WAX JAMBU
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MEMBER OF THE YEAR, Carla Hatten
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Meetings feature a guest speaker, tasting table with fresh and prepared local Fruits in season and door prizes.
For more information visit our website at tropicalfruitnews.org

December 9, 2015: Holiday Party
January 13, 2016: Dr. Randy Plotz: "Banana Diseases"
February 10, 2016: Chris Rollins: Topic to be determined
March 9, 2016: Margie Pikarsky: "Growing Organically"
April 13, 2016: Mike Winterstein – Mangoes
May 11, 2016: Dr. Robert McMillan: "Mango Diseases"
June, 8, 2016: Maurice Kong and Matthew Snow: Hands On Air Layering Workshop
July, 13, 2016: David Hardy: Pest control as it relates to fruit trees.

RFCI Meetings:
Meetings are held the second Wednesday of the month in the Science Village Auditorium at Fairchild at 7:30 p.m. Fruits in season and door prizes.

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Cover Photos: Larger Photo: Black King Kong and Black Pearl is in hand.
Cover Photo Credit: Matthew Snow
“Thank you all who participated in the 76th Annual Ramble at Fairchild on November 11! It was a tremendous success for our club! Thanks again, RFCI”
Syzygium samarangense (syn. Eugenia javanica) is a plant in the Myrtaceae Family native to the Greater Sunda Islands, Malay Peninsula and the Andaman and Nicobar Islands. It is now widely cultivated throughout the tropics. Its common names include Wax Apple, Jamaican Apple, Java Apple, Wax Jambu, Waxy Apple and Rose Apple, (distinguished from Water Rose Apple, Syzygium aqueum).
The Wax jambu is a fast growing medium sized tropical tree to 12 m tall with broad glossy evergreen leaves and white, lightly fragrant, showy 2-3” flowers with numerous stamens which are a rich source of nectar for bees. The flowers fall to the ground in 2-3 days leaving behind tiny fruits which mature in about 2 months. The fruit is bell shaped and waxy looking with colors ranging from red, pink, green, white, purple or crimson generally 4-8 cm long. The trees tend to be prolific bearers with fruit arising from nearly any point on the trunk or branches as well as the leaf axils. Mature trees can produce up to 700 lbs/ year. It is an excellent fruit known for its crisp texture, mild flavor and refreshing qualities. The flavor is reminiscent of a pear with a hint of rosewater and cinnamon. They are used as a garnish, in fruit salads, lightly sautéed in dishes or eaten out of hand.

The trees are precocious and bear within 1-2 years abundantly. The trees can easily be maintained at 10-12 feet with biannual pruning. They are cold hardy to about 28 degrees when mature. There are 2 fruiting seasons May - September and November to March. In South Florida trees fruit heavily in late winter with a light crop in early summer.

The trees are easy to care for but need adequate rainfall, some humidity and fertile soil for optimal growth. Larger fruit size can be obtain by fruit thinning and spraying for fruit flies can be helpful after significant fruit has fallen onto the ground under the tree.

Wax jambu can be grown in large containers for many years as long as they receive regular water and occasional fertilizer.
In Malaya, the greenish fruits are eaten raw with salt or may be cooked as a sauce. They are also stewed with true apples. The pink fruits are juicier and more flavorful and suitable for eating out-of-hand or cooking without accompaniments except sugar.

Food Value Per 100 g of Edible Portion*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moisture</td>
<td>91.40-92.96 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0.50 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>6.56 g</td>
</tr>
<tr>
<td>Iron</td>
<td>0.001 g</td>
</tr>
<tr>
<td>Ash</td>
<td>0.21-0.27 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>0.01 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>0.03 g</td>
</tr>
<tr>
<td>Sulphuric Acid</td>
<td>0.17%</td>
</tr>
<tr>
<td>Citric Acid</td>
<td>0.15%</td>
</tr>
</tbody>
</table>

*ANALYSIS MADE IN THE PHILIPPINES.
**Other Uses**

**Wood:** The wood is red, coarse, hard; used for constructing huts in the Andaman and Nicobar Islands.

**Medicinal Uses:**
The flowers are astringent and used in Taiwan to treat fever and halt diarrhea. Investigators have found their principal constituent to be tannin. They also contain desmethoxymatteucinol, 5-O-methyl-4'-desmethoxymatteucinol, oleanic acid and B-sitosterol. They show weak antibiotic action against Staphylococcus aureus, Mycobacterium smegmatis, and Candida albicans.
Varieties

The wax apple has many varieties distinguished by color and are divided into the “Big Red Kind”, “Pink Kind”, “White Kind” and “Green Kind”. The “Pink Kind” is the largest of the groups. A number of larger fruited varieties have been selected. In Taiwan the two most highly sought after varieties are Black Pearl and Black King Kong. In general the paler or the darker the color, the sweeter the fruit.

