

October 2017 – Peanut Butter Fruit



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

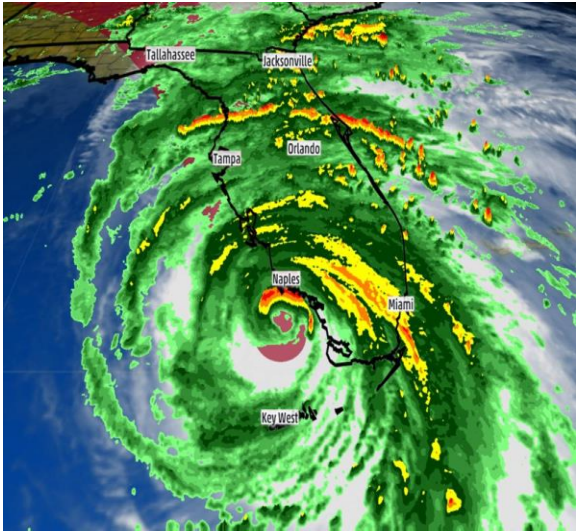
Email us at Info@BonitaSpringsTropicalFruitClub.com.

October's General Meeting Program:

Panel Discussion:

Helping our trees recover after a hurricane.

Attendees are asked to bring specific questions and concerns.



Calendar of Club Events

10/10 Tue. –Regular Meeting, 6:45 PM, Panel Discussion
– Helping Our Trees Recover After a Hurricane

10/24 Tue. –Workshop Meeting, 7:00 PM

11/14 Tue. –Regular Meeting, 6:45 PM, Speaker Dr Steve Brady. Topic: Avocados

11/28 Tue. –Workshop Meeting, 7:00 PM

Announcements:

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Bus Trip to Clewiston - Tour of the Sugar & Citrus Industries Friday, October 27, 2017 8 am – 6 pm
Leaving from Home Depot in Bonita Springs Lunch in Clewiston, snacks on bus, and all tours included
\$15/person or \$25/couple. Mail your check ASAP,
made out to BSTFC, to PO Box 367791, Bonita Springs, FL 34136

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WE ARE GRATEFUL for all who share your harvests at club meetings. Your generosity enriches the experience of each attendee. None of us have room to grow everything we'd like, so it's a special treat to taste fruits from other members' trees. Please continue to bring fruit samples and other treats prepared and ready to serve.

Chores Outdoors: October Edition

As we write 24th September evening, we are thankful for a sound, dry, cool home. Our many gone or battered fruit trees will be an ongoing project for months. There is a new normal--BUT we will prevail and grow fruit again. You all have been on our hearts--like us, dealing with whatever Irma dealt you.

We found a helpful article from the Miami Herald. Dr. Noris Ledesma from Fairchild Tropical Botanical Garden explains how to take care of trees that were downed but can be uprighted. <http://www.miamiherald.com/living/home-garden/article173399206.html>

The key info is that if you haven't already managed to stand trees back up, cover the exposed roots with dirt and keep watered. Have braces on hand to steady the tree once back in place.

Trees that didn't fall over are also in shock, so do not fertilize for at least another month, but water as normal. It's amazing how quickly they will lose those wind burned leaves. We are seeing today on our salvaged Keitt mango that healthy new leaves are nestling beside an orchid that has a flower.

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.

Fruit of the Month — Peanut Butter Fruit

Scientific Name: *Bunchosia argentea*

Family: Malpighiaceae



Peanut Butter Fruit - Ripe and Unripe

Peanut Butter Fruit is a small fruiting tree that thrives in Southwest Florida although it's relatively unknown here. While not commercially viable, it is a nice addition to the home garden. This attractive tree has an upright growth habit and leaves with silvery undersides. Sprays of yellow flowers, orange immature berries, and ripe red berries are present simultaneously which adds beauty to the landscape in repeated cycles spring through fall.

The inch long oval fruits ripen quickly and provide a nearly constant supply over a long season. They have a central seed surrounded by soft, sweet pulp mimicking the sticky texture and flavor of peanut butter. Due to their delicate nature they are best harvested and eaten as soon as they ripen, but can be refrigerated for two or three days. What isn't harvested by humans will draw mockingbirds and other wildlife to your yard.

The fast growing trees are propagated from seed, and typically bear within one to two years. They will grow to a height around fifteen feet, or can be pruned to the size of a large shrub. Water when dry, but do not overwater. Peanut Butter Fruit can even be grown indoors; use a pot 20" deep filled with well drained planting medium placed in a sunny spot— they'll reach about 3 feet high. Just watch for spider mites and aphids.

Sources are mixed about whether Peanut Butter Fruit is frost tolerant. The tree is native to parts of South America, and related to Barbados Cherries, so grows and fruits best in a warm sunny location. Note that the flowers are self fertile.

Peanut Butter Fruit is recommended as an attractive and delicious conversation piece, and will fit in even a small yard.

Using Peanut Butter Fruit

Besides eating the berries straight off the tree, they can be made into jam, jelly or sauce. After the pulp is separated from the seed, it can be used in baked goods or stored in the freezer. It is said to be especially good when added to a milkshake.



Peanut Butter Fruit Tree