Gulf Coast Fruit Study Newsletter

Volume 20, Issue 3

Edited By: Ethan Natelson

July 5, 2006 Meeting

Planning Committee:

Carol Brouwer

Carol Cannon

Gregory Carrier

Yvonne Gibbs

George McAfee

Doug McLeod

Rick Matt

Ethan Natelson

David Parish

Victor Patterson

Bob Randall

Next Gulf Coast Fruit Study Meeting

Our upcoming program will be held on **July 5th**, and will be devoted to figs. Please bring any favorite types you have for our tasting.

Contact Us!
Harris Cty Extension
Service
3033 Bear Creek Dr.
Houston, TX 77084-4233
Phone: 281/855-5611
Fax: 281/855-5638

Mangos for Houston

With frequent comment on global warming and bitter winters a distant memory, more Houstonians are trying less cold hardy fruits such as citrus and mangos for backyard gardens. The mango (Mangifera indica), like citrus, if grafted bears early, is self-fertile, and may be maintained in containers or in the ground with some protection. Also, like citrus, seedling plants are much slower to bear. Yields may be high. Vast arrays of unusual cultivars are available, and information on these may easily be obtained from websites such as the fruit facts listing of California Rare Fruit Growers (www.crfg.org) and from the Pine Island Nursery (www.tropicalfruitnursery.com/mango-viewer/index.htm). The latter site shows not only photographs of many cultivars, but gives an index for each which includes flavor, fruit size and appearance, and disease resistance.

This fruit is native to southern Asia, particularly to Burma and eastern India. Generally, cultivars are from two groups, the Indian type and the Philippine/Burma type. The former is less tolerant of humidity and may get powdery mildew. It is generally monoembryonic and highly colored. The latter is polyembryonic and often green, but less prone to fungal infection and anthracnose.

Much of our fresh commercially grown mangos are imported from Mexico, Brazil and Columbia, but considerable production occurs in Florida and California. During a Southern Fruit Fellowship (SFF) meeting in Tallahassee, we saw examples of many Pine Island grown mangos and learned that most of their crop, and particularly the unusual cultivars, was sold directly to cruise ships.

Among the widely grown cultivars are **Tommy Atkins** and **Kent**. These trees produce large, quality fruit but are also very large plants, the latter reaching 60 feet. More suitable for the home grower are smaller named varieties such as **Carrie, Mallika** and **Lancetilla**, which may be easily kept to 8-10 feet. **Irwin** is a 15-20 ft. tree with beautifully colored fruit and heavy production and the leading Florida cultivar for the fresh market.

(continued on next page)

Mangos for Houston (continued)

Grafting is generally done by the cleft or bark inlay techniques and typically in mid-summer – generally May through August. Top-working may be done with whip and tongue grafts, as we commonly use on apples and pears. The scion should have 3-4 nodes and be slightly less than a pencil in diameter. It may be protected with a ParafilmTM wrap and, like pecan grafts, also protected from the sun with tinfoil. I have several seedling trees with varying growth habits and am counting on George McAfee to do some grafting with some of the referenced cultivars in a few months.

The fruit takes about 100-150 days from flowering to harvest (around July in Houston). Once there is a slight color change or softening, it is removed from the tree to fully ripen. The Pine Island group recommends packing it in dried camel manure to speed this process, but if you have misplaced your supply of that material, the fruit may be placed stem down in a cardboard box and covered with a damp cloth. It should remain above 50^{0} F.

Mango Macadamia Muffins (untried recipe from recipeland.com)

1 large egg

1/2 cup sour cream

1/2 cup milk

1 teaspoon vanilla extract

4 tablespoons butter (1/2 stick) -- melted and cooled

1 1/2 cups diced ripe mango

2 cups flour

1/2 cup sugar

1 tablespoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

----TOPPING-----

1/3 cup chopped unsalted macadamia nuts

1/4 cup flour

1/4 cup light brown sugar

1/4 teaspoon ground cinnamon

2 tablespoons butter -- softened

PREHEAT OVEN TO 400F.

For topping: Combine all ingredients except butter in a small bowl; mash in butter with a fork or rub in with your fingertips; chill until needed.

Grease a 12-cup muffin tin; be sure to lightly grease area around the muffin wells so they won't stick as they rise. In a large bowl, whisk together egg, sour cream, milk, vanilla and melted butter; fold in mango. In another large bowl, stir together flour, sugar, baking powder, baking soda, and salt. Make a well in the center of the dry ingredients and add mango mixture. Fold together just to moisten and evenly blend; the batter will be lumpy.

Using a large spoon, quickly fill muffin wells with batter to the tops. Crumble topping over and bake 25 - 30 minutes or until a toothpick inserted into center emerges with just a few crumbs clinging to it. Cool in pan 5 - 10 minutes; loosen muffins and tilt each on its side to cool further. Serve warm or at room temperature. YIELD: 12 muffins

Gulf Coast Fruit Study Group—Member Information Update

The membership information listed in this directory comes straight out of our membership database. To update your contact information, fill out the form below and drop it by the Extension office next time you volunteer; or you can mail, fax or email the information to the membership committee coordinator, Yvonne Gibbs, as listed below.

Contact Information Worksheet Please include information as you would like it to appear in the directory.
First Name
Last Name
Street Address
City, State, Zip
Home Phone
Business Phone
Other Phone (specify)
Email address
Four ways to submit:
(1) In person: delivered at July 5, 2006 meeting to Yvonne Gibbs or Becky Deasy
(2) By mail: Yvonne R. Gibbs, 9015 Autauga Lane, Houston, TX 77080
(3) By fax: Yvonne Gibbs, 281.855.5638
(4) By email: Becky Deasy (rideasy@ag.tamu.edu)

HARRIS COUNTY MASTER GARDENER ASSOCIATION 3033 BEAR CREEK DR. HOUSTON, TX 77084-4233

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE
PAID

HOUSTON, TEXAS PERMIT NO. 9216

July 5, 2006 Meeting

Our upcoming program will be held on **July 5th**, and will be devoted to figs. Please bring any favorite types you have for our tasting.

July 3, 2000 11200113

EXTENSION
The Texas A&M University Syste

Educational programs of the Texas Cooperative Extension are open to all people without regard to race, color, sex, disability, religion, age or national origin.



