JULY 2024

FRUIT GROWERS OF SOUTHWEST FLORIDA

PUBLISHED BY THE COLLIER FRUIT GROWERS, INC.

THE PAGODA AT KEW GARDENS

The Collier Fruit Growers Monthly Meeting will be on
Monday, July 15th, starting at 7:00 pm.
The Greater Naples Fire Rescue Station
14575 Collier Blvd. 34119

Bring tropical fruit or a fruit-based bake item for the tasting table.
Please bring trees, seedlings, plants, or fruits for the raffle. Tickets are $2.00, three for $5.00.
Remember: Renew your $15 annual family membership.

Kathleen Morales Perez will be the speaker at the July 15 Collier Fruit Growers Membership Meeting. She is passionate and committed to improving nutrition and food security. Born in Cartagena, Colombia, Kathleen completed her Social Work degree at the National University of Colombia in 2012. After moving to the United States in 2015. She quickly became bilingual and dedicated herself to helping communities access vital social programs and services. Kathleen joined the UF/IFAS Extension Family Nutrition Program (FNP) in 2020, where she works with childcare programs, school districts, and community organizations to enhance the reach and impact of SNAP-Education.

Kathleen has been instrumental in supporting Farm to Early Care and Education (ECE), Farm to School, and School Garden programs across Lee, Charlotte, and Sarasota Counties. Her contributions include providing free professional development, technical assistance, and resources, to ensure the successful planning, implementation, and sustainability of these initiatives.

Recently admitted to the Leadership in Agriculture and Natural Resources Certificate Program at the University of Florida, Kathleen is also pursuing certification as a Master Gardener this Fall.

To complement her professional endeavors, Kathleen nurtures her curious mind and grounds herself by connecting with nature, gardening, dancing, and cooking. She also loves creating adventures with her partner, Ben, and cherishing her connection with her mother in Colombia.

***** There will be no Fruit Growers of Southwest Florida Newsletter for August. *****

The Collier Fruit Growers continues its 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.

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, July 13th & 27th, 2024 at 4:30 pm.
Bonita Springs Fire Control & Rescue Station
All the meetings are potluck events.

Breadfruit Recipe for July

By Carolyn Shearlock, June 5, 2024, TheBoatGalley.com

Breadfruit is high in complex carbohydrates and has a lower glycemic index compared to other white starches. Just a ½ cup of breadfruit provides 25% of your daily recommended fiber intake. Eating local breadfruit is a great way to eat healthily and cut down on the carbon footprint of your food.

How to Prepare the Breadfruit

These instructions are for your typical mature breadfruit. It's much like preparing a pineapple with its hard outer skin and an inner core.

First, cut the top and bottom off.

Then, work around the fruit cutting the skin off. A sap is released, although it's not as sticky and thick as some other produce. It will leave a residue behind.

Cut the fruit into quarters lengthwise.

The fruit is dense in the middle, then porous, then solid flesh. You will want to cut out the dense middle part and throw it away, leaving the edible porous and solid flesh. There are small brown seeds with hairs that extend out into the porous part.

Once you've followed the instructions above, try this easy way to cook it:

1. Dice the breadfruit, toss with olive oil and salt and bake until browned.
2. Steam the breadfruit and mash it.
3. Pan fry chunks of breadfruit with oil.
4. Throw a whole breadfruit into your beach bonfire and pull it out when the skin is black.

Breadfruit Curry

Breadfruit curry is a great vegetarian option. This dish is enjoyed all over the world, from Sri Lanka, where it's called del, to Fiji and Jamacia. This is a very basic recipe with ingredients you should be able to find anywhere. Prep Time 15 mins., Cook Time 40min.

