



The Green Gazette

SW Florida News from the Collier County Master Gardeners
Volume 2 Issue 4 August—September 2011

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For the Sake of Water

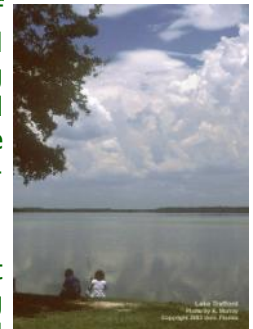
By Mary Jane Cary, Master Gardener

Mention water in Collier County, and conversations will vary from pond to gulf, from fresh to salt, and from rain to tap. But mention water quality, and the conversations turn toward concern for the impaired condition of our water sources for fishing and recreation, irrigation and drinking water. Both water and water quality are fluid, flowing unrestricted among neighborhoods and natural areas, rural and urban lands, across city limits and county lines. The challenge is to achieve and maintain a balance that benefits our residents, our lands, and our natural resources.

Healthy water bodies provide natural habitat for many different organisms, from algae and zooplankton, to fish and wading birds. Changes in one factor can influence these residents and their habitats in different ways. For example, algae relies on the availability of nutrients, mainly nitrogen and phosphorus, provided through natural sources like nutrient-rich soils or decaying vegetation. Moderate nutrient levels create fertile waters that can support greater fish populations. These healthy water bodies typically appear green as a result of high algae concentrations.

But agricultural practices, urban development, fertilization and landscape maintenance activities may cause more nutrients to flow into water bodies than they can manage. Any excess fertility begins to disrupt the water body's food chain, triggering a series of events from greater algae production and lower dissolved oxygen levels, to greater risk of fish kills. Yet there are several steps we can take to restore and preserve our water quality, including adoption of current Best Management Practices (BMP)s, state regulations, and local fertilizer ordinances.

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From the Village Green

By Mary Jane Cary, Green Gazette Editor

August and September are two of the most active months in Southwest Florida, particularly when it comes to our weather, our landscapes, and our Extension! We're in the height of hurricane season now, so the Extension offers plenty of [storm season preparations for families, farms, businesses, and communities](#). And should the winds and rain have their way with your yard, you'll find plenty of [post-storm landscape recovery tips here](#) and in this issue.

Of course our active landscape growing season provides plenty of choice dining for pests. So if August or September delivers a second season of lovebugs, or the premiere of that new pest, the [rugose spiraling whitefly](#), just call or email our Master Gardeners for the latest management options.

Our Green Gazette staff is growing too, as we welcome Master Gardener (and graphic artist) Ginger Peeler. And by completing a brief online survey (see page 4 for details), you can help us grow our UF Extension Service future!

For the Sake of Water

Continued from Page 1



Best Management Practices (BMP)s begin at home as we shop wisely and use products correctly, applying tips like those found in the [Florida Department of Environmental Protection's \(DEP\) Guide to Preventing Pointless Pollution](#). And whether we perform our own landscape maintenance, or hire a contractor, we can employ the DEP's [Florida-Friendly Best Management Practices for Protection of Water Resources](#) and the BMPs recommended in the UF's IFAS [Florida Yards and Neighborhoods Handbook](#). Similar BMPs, whether voluntary or mandated, have proven effective in reducing pollution of water bodies, particularly when coupled with public education efforts.

These two BMPs, plus the latest DEP and UF research-based recommendations, form the foundation of the [Model Ordinance For Florida-Friendly Fertilizer Use On Urban Landscapes](#), adopted by many Florida counties and municipalities. Some Florida counties and municipalities have instituted additional restrictions, such as prohibiting fertilizer applications during summer months. [UF article SL283 Urban Water Quality and Fertilizer Ordinances: Avoiding Unintended Consequences](#) discusses this issue based on scientific studies to date. Ongoing research, engaging dialogue, and wise actions regarding the complex relationships among fertilization, run-off, and water quality can restore a balance that benefits all.



The Frugal Gardener

By Leah Ray, Master Gardener

"Let Food Be Your Medicine and Medicine Be Your Food"... so said Hippocrates.