Black Pearl ~
Black Pearl fruit are seedless and dark red-burgundy in color. Originally from Taiwan. Flowering in Taiwan is from February to March. From bud formation to fruit maturity takes about 2-3 months. The fruit is flared with the fruit top being smaller than the fruit shoulder. It has a shiny wax-quality surface with beige flesh insides. The flesh is succulent, crisp, juicy and sweet. Very good quality and taste. It is one of the most popular varieties in Taiwan.

Black Diamond ~
Black Diamond’s fruit are larger than Black Pearl’s with a pink-red color. It is sweet and sometimes has seeds.

It was recently introduced from Taiwan. Though the fruit is larger the fruit quality is felt to be inferior to Black Pearl in flavor, sweetness and seediness.

Black King Kong ~
An improvement over Black Peal Wax Apple. The tree is easier to take care of, The fruit is sweeter and the tree is faster growing . The sweet pulp has more water , Black King Kong is similar to Black Pearl in the size and color.
White ~
The *white wax apple* is native to Taiwan where it has been grown for centuries.

*The white wax apples tend to be sweeter with brix up to 14 - 15.*

Green Wax Apple ~
Ripening elongated fruit have a green diamond color.

The flesh is crisp, sweet and juicy. It is a very heavy producer.

Missile ~
*Missile wax apple* has a sweetness/ brix of 11-13. The flesh is crisp and moist. It is reputed to be the largest of the waxy apples.

Wax apples in general have a sweet, light fragrance, abundant moisture, and quench the thirst.

Kong White ~
*Kong White* aka The Kong Wan white wax jambu was the first white cultivar introduced in the US. It was an ‘numbered’ accession (approved and renamed Kong Wan White with Dr. Tawatchai Chaitraculsup permission) from the University of Chiang Mai research nursery.

*Photos credited to Matthew Snow.*
Camu-camu (Myrciaria dubia (Kunth) McVaugh) is an indigenous fruit of the floodplain and riparian forests of the Amazon biome. It is very rich in antioxidants, minerals and vitamins C and E. This powerful berry fruit is consumed as a juice, lollipops, food sauce (ceviche) and popsicles. The fruit also carries medicinal benefits that are used to battle depression, strengthen the immune system and are optimizers for eye and brain functions. The ascorbic acid present in the pulp, and the flavonoids in the peel are the most attractive quality of this fruit.

The first compound acts by protecting against free radicals, and helping the immune system. The second compound acts by reducing cholesterol and preventing cancer. The pulp can be transformed into a hydro-soluble powder with high concentrations of

Editor’s note: This month we have the privilege of having as a guest columnist, Dr. Luis Felipe Paes de Almeida, an Economic Botanist from Brazil, who was gracious enough to contribute a wonderful piece about the wonders and benefits of camu camu. Also, many thanks to Patrick Garvey from Growing Hope Initiative for telling Dr. Paes de Almeida about Tropical Fruit News.
ascorbic acid (up to 23%), and used as a natural source of vitamin C and antioxidants.

The camu-camu plants adapt to different soils depending on the region. The Peruvian Amazon River Basins landforms are composed of sediments from rocks derived from the recent tectonic uplift from Andes. This resulted in rich nutrient rivers (white water) and consequently, rich nutrients soils for cultivation. In Brazil, the River Basins landform derives from Brazil and Guyana Shields, with originally sedimentary rocks in Roraima and Amazonas States. The soils derived from these rocks have poor quality sediments due to long time erosion. This has resulted in clear waters and black water rivers with organic acids from the mulch of the forest’s decomposed leaves and organic matter. It is possible to find native camu-camu populations throughout the Amazon basin; in Peru, Colombia, Brasil and Venezuela. It has an important role in the local fruit market. For Native Amazonians it can be harvested when the river level is high. For fishermen it can be a valuable alternative, because they can use their boats and canoes to collect and store the fruit in refrigerated chambers, and deliver the pulp to the nearest factory.

The commercialization is done on a small scale in local markets, mainly in Peru. Peru started the commercialization and exportation in the 90’s, promoting the fruit to foreign markets. Great part of the production was transforming the fruit to frozen pulp and shipping it to Japan, United States and Europe. In Japan, the pulp is transformed into soft drinks, vinegar, snacks, popsicles, candies and tablets. Small enterprises started producing camu-camu soft drinks, juices and pepper sauce. In Brazil it is used to make syrup and shampoo.