Ingredients

- 2 Tbs coconut oil
- 4 cloves of garlic, minced
- 1 knob of fresh ginger, minced 1"x1"x2" size
- ½ onion, diced
- ½ bell pepper, diced
- ½ breadfruit, cut into small chunks
- 1 can coconut milk (13.5 ounce size)
- ½ tsp turmeric
- ⅛ tsp chili powder (optional)
- 2 Tbs curry powder
- ½ water, or more as needed

Instructions

1. Heat the oil in a saucepan or stockpot using medium-high heat.
2. Add garlic, ginger, onion, and pepper to oil and let cook for five minutes, stirring occasionally.
3. Add the breadfruit and let it cook for a few minutes, stirring until most of the pieces are browned.
4. Pour in coconut milk, spices, and water. Bring to a boil.
5. Turn the heat down, cover, and let simmer for 20-30 minutes until the breadfruit is soft when poked with a fork. It should feel like a cooked potato. If your sauce gets too thick, add more water and stir.
6. Serve with chapati or rice.

Tasting the Tropics – Naples Botanical Garden

Collier Fruit Growers is again privileged to host a tasting and three afternoon lectures from 2:00 to 5:00 pm in the Buehler Auditorium on Saturday, July 6. The tasting will include fruit-oriented drinks and pasties. Fresh fruits, including breadfruit and mangos, will be available for sampling. Our speakers will discuss a wide variety of topics, i.e., enhancing / rehabilitating Grimal's Grove located in the Lower Keys, fruit trees collection at NBG, and permaculture in the landscape.

Fresh Breadfruit, Mango, Jackfruit, Star Fruit, Sapodilla, Mamey Sapote, Guava, Velvet Apple, Malay Apple, Abiu, Lychee and other fruits will be available for tasting.

A wide variety of fruit trees will be available for purchase. Fruit trees can also be purchased by contacting the Collier Fruit Growers directly by telephone at: 786.423.6305.

Attendance to the Lectures and Tasting is Absolutely Free.

Patrick Garvey will discuss his acquisition of Grimal's Grove, ca. 2010, on Big Pine Key, a property which was overrun, neglected, and occupied by squatters. Despite the chaos, Garvey felt a deep connection to the place and embarked on a journey to revive it. He researched the enigmatic Adolf Grimal, the original creator of the grove, and learned about his passion for tropical fruit. Garvey, along with his partner Josef Crosby, embraced the challenge, cleaning up the grove and envisioning a thriving botanical garden filled with a diverse collection of rare and exotic fruit trees. Garvey's dedication and perseverance transformed the once-abandoned grove into a magnificent tropical fruit oasis, showcasing the legacy of Adolf Grimal's horticultural achievements. He established the first breadfruit grove in the Continental United States in 2019.

Matthew Herrman, Curator of Special Collections at the Naples Botanical Garden, will be the second speaker at the Saturday, July 6 afternoon lectures. Matt has extensive knowledge of tropical fruits trees. Matt will address the varied fruit tree collection which he is amassing at the Garden. He will also present the Garden vision for its recently completed Horticultural Center and possibilities for the large greenhouse space which was recently acquired from the Lipman Tomato Company.

Matthew Reese will present the principles and practicality of permaculture. He is the founder and owner of Peace River Organics (PRO), an agroforestry-based company in southwest Florida. PRO offers consultancy, site development, and maintenance services for a range of clients in the area. Prior to his transition into farm-based entrepreneurship, Matthew's career experience was centered around coastal restoration and development projects in South Florida, the Caribbean, and Central America. He has degrees in Civil Engineering through the University of Florida with focuses on geotechnical, construction, and sustainable engineering. He began studying permaculture during graduate school back in 2008. His transition into farming came after moving to Punta Gorda, Florida in 2010 to start his family.

Kew Gardens and Its Connection to America

It became a royal home occupied by George III, King of England [(1)] who lost Thirteen Colonies in America.