Grow a Vegetable Garden Use transplants from local garden centers to get a fast start. But if you really want to save, order seeds from catalogs. They provide a much wider variety.

Grow Sweet Potatoes *Ipomea batatas* They are a tender warm season vegetable that can be harvested in 90 – 120 days. A native crop grown here by the Indians before Columbus arrived, sweet potatoes thrive in full sun and deep sandy loam soils. Keep soil moist. Start them from slips (a piece of potato, with some vine, used for propagation) begun 6 to 8 weeks before planting. Use toothpicks if needed to grow in a jar. Remember seeing this done back in the old days? Even if you never plant it, you can grace a window with a lovely trailing vine. Cut the slips apart and plant. Also, the leaves are very edible. Stir frying is an excellent way to cook them. It is a common dish in Taiwan, with olive oil, garlic, and salt, yum.

Think Before Choosing The National Science Foundation discovered that smaller leaves are structurally and physiologically better adapted to dry soil. Dry areas have more small leafed plants. But a tropical forest has huge leaves. Yes, it is just common sense, but think before choosing your next plant purchase.

Don't Buy Invasive Exotic Plants Controlling these "bad plants" in our natural areas and waterways is expensive, costing us taxpayers millions of dollars each year. If you will "Just say NO" to buying these [invasive exotic plants, identified by the Florida Exotic Pest Plant Council](#), you will save money for us all.

Save Our Plants UF studies show that covering the bottom of a pot with pot shards, rocks, or gravel actually impedes drainage. Water travels poorly from one substrate to another. But it is still considered okay to place a piece of screen over the hole.

Save Our Cypress Basic mulch choices are cypress, melaleuca, pine straw, and pine bark. Cypress is the most expensive and the most used. Soap Box time! Although at the turn of the last century, most of our cypress swamps were logged out, using the wood for construction, with mulch as a byproduct. Now, we are logging out the remaining cypress swamps in southern Georgia, just for mulch! A much more environmentally and wallet-friendly alternative is [Florimulch, made from melaleuca](#). In addition, the [UF article FOR79 Landscape mulches](#) declares melaleuca mulch the least favorite of termites.

Help a Neighbor Do you have a neighbor with a plant that is growing out of control? Maybe they have a bird-of-paradise, bamboo, crinums, or a plumeria that is starting to part in the middle? Offer to trim it, divide it, or even remove it. You never know. They may thank you for offering.



Email your favorite thrifty tips to the Frugal Gardener at CollierMG@ifas.ufl.edu

Now Playing In SW Florida Gardens...

By Leah Ray, Master Gardener

This Night Gardener is on hiatus for a few months. The mosquitoes are just not worth the aggravation. UF medical etymologist, Prof. Jonathan Day, says that 20 percent of people are high attractor types. I don't think that includes me but if it's you, you might want to read the online article ["Why some People are Mosquito Magnets"](#). The little vampires can get me in the day as well as night as I garden. I am having pretty good luck with the various lemon eucalyptus insect repellents. While I don't think they work as well as DEET products, the natural products are not as risky to your health, they don't smell as bad, and they won't damage plastics or synthetics. You should see my watch!

Pruning: It may be Hurricane Season but that does not mean it is time to give your Palms a Hurricane Cut. Let [UF article 1182 Pruning Palms](#) be your guide. Palms store their nutrients *in the foliage*. If the fronds aren't hanging below the 9:00 - 3:00 o'clock AND they aren't at least 50% brown- try to leave them alone. But we recommend removing flowering stalks on Queens Palms, and the fruit from Coconut Palms. It will not harm them.

Palm Care: Get to know your palm's nutrition needs with the [UF Palm Nutrition Guide](#). Our sandy soils contribute to magnesium deficiency. Older leaves yellow prematurely on the ends while the rest look fine.

Use slow release fertilizer and / or magnesium sulfate (Epsom Salts). It may take years to correct it.

