of cancer cells. It's unknown whether drinking kombucha has any effects on cancer risk in people.

## **8. Is healthy when made properly**

Kombucha is a probiotic-rich tea with many potential health benefits.

You can purchase it in stores or make it yourself at home. However, be sure to prepare it properly.

Contaminated or over-fermented kombucha can cause serious health problems and even death. Homemade kombucha may also contain up to 3% alcohol. The safer option is to buy kombucha at a store or online.

Commercial products are tasty and considered alcohol-free, as they must contain less than 0.5% alcohol.

However, check the ingredients and try to avoid brands that are high in added sugar.

### **SUMMARY**

Improperly prepared kombucha may have adverse health effects. A safer option is to buy bottled kombucha at the store.

## **The bottom line**

Many people believe that kombucha helps treat all sorts of chronic health problems. However, human studies on the effects of kombucha are few, and the evidence for its health effects is limited. In contrast, there's ample evidence for the benefits of tea and probiotics, which are both found in kombucha.

If you try homemade kombucha, ensure you prepare it properly. Contaminated kombucha may cause more harm than good.

This article was published on the 'Cleveland Clinic Health Essential' website, March 6, 2023.

[For further information refer to the article, "History of Fermentation" in the July 2018 issue of the newsletter, page 3.]

# Popular Fruit Tree Nurseries in Florida



## Southeast

Sweet Florida Tropicals LLC  
Tropical Acres Farms, Inc - Mangoes, Avocados, Sapodillas & Mangos Trees  
Excalibur Fruit Trees LLC  
Zill High Performance Plants  
Naga Gardens  
Caribbean Plants and Produce  
Tropical Acres Farms, Inc - Mangoes, Avocados, Sapodillas & Mangos Trees  
Excalibur Fruit Trees LLC  
Walter and Verna Zill Mangoes  
Truly Tropical Mangos & Fruit  
Hidden Acres Mango Farm  
Spyke's Grove & Tropical Nursery  
Fruits n' Cahoots  
Miami Fruit Trees & Bamboo  
5 Sisters Fruit Farm (Vườn trái cây 5 chị em )  
Pine Island Nursery Inc.  
Serendib Farms- tropical fruits

## Central

Julie's Tropical Plants  
Nick's Island Tropical Fruit  
Growing in Grace Nursery  
The Reid Farm  
Nicks's edibles  
Nick's Island Tropical Fruit  
Best Mangos Merritt Island  
Homeport Mangoes  
Four Lions Tropical Orchard

## West

A Land of Delight Natural Farm & Nursery  
Rivers of Provision  
Jene's Nursery & Tropicals  
Tampa tropical Asian nursery

## Southwest

FruitScapes LLC  
Stanley's Mangos  
Gopal Farm Pine Island  
Montura Gardens LLC  
Punta Gorda Farmer's Market  
Promised Land Mangoes  
Peace River Organics  
Nelson Family Farms



**For the location, address and telephone number of each nursery listed above go to:**  
<https://www.google.com/mymaps/viewer?mid=1fAAWnuF3RlatmUPv251mofQINO5g-5Y&hl=en>

# Collier Fruit Growers News



## TASTING THE TROPICS

The festival held on July 1st was attended by more than 1,300 people, the highest in the Naples Botanical Gardens history for a summer event. Lines were enormous to view the display table and the fruit tasting in Kapnick Hall. Fruit-related tours of the Garden were conducted hourly. [The Location of the specimen fruit trees in the Garden are illustrated on the following page.] Activities also included the W.O.N.D.E.R. Family "Little Green Thumb," and Dig Deeper Drop-in Adult "The Spice is Right: Spices of Mexico" Programs.

The afternoon Lecture series in the Buehler Auditorium with Dr. Noris Ledesma and Alex Nikesch were very informative and they were well received. [The PowerPoint™ presentation of both their lectures have been posted on the CollierFruit.org website.] A tasting of twelve newer varieties of mangoes was available, along with an assortment of mango related refreshments that were prepared by Daniela Craciun and Anameka Raju. Up to six members of the Collier Fruit Growers can obtain free entry to Naples Botanical Garden when using the Club's Garden Membership Card. To obtain temporary use of the Card please make request to: [collierfruitgrowersinc@gmail.com](mailto:collierfruitgrowersinc@gmail.com)



## UF/IFAS Naples Yard and Garden Show October 28th & 29th.

UF | IFAS Extension  
UNIVERSITY OF FLORIDA

UF/IFAS Extension Collier County Master Gardener Volunteer

### Naples Yard and Garden Show

Sat. and Sun., October 28, 9AM - 4PM | October 29, 9AM - 3PM  
14700 Immokalee Road, Naples, FL 34120

**Huge Plant Sale**      **Adults \$5 - Under 12 free**

- Orchids
- Tropicals
- Palms
- Fruit Trees
- Native plants
- Butterfly Plants/Attractor
- Garden Art
- And much more

@mgvcollier  
@NaplesYardAndGardenShow

Pay in advance:  
[eventbrite.com/e/2023-naples-yard-and-garden-show-tickets-622087349007](https://www.eventbrite.com/e/2023-naples-yard-and-garden-show-tickets-622087349007)

Or pay at the entrance, cash only.

An Equal Opportunity Institution.

