

August 2017 – Jackfruit



Who we are and what we do:

The Bonita Springs Tropical Fruit Club, Inc., is an educational not-for-profit organization whose purpose is to inform, educate and advise members and the public in the selection of tropical and subtropical fruiting plants and trees, to encourage their cultivation, and to provide a social forum where members can freely exchange plant material and information. The club cooperates with many organizations, and provides a basis for producing new cultivars. We function in any legal manner to further the above stated aims.

Meetings: Regular membership meetings that include an educational program are held the **second** Tuesday of each month. Meetings begin with a tasting table at 6:45 PM followed by a program at 7:15 PM, at the First United Methodist Church, 27690 Shriver Avenue, Bonita Springs. The meetings are held in the "Fellowship Hall" meeting room.

Workshops: Workshops (monthly discussions) are held on the **fourth** Tuesday of each month. This open format encourages discussion and sharing of fruits and information. Bring in your fruits, plants, seeds, leaves, insects, photos, recipes, etc. This is a great chance to get answers to specific questions, and there always seems to be a local expert on hand! The workshops begin at 7pm and are also held at the First United Methodist Church, 27690 Shriver Avenue, Bonita Springs, in the "Fellowship Hall" meeting room.

Directions:

From the intersection of Old 41 Road and Bonita Beach Road SE, proceed north to Dean Street. Turn right on Dean St. and go two blocks to Shriver, then turn left on Shriver and go two blocks to the Methodist Church. Free parking on both sides of the street. Shriver is parallel to Old 41, two blocks East.

Tree sale: An annual spring tree sale at Riverside Park in downtown Bonita Springs raises revenue for educational programs for club members and other related purposes of the club.

Trips: The club occasionally organizes trips and tours of other organizations that share our interests. The IFAS Experimental Station, the Fruit and Spice Park, and the Fairchild Nursery Farm are examples of our recent excursions.

Membership:

Dues are \$15 per individual, \$25 per household per year. Nametags, if needed, are \$6 each. Send checks to: PO Box 367791, Bonita Springs, FL 34136, or bring to any regularly scheduled meeting.

Newsletter: This newsletter is available to anyone via website and email, and to paid members via post office mail upon request.

Officers and Board of Directors:

President: Suzy Valentine

Vice President: Kathy Pflugrad

Secretary: Anna Bailey

Treasurer: Victoria Strickland

Asst. Treasurer: Melrose John

Director: Berto Silva

Director: Crafton Clift

Director: Rickford John

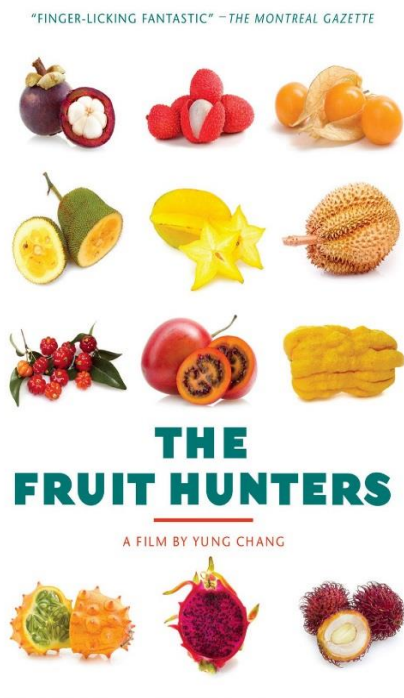
Email us at Info@BonitaSpringsTropicalFruitClub.com.

Message from the President

Our informal Workshops are what I like best about this club! The 4th Tuesday of each month we gather around one big table and share all kinds of things—probably edible, perhaps problematic, puzzling, preferably pretty, possibly pesky, productive if possible.....and more! Newer members are enjoying the experience and knowledge offered by Crafton, John, Berto and others who have so much information to share. Questions are welcomed and discussions are often lively. And, we always have some interesting fruits to sample. This is a good opportunity to get to know one another, and ask any questions, tell any tidbits of information, and share excess seeds, cuttings or plants. Come along if you can, and bring a friend, a fruit, or a funny story!

- *Suzy Valentine*

Special Feature for August:



Documentary: *The Fruit Hunters, part 2*

You had the opportunity to see the first half of this fascinating movie in July.

At our August meeting, we'll view the remainder—a fruit-centered adventure across cultures and around the world.

Come experience fruit on a whole new level.

Calendar of Club Events

- 8/8 Tue. –Regular Meeting, 6:45 PM; Movie: *The Fruit Hunters, part 2*
- 8/22 Tue. –Workshop Meeting, 7:00 PM
- 9/12 Tue. –Regular Meeting, 6:45 PM
- 9/26 Tue. –Workshop Meeting, 7:00 PM

ATEMOYAS and SUGAR APPLES: With the summer rains and heat, mealy bug's deposits will inevitably show up on your annonas. These look like white fluffy deposits. You can spray gently with a garden hose, or make a mix in your sprayer of an organic soap (2 oz. per gallon of water). Safer Soap is OK too.