Weeds: Still too hot for turf weed treatment but if you need to kill off weeds in a particular area, try to use a *Glyphosate* or Glufosinate herbicide as they will not persist in the soil. Follow the label. Remember, you can type the name of product + LABEL in your browser and *Wah lah!* You have a new readable label.

Citrus: Citrus trees should be fertilized at least three times a year, ideally in September but an October-February-June plan will work too. Try to develop a tolerance for Leaf miner damage. Cultural control techniques are to reduce nitrogen applications when leaf miner numbers are high and to spray with horticultural oil as new shoots begin to develop. Do not spray oils when temperatures are above 80°F. Parasitic wasps and spiders are effective predators. Insecticides that are registered for citrus include imidacloprid, abamectin, acetamiprid, diflubenzuron and spinosad. Keep in mind that pesticide use may reduce the beneficial insects. Learn more with this UF online [Citrus Leaf miner factsheet](#).

Vegetables: August is the start of the fall planting season but Labor Day is a good benchmark for those cooler season veggies. For ultimate growth control,, consider a raised bed. Use bricks, blocks, or nontoxic wood. Remember, the sun moves farther south as the days get shorter. Place beds with an east - west exposure to maximize sunlight. Look for heat tolerant tomatoes like UF Hybrids Solar Set VFFF or Solar Fire VFFF, or others recommended in [UF article HS508 Tomatoes in the Garden](#). The Solar Set variety sets fruit well at high temperatures (92 days, 72 F nights) and high humidity. Toss those unproductive plants. Avoid putting diseased plants into the compost pile. In September, plant Malabar Spinach, bush, lima, pole beans, corn, cucumbers, southern peas, peppers, pumpkin, summer and winter squash, tomatoes and watermelons. And if you are a gambler, try broccoli, cauliflower, collards, onions and turnips.

Plants: The hottest wettest days of summer limit planting beds to heat tolerant vinca, coleus, salvia, and celosia, scarlet sage, celosia, crinum and my new fav- bulbine.

Poinsettias: Fertilize through September. Pinch or prune tips to increase branching and control size. Flower buds start to form in October so keep them away from light at night.

Drainage: Overwatering kills more plants than the opposite. Make sure your pots and window boxes have nice big drain holes. If you just *have* to have a saucer under your pots, consider turning them upside down while under the pot for the rainy season.

Snail & Slugs: Snails began evolving more than 600 million years ago. They are tough to beat. Metaldehyde, used since the 1930s and the most effective bait, works by dehydrating its victims. Iron phosphate, a more environmentally and pet-friendly product, causes them to cease feeding. This gardener tried the beer and diatomaceous earth method, only to be laughed at by the slimy little gastropods.

Plants and Kids: Remember that plants are just like kids. They both are starving for attention. If you don't pay attention to them, they are going to go bad on you.

Join Dr. Doug Caldwell and Certified Arborist Ian Orlikoff as they demonstrate [How to prune trees for safety and health](#). And the International Society of Arboriculture can help you [Find a Tree Service](#).



Produced by MGs Pam Marker & Helga Reynolds

The Green Gazette

Top Zone10 Performers

By Faye Hunt, Master Gardener

If I had the space to build a water garden, there is one plant I would use copiously...the White Water Lily *Nymphaea odorata*. A beautiful highly fragrant aquatic plant, with white flowers and yellow stamens, reaching 5 to 10 inches across, with numerous pointed petals. These floating beauties bloom from spring to fall. The flowers open in the early morning and close about noon. Rhizomes may be planted in shallow water (up to 18 inches deep) and held in place with a rock until they are well established. They multiply readily and rapidly. They may also be grown in water-filled tubs, too, but the flowers will be smaller. Learn more about this beauty from [UF article FPS434 Water Lily](#).



Another addition to my water garden would be the Golden Canna *Canna flaccida*. This 2.5 foot tall, native perennial thrives in sun to part shade in bogs, marshes, and wet swales. Its showy golden yellow flowers, appearing mainly in spring and early summer, are about 3 inches long, and grow in clusters on a tall, stout, leafy stem. [UF article FPS102 Golden Canna](#) provides more information about this beauty.