In 1631 Samuel Fortrey, a Flemish merchant whose family had escaped religious persecution, built himself a fashionable brick mansion west of the City of London on the south side of the River Thames at Kew. The house remained in the Fortrey's family for another generation and passed through a succession of wealthy tenants. It was King George II (1727-60) and his Queen, Caroline of Ansbach along with their large royal family that were attracted to 'Kew Palace' in 1729. They continued to use the 'Richmond Lodge' (formerly in the Old Deer Park at the southern end of Kew Gardens). Their heir, Fredrick, Prince of Wales, rebuilt a larger White House (since demolished) which stood opposite the surviving 'Kew Palace.' After Fredrick's untimely death, due to reportedly an infection resulting from a blow on the head from cricket ball, Augusta, Princess of Wales continued to develop the royal gardens with Chambers, her architect and William Aiton her gardener to establish the great gardens of Kew. In just six years from 1757 to 1763 Chambers added an extraordinary world in microcosm, including a tearoom that appeared like a mosque, a Moorish Alhambra, and a great brick Pagoda (which still exists). It ultimately became a country retreat for King George III (1760–1820), Queen Charlotte, and their twelve children away from the filth and smells of the 'City.' [It was during King George III's reign that Britain won an empire in the Seven Years' War, a conflict between European powers (1756 to 1763) but lost thirteen[(2)] of their American Colonies. Then, after the struggle against Revolutionary and Napoleonic France, Britain emerged as a leading power in Europe.]

Starting in the 1780s King George III experienced bouts of mental illness. Many have theorized that they were brought on by the loss of the American Colonies. Then in 1801 and 1804 the King suffered serious episodes. Each time the King was moved to Kew, away from the public eye. Daily morning hot bath treatments in the adjacent 'Royal Kitchen,' were prescribed by the King's attending physicians. From the available physician notes and records it has been generally concluded that the King suffered from Bipolar disease. Sometime shortly after the King's death, 'Kew Palace' and the approximately 300 acres of gardens were given to people of England to remain accessible in perpetuity, and both the Palace and the 'Royal Kitchen' are open to the public.

Most people visit Kew to experience the beautiful gardens. But Kew's stated mission is also to conduct research and find useful plants and fungi. Despite there being 7,000 catalogued edible plant species (and likely thousands more), just 15% of crops contribute to 90% of humanity's food intake, and more than six billion people rely solely on rice, maize, and wheat. Additional crops are needed, with sufficient genetic diversity, to survive under variable weather conditions and against emerging pests and diseases. Kew's scientists are helping to gain better understanding of which plants might be useful to man through its 'Tree of Life' initiative. Kew's Mission is to understand and protect plants and fungi for the wellbeing of people and the future of all life on Earth. It has an unparalleled repository of plant and fungi diversity. Kew's living and preserved collections, developed over its 260-year history, are underpinning critical research into biodiversity, conservation, and sustainable use.

There is also Kew's wild botanic garden at Wakehurst, home to the Millenium Seed Bank, diverse landscapes and plants [(3)] from across the globe in West Sussex, south of London. Set in the dramatic landscape of the High Weald, Wakehurst's nearly 465 acres has an 'American prairie,' ornamental and water gardens, temperate woodlands, the Loder Valley Nature Reserve and an Elizabethan mansion.

Notes: [(1)] Great Britain and Ireland [(2)] The two southern most colonies (i.e., East and West Florida; established in 1763, divided by the Apalachicola River) did not participate in the Continental Congress in Philadelphia nor the Revolutionary War. [(3)] Many important plant collections thrive in the higher rainfall and moister soils, especially those from eastern Asia, South America, Australia, and New Zealand.

Breadfruit, Species; *A. altilis*

Derived substantially from Wikipedia™

Scientific Classification: Kingdom: *Plantar,* Clade: *Tracheophytes,* Clade: *Angiosperms,* Clade: *Eudicots,* Clade: *Rosids,* Order: *Rosades,* Family: *Moraccece,* Genus: *Artocarpus,* Species: *A. altilis*

Breadfruit is a species of flowering tree in the mulberry and jackfruit family (Moraceae) believed to be a domesticated descendant of *A. camansi* originating in New Guinea, the Maluku Islands, and the Philippines. It was initially spread to Oceania via the Austronesian expansion. It was further spread to other tropical regions of the world during the Colonial Era. British and French navigators introduced a few Polynesian seedless varieties to Caribbean islands during the late 18th century. Today it is grown in some 90 countries throughout South and Southeast Asia, the Pacific Ocean, the Caribbean, Central America and Africa, and also **the 'near tropical' climate of extreme southern Florida**. Its name is derived from the texture of the moderately ripe fruit when cooked, like freshly baked bread and having a potato-like flavor.