PERSIMMONS: Why is the persimmon crop so sparse this year? We had a warm winter; persimmons need cooler weather—chill hours—same as peaches and nectarines, to have a good fruit set. Also, don't forget—persimmons lose their leaves after the fruit has been harvested in the winter time; this is when you fertilize with a good quality balanced fertilizer, e.g. 6-6-6 or equivalent. Always read the label for chlorine percentage and don't buy if there's more than 4%, because chlorine turns to salt. As soon as you see the new leaves starting to push, apply no more fertilizer; otherwise there is a good chance any fruit that sets will abort.

LYCHEES & LONGANS: This was a disappointing year for a lychee crop. Again, they need a certain number of chill hours to bring them to flower. The normal time to prune lychees is right after the fruit has been harvested, generally June to early July. Should you prune this year, when there wasn't any fruit? Yes, *but very, very lightly*. If you haven't already fertilized the lychees, use two parts of good citrus fertilizer (choose 8-2-10 or 6-4-6) mixed with one part of 0-0-22; apply as you would normally fertilize, out by the dripline. Apply *no more nitrogen fertilizer from September on*. You want the tree to put its energy into making fruit, not into growing. Cut off watering the lychees (and longans) in December until you see the flowers (in February?). This also encourages flowers and fruit set.

The above info also applies to longans. Longans usually fruit one to one and half months after the lychees—August to September. Prune after the fruit has been harvested, etc.

Note: Pruning of lychees and longans is an art. If pruned too heavily, there will be no fruit the next year!

We are grateful for the joy of growing and sharing.

Everyone make sure to give a big thanks to David and Jenny Burd for providing us our *Chores Outdoors this Month tips* for each month. Thanks guys.

Announcements:

PLEASE SUGGEST SPEAKERS OR TOPICS for future meetings. We want to meet your needs. Email info@BonitaSpringsTropicalFruitClub.com or text or call 239-822-7151.

REMEMBER TO SHARE your bounty so other members can enjoy lots of tropical fruits. Bring samples for the tasting table washed, cut up, and ready to serve. Thank you!

Fruit of the Month — Jackfruit

Scientific Name: *Artocarpus heterophyllus*

Family: [Moraceae](#)



Photo compliments of Fruitscapes, LLC

Jackfruit seems to be one of the most unusual tropical fruits. The fruits are large (typically 10 to 50 pounds), are borne on the trunk or major branches of the tree, have a scaly green surface and a sticky interior containing sweet fleshy pockets encasing edible seeds. The aromatic fruit has a flavor reminiscent of Juicy Fruit gum or a blend of banana, pineapple and mango, depending whom you ask. Harvest season runs through the summer and early fall.

Don't let the exotic nature of jackfruit intimidate you. This is among the easier tropical fruits to grow in southwest Florida. With the easygoing nature of a tropical native, the tree prefers deep rich soil, but handles inferior soils easily; prefers full sun, but will bear fruit even in partial shade. The tree seems impervious to most diseases and pests. Just avoid overwatering, and prune to encourage branching and control height. For best performance, fertilize lightly but regularly. The trees will survive temperatures as low as about 28°F.

The jackfruit tree is an appealing landscape specimen with its glossy oval leaves and a thick canopy that spreads with age. It can be kept at a height of 10-15 feet, but unpruned may reach 40 feet tall.

When selecting a cultivar, factors to consider are texture (crisp vs. soft), fruit size (5 to 80+ pounds), latex content (some are very sticky and difficult to process), flesh color (pale yellow to orange-red), recoverable flesh ratio, and of course, flavor. Popular cultivars include NS1, Golden Nugget, Black Gold, Borneo Red, Mai I and Mai III.

If you're looking for a low-maintenance exotic fruit tree, jackfruit is a great choice.

Using Jackfruit

Jackfruit is versatile and has many uses. The unripe fruit can be cooked as a vegetable, and is even available in cans and marketed as a meat substitute.

The ripe fruit takes some effort to process, especially varieties high in latex. Coat hands and knife blades with cooking oil to ease the process. Quarter the fruit lengthwise and discard the core, then bend the rind to turn the fruit inside out. This separates the individual flesh pockets. Remove the surrounding membrane (known as “rag”) and inner seed from each pocket. These pockets (or “bulbs”) can be eaten out of hand, dried, used in milkshakes or jam, battered and fried, added to fruit salads, or stuffed with other ingredients.

The seeds are edible if boiled or roasted. Remove the clear seed coat before processing them.



Jackfruit prepared for eating.



Jackfruit wedge.



Jackfruit on the tree.