For my last aquatic selection, I'd like a plant that sways in the breeze, and adds some height to my water garden. Pickerel Weed *Pontederia cordata* fills the bill with its 3-4 foot height topped with spikes of small, tubular, blue-violet flowers in spring and summer. And if you look closely, you can even see spots of yellow on this flower's upper lip. Like the Golden Canna, Pickerelweed is also a native perennial that thrives in sun to part shade in bogs, marshes, and shallow fresh water sites. Plant your pickerelweed in water about 6 inches deep. It is easy to grow and may even become a bit weedy, but it provides great habitat for fish and water birds, which eat the seeds. And as a bonus, parts of the Pickerel Weed are also edible. The young leaves add flavor and texture to salads, or can be sautéed or stir-fried. And the seeds can be eaten fresh or dried and added to baked goods, cereals or granola. Request [UF article FSP490 Pickerel Weed](#) for more information.



With these three aquatic beauties, you can enjoy a fragrant, serene, low maintenance water garden.

You Can Still Have Your Say

Florida Extension, a partnership between the University of Florida and Florida A&M University, strives to improve the quality of life for people like you through education. In the coming decade, decisions will be made by the Florida Extension that may affect you and your community.

Please take five minutes to complete our online [Community Survey](#) and participate in our planning process. Your community is the survey's focus — where you live, shop, work and play. **Our survey runs through August 19, 2011. We'll share the results later this year on the [Florida Extension website](#).**

Your thoughts and opinions are important to us, so **please [share this survey link](#) with your family, friends, and coworkers.** Together, we can sustain vibrant Florida communities!

UF Wants to Hear from You!

Slow the Flow with Rain Barrels

Collect and store rainwater for landscape and garden irrigation in these 55 gallon food grade plastic drums. Barrel comes with spigot installed. For more installation and use tips, see the [HomeOwners Rain Barrel Guide](#).

Cost: \$ 50 each, payable with cash or check.

Where to Purchase: Collier County Extension Office, 14700 Immokalee Rd.
Mon-Fri 8am—5pm. Call 239 353 4244 for more information.



Ship-Shape Shorelines—From Surf to Turf

Courtesy of Florida Friendly Landscaping (FFL) Principle #9 Protect the Waterfront

By Mary Jane Cary, Master Gardener

Summertime means well-spent hours in, on, or beside water. And whether your water body of choice is fresh, brackish, salt, or chlorinated, we have choices. Florida has the second longest coastline in the United States (after Alaska), around 7,800 lakes (including Lake Okeechobee, the 2nd largest U.S. lake, but not including all those storm water retention ponds), over 12,000 miles of freshwater rivers and streams (not including all those canals), and over one million swimming pools. Protecting the “shorelines” around all this water will preserve the water quality and environment for all that fishing, cruising, sailing, kayaking, and swimming. Taking these steps from surf to turf will yield lasting results.

Boating Green and Clean

Boaters and the docks and marinas they frequent can each safeguard the waterfront and water quality. While commanding your vessel of choice, remember to

- ✦ **Watch your waves** — the waves you create can swamp smaller craft like canoes and kayaks, increase risk of injury to wildlife, particularly manatees, and increase shoreline erosion and habitat damage. By observing posted speeds, and “no-wake” and manatee zones, you can assure that all your waves are friendly.
- ✦ **Avoid prop dredging** — Since Collier County average inshore water depths are less than 3 feet, props can easily destroy sea grasses and marine habitat. Exercise care when navigating our waters.
- ✦ **Leave no trace** — Since plant and animal habitat and survival are intertwined, treat marine and shoreline habitat with care. Remove all litter and waste, stowing securely onboard for safe transport.



And to date, thirteen marinas in Collier County have achieved Clean Marina Certification. These facilities have implemented environmental Best Management Practices designed to protect Florida waterways. Visit the [FL DEP's Clean Marina Program](#) for more information about Clean Marinas and Clean Boating.