In the Brazilian and Peruvian Amazon there is already the technology of propagation, production, plant materials with high content of vitamin C and high productivity, (breeding programs) which can reach 10 to 23 kg of fruit / plant / harvest (Yuyama, 2011).

A group of researchers from public institutions in Brazil (Instituto Nacional de Pesquisas da Amazonia- INPA, Empresa Brasileira de Pesquisa Agropecuária -EMBRAPA, Universidade Federal de Roraima - UFRR) in collaboration with Peruvian Research Institutes (Instituto de Investigaciones de la Amazonía Peruana IIAP and Instituto Nacional de Inovación Agrária -INIA) are studying camu-camu crop management, breeding and propagation in the Roraima and Amazonas States of Brazil.

The strategies to overcome underutilization of camu-camu need to be developed in association with Amazonian fruit growers, Amazonian Indigenous people and collectors, known as the “Camucameros”. Orchards and nurseries settled in non-flooding areas (terra firme) can improve the quality of the fruit and facilitate the crop management. Camu-camu can be harvested more than once a year if flooding obstacles are contained. This is possible with the utilization of irrigation and fertilization, preferably organic. Infrastructure for commercialization is another challenge because the Amazon has enormous areas. Without electricity in most of these areas; transportation and maintenance can be very expensive.

Another problem that is threatening the camu-camu culture is weevil (Conotrachelus dubiae O’Brien & Couturier (Coleoptera: Curculionidae), a seed and fruit borer, that is affecting 50% of the fruit production. This insect occurs in natural populations and can survive underwater for months. This can be related to the monoculture of the crop that happens in natural areas and in plantations. The weevil
doesn’t have a natural predator or an entomopathogenic agent (fungi or bacteria). A possible alternative for this unpleasant insect could be the intercropping species that could control de larvae, which turns into an adult in the soil. Another possibility is a soil spraying with Beauveria sp., neem oil to stop the larvae from becoming an adult.

Camu-camu is a very special fruit with a great potential to become a new flavor, vitamin and flavonoids resource. It is environmentally friendly and economically viable for the region. It is a privilege to study and promote this exquisite Amazon taste for the rest of the world. Everyone should try this fantastic fruit to and feel the camu-camu power!
Felipe, at back, near left, in hat, white shirt., Is walking with Camu Camu research team in Iquitos, IIAP, Instituto de Investigaciones de la Amazonia Peruvian. Cama Camu trees on right(flowering).” Photo credit PATRICK GARVEY.

Luis Felipe Paes de Almeida, Ph.D


BIBLIOGRAPHY


As we approach the holiday season, our minds are filled with gifts, celebration, family and friends...
And, the last thing on our mind is irrigation. At some point in the near future this rain is going to stop
and we will once again be in the dry season, which is when we will actually need irrigation systems
for our gardens. If you turned off your system during the rainy summer, then start by making sure
that the pump turns on and the water is flowing. If the pump turns on and no water comes out, turn
the system off. You likely have lost prime and running a pump with no water can overheat the pump.
At this point you can prime the pump and then try it again. If the pump continues to work without
pumping water there is a good chance the check valve has gone bad. Once you know the pump is in
working order, make sure to do a visual inspection of each zone. Many times a simple adjustment
of your rotary heads, pop-ups and driplines is all that is needed. However, if you see that you have
low water pressure or heads not working you might have a break in the line or a clog in the heads. If
you can’t figure out how to solve the problem, hire a professional. I promise it won’t rain forever and we
will have those nice dry winter days and that is when the garden will be thirsty. Happy Holidays from your
friends at One Seed.

Identify this fruit

**Common name:**
‘Delight’ Dragon Fruit

**Botanical name:**
Hylocereus polyrhizus X undatus
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Members of the RFCI receive a subscription to TROPICAL FRUIT NEWS, a bi-monthly digital magazine devoted to current and topical information regarding tropical fruits. TFN is also a news service on local and international events pertaining to rare fruits as well as the developing ethnic food industry.

Meetings consist of fruit tasting, a seed and plant exchange, and an educational program with guest speakers and slide presentations devoted to tropical pomology.

Meetings are held the second Wednesday of the month in the Science Village Auditorium at Fairchild at 7:30 p.m.

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http: www.tropicalfruitnews.org for our list of upcoming speakers and past speakers.

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