The trees have been widely planted in tropical regions, including lowland Central America, northern South America, and the Caribbean.

Breadfruit is closely related to *A. camansi* (breadnut or seeded breadfruit) of New Guinea, the Maluku Islands, and the Philippines, *A. blancoi* (*tipolo* or *antipolo*) of the Philippines, and *A. mariannensis* (*dugdug*) of Micronesia, all of which are sometimes also referred to as "breadfruit". It is also closely related to the jackfruit.

Description

Breadfruit trees grow to a height of 26 meters (85 feet). The large and thick leaves are deeply cut into pinnate lobes. All parts of the tree yield latex, which is useful for boat caulking.

The trees are monoecious, with male and female flowers growing on the same tree. The male flowers emerge first, followed shortly afterward by the female flowers. The latter grow into capitula, which are capable of pollination just three days later. Pollination occurs mainly by fruit bats, but cultivated varieties produce fruit without pollination. The compound, false fruit develops from the swollen perianth, and originates from 1,500 to 2,000 flowers visible on the skin of the fruit as hexagon-like disks.

Breadfruit is one of the highest-yielding food plants, with a single tree producing up to 200 or more grapefruit-sized fruits per season, requiring limited care. In the South Pacific, the trees yield 50 to 150 fruits per year, usually round, oval or oblong weighing 0.25 to 6 kilograms (0.55 to 13 lbs.). Productivity varies between wet and dry areas. Studies in Barbados indicate a reasonable potential of 15 to 30 tons per hectare (6.7 to 13.4 short ton/acre). The ovoid fruit has a rough surface, and each fruit is divided into many achenes, each achene surrounded by a fleshy perianth and growing on a fleshy receptacle. Most selectively bred cultivars have seedless fruit, whereas seeded varieties are grown mainly for their edible seeds. Breadfruit is usually propagated using root cuttings.

Breadfruit is closely related to the breadnut. It is similar in appearance to its relative of the same genus, the jackfruit (*A. heterophyllus*). The closely related *A. camansi* can be distinguished from *A. altilis* by having spinier fruits with numerous seeds. *A. mariannensis* can be distinguished by having dark green elongated fruits with darker yellow flesh, as well as entire or shallowly lobed leaves.

Propagation

Breadfruit is propagated mainly by seeds, though seedless breadfruit can be propagated by transplanting suckers that grow off the surface roots of the tree. The roots can be purposefully injured to induce

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the growth of suckers, which are then separated from the root and planted in a pot or directly transplanted in the ground. Pruning also induces sucker growth. Sucker cuttings are placed in plastic bags containing a mixture of soil, peat and sand, and kept in the shade while moistened with liquid fertilizer. When roots are developed, the transplant is put in full sun until time for planting in the orchard.

For large-scale propagation, root cuttings are preferred, using segments about 10 centimeters (2 in) thick and 20 centimeters (9 in) long. Rooting may take up to 5 months to develop, with the young trees ready for planting when they are 60 centimeters (2 ft) high.

Etymology and common names

The term *breadfruit* was first used in the 17th century to describe the bread-like texture of the fruit when baked. Breadfruit has hundreds of varieties and numerous common names varying by its geographic distribution.

Taxonomy

According to DNA fingerprinting studies, the wild seeded ancestor of breadfruit is the breadnut (*A. camansi*) which is native to New Guinea, the Maluku Islands, and the Philippines. It was one of the 'canoe plants' spread by Austronesian voyagers around 3,000 years ago into Micronesia, Melanesia, and Polynesia, where it was not native.

A. camansi was domesticated and selectively bred in Polynesia, giving rise to the mostly seedless *A. altilis*. Micronesian breadfruit also show evidence of hybridization with the native *A. mariannensis*, while most Polynesian and Melanesian cultivars do not. This indicates that Micronesia was initially colonized separately from Polynesia and Melanesia through two different migration events which later encountered each other in eastern Micronesia.