Surf-Side Green and Clean

Tending the waterfront while fishing or enjoying the beach or surf-side means

- ✦ **Tame the tackle** — use appropriately sized gear, circle hooks, nontoxic alternatives for sinkers, and jigs, and recycle all monofilament line.
- ✦ **Respect the fish** — Handle fish gently, release them quickly, and [follow these “Catch and Release” and Sustainable fishing tips](#) for improving saltwater fish survival and assuring enjoyable fishing for all.

- ✦ **Explore with a light touch** — Use a canoe or kayak to view sensitive coastal environments, returning any objects you examine to the location and conditions in which you found them.

[The Nine Florida Friendly Landscaping \(FFL\) Principles](#)

1. [Right Plant, Right Place](#)
2. [Water Efficiently](#)
3. [Fertilize Appropriately](#)
4. [Mulch](#)
5. [Attract Wildlife](#)
6. [Manage Yard Pests Responsibly](#)
7. [Recycle](#)
8. [Reduce Storm Water Runoff](#)
9. **[Protect the Waterfront](#)**

See the new Articulate E-Learning [Nine FFL Principles Presentation](#)

Turf-Side Green and Clean

Pollution prevention at the source is the name of the game here. Remember to

- ✦ **Keep it in your yard** — Release all pool overflow and drainage, and carpet cleaning rinse water within your turf and landscape beds, with no runoff into storm water drains or retention areas.
- ✦ **Scoop that Poop** — Picking up pet waste removes a source of nitrogen runoff that contributes to impaired water quality.
- ✦ **Slow the Flow** — Install rain barrels, plant rain gardens ([described in our June 2011 Green Gazette](#)), and [listen and learn more ways to protect your waterfront investment.](#)



Your Dooryard Edible Garden—Bee a Wise Pollinator

By Mary Jane Cary, Master Gardener



You've selected the site, prepared the soil, and planned for drainage and irrigation. And now you're planting those fruit trees and vegetable seeds, dreaming of enjoying all that fresh produce. But to transform this dream into reality, you'll need to hire the right contractor — to pollinate the flowers that produce those fruits and vegetables! While some plants rely upon our Gulf breezes to deliver pollen, many others rely on "Nature's outside contractors," namely bees, butterflies, birds, bats, and other insects and mammals to spread the pollen that makes those fruits and vegetables possible.

These pollinators enable the survival of 75% of the world's flowering plants, and are responsible for about one third of the foods we enjoy. The most widely recognized pollinator of all is the honey bee. But wild honey bee populations have declined 25 % since 1990, and more than 50 pollinator species are now threatened or endangered. Plus, both wild bee and managed bee colonies are in jeopardy because of Colony Collapse Disorder and other environmental factors. So how can we help?

Planting a pollinator-friendly garden may be one of the best ways we can help these valuable creatures. Pollinator-friendly gardens share many of the same features as wildlife and butterfly gardens, including:

- ✱ **Choose native species.** Honey bees and other pollinators evolved with these species, and thus are four times more likely to be attracted to them.
- ✱ **Provide Year-round color.** Providing a variety of shapes, sizes, colors, and bloom seasons throughout the year attracts many different bees and pollinators
- ✱ **Treat lightly.** Minimize pesticide use, which can harm bee and good bug populations. But when treatment is necessary, start with least toxic methods, like hand-picking to remove pests from plants.

Visit the UF [Birds & Bees Pollination in the Garden site](#) and [Living Green: Landscaping for Wildlife](#) for more information on pollinators, creating wildlife-friendly habitat, and fruit and vegetable gardening.

Bee Respectful

Many bees that visit our gardens to pollinate our flowers live in managed colonies maintained by bee keepers, but some live in feral colonies in the wild. And while bee-keeper-managed colonies contain the more docile European Honey Bee, feral colonies in Florida can be assumed to contain the more aggressive Africanized Honey Bee (AHB). The major differences between these two bee species are the AHBs' nesting in the open in close proximity to humans, and their increased defensiveness. If an AHB colony is disturbed, several hundred bees may respond within the 40 yards surrounding the colony for its defense.