**IMPORTANT** !!!

## Future Tree Sales at Freedom Park

Due to recent developments FruitScapes will no longer be able to provide the trees for our customary semi-annual, November and February, tree sales. The Club's participation in the Home and Garden Show and Sale again this year will probably replace the November sale at Freedom Park. The form and character of the February sale is still being considered. One possibility would be to have multiple vendors, each offering their rarest and most unique trees for sale. The Board of Directors are open to all suggestions on how to host the February and all future sales. Please submit any suggestions to:

[collierfruitgrowersinc@gmail.com](mailto:collierfruitgrowersinc@gmail.com)

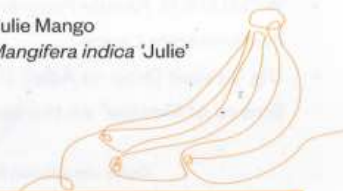


# Naples Botanical Garden™

## NBG Fruit Tree Map



- |   |   |
|---|---|
| <p><b>1</b> Bacupari<br/><i>Garcinia brasiliensis</i></p> <p><b>2</b> Jaboticaba<br/><i>Plinia cauliflora</i></p> <p><b>3</b> Abiu<br/><i>Pouteria caimito</i></p> <p><b>4</b> Snakewood<br/><i>Cecropia peltata</i></p> <p><b>5</b> Spanish Lime<br/><i>Meliococcus bijugatus</i></p> <p><b>6</b> Pineapple<br/><i>Ananas comosus</i></p> <p>Banana<br/><i>Musa spp.</i></p> <p>Papaya<br/><i>Carica papaya</i></p> <p><b>7</b> Gamboge<br/><i>Garcinia xanthochymus</i></p> <p><b>8</b> Jackfruit<br/><i>Artocarpus heterophyllus</i></p> <p><b>9</b> Snakefruit<br/><i>Salacca zalacca</i></p> | <p><b>10</b> Plants along the espalier fence (espalier is the art of training trees to grow flat against a wall or trellis):</p> <p>Olive<br/><i>Olea europaea</i></p> <p>Canistel<br/><i>Pouteria campechinana 'Bruce'</i></p> <p>Plum<br/><i>Prunus x domestica</i></p> <p>Cherry of the Rio Grande<br/><i>Eugenia aggregata</i></p> <p>Sugar Apple<br/><i>Annona squamosa</i></p> <p>Indian Jujube<br/><i>Ziziphus mauritania</i></p> <p>Sapodilla<br/><i>Manilkara zapota 'Silas Woods'</i></p> <p>Allspice<br/><i>Pimenta dioica</i></p> <p>Guava<br/><i>Psidium guajava 'Ruby x Supreme'</i></p> <p>Julie Mango<br/><i>Mangifera indica 'Julie'</i></p> |
|---|---|



Want to learn more?  
Text **GARDENCHAT** to  
**239.990.8233**

The University of Florida is hosting a **Produce Safety Alliance Grower Training in Immokalee, FL on November 30th**. The training information is detailed below and a shareable flyer is attached. Please share this training opportunity with your stakeholders. Also, feel free to share with any agent or organization who can benefit from this information.

**Training Information:**

**UF/IFAS is hosting a Produce Safety Alliance Grower Training in Immokalee, FL.**

**Online Registration Link:** <https://psa113023.eventbrite.com>

**WHEN**

**November 30th, 2023**

**8:00 AM to 5:00 PM (EDT)**



**WHERE**

**UF/IFAS Southwest Florida Research and Education Center  
2685 State Road 29 North, Immokalee, FL, 34142**

**WHO SHOULD ATTEND**

**Fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety are encouraged to attend. The PSA Grower Training Course is one way to satisfy the FSMA Produce Safety Rule requirement.**

**WHAT TO EXPECT**

**The trainers will spend approximately seven hours of instruction time covering content contained in these seven modules:**

- **Introduction to Produce Safety**
- **Worker Health, Hygiene, and Training**
- **Soil Amendments**
- **Wildlife, Domesticated Animals, and Land Use**
- **Agricultural Water (Part I: Production Water; Part II: Postharvest Water)**
- **Postharvest Handling and Sanitation**
- **How to Develop a Farm Food Safety Plan**

**In addition to learning about produce safety best practices, key parts of the FSMA Produce Safety Rule requirements are outlined within each module. There will be time for questions and discussion, so participants should come prepared to share their experiences and produce safety questions.**

**BENEFITS OF ATTENDING**

**The course will provide a foundation of Good Agricultural Practices (GAPs) and co-management information, FSMA Produce Safety Rule requirements, and details on how to develop a farm food safety plan.**

**After attending the entire course, participants will be eligible to receive a certificate from the Association of Food and Drug Officials (AFDO) that verifies they have completed the training course.**

**REGISTRATION**

**NO substitutions, transfers, or refunds will be issued within one week of the training start date\*\* The fee for the training is \$40 for Florida produce industry members and government/university employees. Registration is limited. For general registration questions, contact Sarah McCoy at [sarahmccoy@ufl.edu](mailto:sarahmccoy@ufl.edu).**

**Registration includes the training materials, lunch, refreshments, and a certificate of course attendance issued by AFDO. Participation for the entire training is required for the certificate. Training materials and certificate are funded through the Florida Department of Agriculture and Consumer Services (EAIN #1U2FFD007446-01).**

**Clara Diekman, M.S.**

**Education and Training Specialist II**

**UF/IFAS Citrus Research and Education Center**

**700 Experiment Station Rd.**

**Lake Alfred, FL 33850**

[cdiekman97@ufl.edu](mailto:cdiekman97@ufl.edu)

# 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  
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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, Michael Cartami  
Secretary, Veronica Perinon  
Treasurer, Rodger Taylor

#### **CFG Board Members**

Jorge Sanchez  
Crafton Clift  
Anameka Raju  
Kevin Cruz