Distribution and habitat

Extent of the Austronesian expansion that carried crops like breadfruit, bananas, and coconuts throughout the Indo-Pacific islands.

Breadfruit is an equatorial lowland species. It has spread from its Pacific source to many tropical regions.

After an unsuccessful voyage to the South Pacific to collect the plants as commander of HMS *Bounty*, in 1791, William Bligh commanded a second expedition with *Providence* and *Assistant*, which collected seedless breadfruit plants in Tahiti and transported these to St. Helena in the Atlantic and St. Vincent and Jamaica in the West Indies.

The plant grows best below elevations of 650 m (2,130 ft) but are adaptable up to elevations of 1,550 m (5,090 ft). Preferred soils are neutral to alkaline (pH of 6.1–7.4) and either sand, sandy loam, loam or sandy clay loam. Breadfruit is able to grow in coral sands and saline soils. The breadfruit is ultra-tropical, requiring a temperature range of 16–38C (61–100 °F) and an annual rainfall of 200–250 centimeters (80–100 in).

Nutrition

Breadfruit is 71% water, 27% carbohydrates, 1% protein and contains negligible fat. In a reference amount of 100 g (3.5 oz), raw breadfruit supplies 103 calories, is a rich source of vitamin C (32% of the Daily Value, DV), and provides a moderate source of potassium (16% DV), with no other nutrients in significant content.

Uses

Breadfruit is a staple food in many tropical regions. Most breadfruit varieties produce fruit throughout the year. Both ripe and unripe fruit have culinary uses; unripe breadfruit is cooked before consumption. Before being eaten, the fruit are roasted, baked, fried or boiled. When cooked, the taste of moderately ripe breadfruit is described as potato-like, or similar to freshly baked bread

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One breadfruit tree can produce 200 kilograms (450 lbs.) each season. Because breadfruit trees usually produce large crops at certain times of the year, the preservation of harvested fruit is an issue. One traditional

preservation technique is to bury peeled and washed fruits in a leaf-lined pit where they ferment over several weeks and produce a sour, sticky paste. So stored, the product may endure a year or more, and some pits are reported to have produced edible contents more than 20 years later.

In addition to being edible raw, breadfruit can be ground into flour and the seeds can be cooked for consumption.

The timber is widely used in a variety of ways among Pacific Islanders. Its lightweight wood (specific gravity of 0.27) is resistant to termites and shipworms, so it is used as timber for structures and outrigger canoes. Its wood pulp can also be used to make paper, called breadfruit *tapa*. Native Hawaiians used its sticky latex to trap birds, whose feathers were made into cloaks.

Breadfruit contains phytochemicals which has the potential as an insect repellent.

The parts of the fruits that are discarded can be used to feed livestock. Cattle can also browse the leaves of breadfruit trees.

General

Though they are widely distributed throughout the Pacific, many breadfruit hybrids and cultivars are seedless or otherwise biologically incapable of naturally dispersing long distances. Therefore, humans aided distribution of the plant in the Pacific, specifically prehistoric groups who colonized the Pacific Islands. To investigate the patterns of human migration throughout the Pacific, scientists have used molecular dating of breadfruit hybrids and cultivars in concert with anthropological data. Results support the west-to-east migration hypothesis, in which the Lapita people are thought to have traveled from Melanesia to numerous Polynesian islands.

The world's largest collection of breadfruit varieties was established by botanist Diane Ragone, from over 20 years' travel to 50 Pacific islands, on a 4-hectare (10-acre) plot outside of Hana, on the isolated east coast of Maui (Hawaii).

The different breadfruit trees largely developed naturally, but many were also cultivated varieties. The National Tropical Botanical Garden in Hawaii is working to conserve many of the hundreds of varieties and to save them from extinction through neglect and disease.