Are you a Condo or Homeowner Association member? Landscape Committee representative or Board Director? Property Manager? UF has a [Florida Friendly Landscaping one-stop resource shop for you](#) including:

- List of BMP-certified landscape maintenance contractors
- Most current FFL Model Covenants, Conditions & Restrictions
- FFL guidelines for Architectural Review Boards

These Gardening in a Minute Broadcasts discuss what's happening to [European Honey Bees](#), and the [challenges we face with AHBs](#).

Do's and Don'ts to Minimize Sting Risk

- **Do not swat at bees.** Rapid movements cause them to sting.
- If you should find a colony on your property, **do not disturb the colony nor spray anything on the bees.** Contact a Pest Control Operator certified to remove AHB colonies.
- **If the bees become defensive, run for shelter** in a car or enclosed building, while protecting your face and eyes.

Visit the [AHB Resources for Homeowners](#) website to learn more about minimizing sting risk for your family and pets, and steps to bee-proofing your property.

Join UF's Dr. Jamie Ellis as he discusses [Africanized Honey Bees](#).





Budding Opportunities

Collier County communities and organizations recognize the value of our Master Gardeners' knowledge and experience by requesting our assistance with their garden projects. Here are a few of their most recent requests. Please [contact Peggy](#) at the Collier Extension Office 239 353 4244 to volunteer.

Let's Grow Collier County Together!

- ✿ **Yard and Garden Show Educator** — Provide 20-30 minute demonstration for attendees outdoors in Horticultural Learning Center.
- ✿ **Yard and Garden Show Plant Clinic** — Answer show attendees' horticultural questions in Extension Plant Clinic.
- ✿ **Habitat for Humanity Project** — Advise, plan and design landscaping for Habitat Homes.
- ✿ **Farmer's Market at Collier County Government Campus** — Support educational outreach booth with UF staff, Fridays 11am—2pm.
- ✿ **East Naples Library Container Garden** — Plan and design container garden beautification project.

Come Grow with Us!

Do you love plants and gardens? Want to learn the latest tips for growing vibrant landscapes and healthy edibles? Willing to share your time and gardening knowledge with others in Collier County?

MASTER GARDENER

Then become a Florida Master Gardener!

To learn more about the Florida Certified Master Gardener program, request a [Collier County Master Gardener program brochure](#) and view our [Policies, Guidelines and more](#). Then call the Extension Office at (239) 353-4244 for an application and training course registration.



Farm and Garden Calendar

See [Collier Extension Calendar](#) for more details.

All events held at Extension office unless noted.

Call 239 353 4244 to register for all classes.

August

- Aug 1** [August South FL Garden Calendar](#)
- Aug 10** **Urban Pond Management**, a [Project Greenscape](#) Refresher Class, Rookery Bay Environmental Learning Center, 300 Tower Road, 8:00 am—12:00 pm. \$ 15/person. CEUs available. [Register online](#) or contact [Isabel Way-Soto](#).
- Aug 17** **Good Plant, Bad Plant, Right Plant**, a [Project Greenscape](#) Refresher Class, City of Naples Utilities Training Room, 280 Riverside Circle. 8:00—11:00 am. \$ 15/person. CEUs available. [Register online](#) or contact [Isabel Way-Soto](#).
- Aug 19** **Identify and Manage Landscape Pests**, by Dr. Doug Bug, Naples Botanical Garden, 10:00 am—12:00 pm. Free, but Registration is required. CEUs pending.
- Aug 20** **Be Awareness Day**, Lee County Extension Office Terry Park, 3406 Palm Beach Blvd., Fort Myers, 9:00 am—4:00 pm, Free. Contact Don Murray at 239-267-9776 for more information.

September

- Sep 1** [September South FL Garden Calendar](#)
- Sep 7** **Water Wise and other Irrigation Concepts**, a [Project Greenscape](#) Refresher Class, Rookery Bay Environmental Learning Center, 300 Tower Road, 8:00 -11:00 am. \$ 15/person. CEUs available. [Register online](#) or contact [Isabel Way-Soto](#).
- Sep 21** **Florida Seafood Sustainability and Safety Brown Bag Webinar "Stone Crab,"** 12:15—12:45 pm. Free. [Contact Bryan Fluech](#), CC Sea Grant Extension Agent to register.
- Sep 24** **National Estuaries Day**, [visit Rookery Bay](#) for more information.

October

- Oct 1** [October South FL Garden Calendar](#)
- Oct 1** **Next Green Gazette newsletter**

- Oct 29-30** **SW Florida Yard and Garden Show**, Collier County Extension.

save these Dates!

Guava, A Tropical Treat

By Suzanne Fundingsland, Family Nutrition Program Agent

Summertime. Time for guava treats – and not just jelly, pastries, cakes and cocktails! Smoothies made of guava, banana, strawberry and yogurt with a handful of ice can be part of a healthy breakfast. Chunks of guava add sweetness to a fruit salad. Wouldn't your chicken be wonderful if basted in a guava barbecue sauce spiced with a little habanero pepper? Cut a guava in half, remove the seeds and fill the shells with low fat cottage cheese and serve on a bed of lettuce.



Guava fruit matures almost year round, but is especially abundant during summer months. Guavas sold in markets are usually quite firm and should be ripened at home at room temperature. It is ripe when they "give" to gentle pressure. Refrigerate ripe guavas immediately and use within 2 days, or freeze them. See [UF IFAS Publication FCS8526 South Florida Tropicals: Guava](#) for further information.

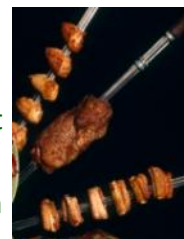
One medium sized fruit yields about ½ cup, or 100 grams. It has only 50 calories and wins a gold medal for nutrition! Vitamin C, carotenoids, and fiber are found here. So let's fire up the grill and try something new! Adjust the seasonings to your taste and enjoy.

Grilled Chicken Skewers with Guava Sauce

Marinade: Blend in food processor or blender: 1 cup fresh **lime juice**, 3 **garlic** cloves, 1 tsp. dried **oregano**, 1 tsp. ground **cumin**. Add salt and pepper to taste.

Put this marinade in a medium bowl with 1 ½ lb. skinless, boneless **chicken** thigh meat cut in 1 inch chunks. Stir, cover and refrigerate overnight.

Guava Sauce: Preheat oven to 400degrees F. Place 2 **jalapeno chilies** on a baking pan and roast until soft (about 20 minutes). Stem and seed chilies. Transfer chilies to a food processor and add them to 2 ½ cups pureed **guava**, 1 Tbsp. chopped fresh **cilantro** and ½ cup fresh **lime juice**. Process until smooth. Season with salt and pepper to taste. Cover and refrigerate. (Can be made a day ahead).



Storm Friendly Eating

For more easy and delicious recipes see [UF's Healthy Hurricane Disaster Cookbook](#).

Finally: Remove chicken from marinade. Discard marinade. Prepare grill – medium-high heat. Divide chicken among eight 8-inch skewers. Add vegetables if you wish. Grill, turning once, about 7 minutes. Serve with guava sauce.



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<http://collier.ifas.ufl.edu/HomeGarden/Newsletters.shtml>

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Visit a [Master Gardener Plant Clinic](#) Near YOU!

Call us at (239) 353 2872, email CollierMG@ifas.ufl.edu, or Walk In

"Bring us your tired, your poor, your pest-infested plants, yearning to be healed..."

Mondays, Wednesdays & Fridays

9 am — Noon and 1 — 4 pm

Collier Co Extension 14700 Immokalee Rd.

Thursdays

9 am — Noon and 1 — 4 pm

Naples Botanical Garden 4820 Bayshore Dr.

Saturdays

10 am — Noon

Home Depot 1651 Airport-Pulling Rd S.