Common varieties of the species *A. altilis are*:

- Aravei produces large fruits, between 8 and 12 inches (20-31 cm.) long with a yellow to green rind. The skin is spiky, but these sharp points drop as the fruit ripens. The flavor of the yellow pulp is considered among the best, and the pulp does not take long to cook. This is a seeded variety.
- Havana variety has a sweeter and desirable flavor, but the fruits are perishable. Once picked, they need to be eaten within a couple of days. They cook quickly and are considered to be among the most desirable breadfruits. Havana is a seeded variety.
- Maohi is the most common type of breadfruit that grows in Tahiti. It produces a round fruit, smaller than other varieties, but it also produces a large quantity of fruit. The flavor is good and the texture smooth. It cooks slowly. Paea. This variety produces large fruits, growing to 11 inches (28 cm.) long and is seeded. The pulp is a bright yellow color and takes about an hour over even heat to cook. The pulp flakes when cooked and has a good flavor.
- Pucro is highly regarded and considered to be one of the best breadfruits. It produces a rough-textured, yellow-green fruit with a smooth, yellow pulp. It cooks quickly and has one of the finest flavors.

Choice of breadfruit may depend on what is available, but with potential access to several breadfruit varieties, one can select a tree based on fruit size, texture, flavor, and other factors. Patrick Garvey has recently established a breadfruit grove at ‘Grimal’s Grove’ on Big Pine Island in the Lower Florida Keys.

State Law Concerning the Planting of Fruit Trees, Vegetable and Herbs

Florida State Statute

Section 604.71 - Local regulation of vegetable gardens

(1) The Legislature intends to encourage the development of sustainable cultivation of vegetables and fruits at all levels of production, including for personal consumption, as an important interest of the state.

(2) Except as otherwise provided by law, a county, municipality, or other political subdivision of this state may not regulate vegetable gardens on residential properties. **Any such local ordinance or regulation regulating vegetable gardens on residential properties is void and unenforceable.**

(3) This section does not preclude the adoption of a local ordinance or regulation of a general nature that does not specifically regulate vegetable gardens, including, but not limited to, regulations and ordinances relating to water use during drought conditions, fertilizer use, or control of invasive species.

(4) As used in this section, the term "vegetable garden" means a plot of ground where herbs, fruits, flowers, or vegetables are cultivated for human ingestion.

Fla. Stat. § 604.71

Added by 2019 Fla. Laws, ch. 120,s 1, eff. 7/1/2019.

Furthermore (Effective July 1, 2024), The right of individuals living in a Homeowner Association to grow edible fruits, vegetables, and herbs on their property has been Codified by State Law.

The Florida State Legislator has confirmed a person's rights to grow edible fruit, herbs, and vegetables on their own property, regardless of County or Local Ordinances and Homeowner Association [HOA Association] Bylaws, Rules or Regulations. This State Statute and Law voids all previous and future Local Laws, Regulations, or Ordinances. However, the passage of this Statute and subsequent Law does not relinquish the homeowner of their responsibility to properly maintain their fruit trees and "vegetable" plots in a neat, responsible manner. Homeowners also need to exercise adequate care to minimize the impact that edible fruits and vegetables may have on wildlife.

For those residents who are seasonal or who spend a great deal of time away from their home in Florida, it is strongly suggested and in fact, encouraged, to provide written trespassing waivers to certain persons in order that they may provide agreed upon gardening activities and/or pick the ripened fruit and vegetables. All excess produce should be given to local hospitals or worthy food banks for distribution. This should be done free and without charge in accordance with the essence of the above Law.

Collier Fruit Growers, Inc.

June 10, 2024

Note: This is not a Legal Opinion

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/

Our Website (and newsletters with tons of info):

https://www.BSTFC.ORG

Jorge Sanchez, President
Mario Lozano, Vice President
Tom Kommatas, Secretary
Janice Miller, Treasurer
Crafton Clift, Director
Eric Fowler, Director
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Like us on Facebook! https:/www.facebook.com/groups/BSTFC/

Collier Fruit Growers

The Coller Fruit Growers, inc. (CFG) is an active organization dedicated to inform, educate and advice its members as well as the public, as to the propagation of the many varieties of fruits that can be grown in Collier County, That 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.

REMEMBER TO RENEW YOUR MEMBERSHIP ANNUALLY

COLLIER FRUIT GROWERS

VISIT US AT:
www.CollierFruit.org

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