

JANUARY & FEBRUARY 2012

VOL. 44, NO. 1 — \$7.50

FRUIT GARDENER

California Rare Fruit Growers



Time to elect officers
2012 Proxy Card Inside
Please pause to cast your vote

Festival of Fruit 2011

A Memorable Event for Pom Lovers
Arizona Chapter CRFGers Outdid Themselves

- ❖ 2011 Fruit Shoot Winners
- ❖ Grafting Apples for Africa
- ❖ National Heirloom Exposition

Spotlighting the Individual Chapters

As often as possible we want to highlight one of our chapters in the *Fruit Gardener*, featuring topics or activities that each chapter likes best

We have a new idea that I find very exciting. As often as possible we want to highlight one of our CRFG chapters in the *Fruit Gardener*! We want to know about the activities that the featured chapter has found rewarding—the most memorable speakers and the best field trips. We also want to know about the officers and the members, what they grow and their successes and failures. We even want to learn what special fruit recipes have been served at chapter meetings. We would like to



learn all about each chapter and we want lots of pictures to go with the information. It will take us over three years to get to know every chapter in the CRFG. But what fun getting better acquainted can be! There are many wonderful and interesting people in our chapters that we should get to know. They do many interesting things about which we know nothing! They grow delicious and interesting fruit that members of other chapters cannot or do not grow. We are a large community made up of smaller communities. It would be most interesting to know who makes up the smaller communities, what they're growing and what each of them does as a chapter!

So, please start planning what you would like all of the CRFG community to know about your chapter. The next time a large number of members come to a meeting or field trip, someone please take a picture of the group! Take pictures of gardens and special fruit. Take pictures of families

eating or growing fruit or tending the garden. Please make it personal; we want to know you. Note who the people are and how long they have been chapter members. Designate someone to write about your chapter. Tell us about other things, like special growing conditions in your area. We can't afford to send someone around to each of the chapters to learn and write about them. Even if we could, who from outside your chapter could fully explain its heart, how it functions and what keeps it going? Only you can do that.

I know that we have some amazing people in the CRFG. Some of them grow fascinating fruit and some have remarkable gardens. Others may not grow much themselves but nevertheless possess considerable knowledge and expertise about rare fruit and about growing it. Please take the time to go into detail about special members, their gardens or activities. Include pictures. We will happily make that a feature article in the magazine.

Take your time getting your chapter's "spotlight moment" together. Then send your materials to Ron Couch, our *Fruit Gardener* editor. Please do not send anything piecemeal. Get everything together before sending anything. Electronic files are better than hard copies because retyping is eliminated. Digital photos should be full resolution and not reduced in size or pixel density. For this reason, standard email attachments might not be the ideal way to transmit photos, especially if you have quite a few. Email Ron at fg@crfg.org; he can provide technical assistance for alternative means.

In addition, is there a member nursery in your area where members often purchase fruit trees or supplies? We would like to include articles on the history and experiences of these special nurseries in the *Fruit Gardener*. Have you had exceptionally good luck or bad luck ordering fruit trees or supplies by mail? Please let Ron know! Other members may find your experiences both interesting and helpful.

I realize that no one can get their chapter information ready before the next *Fruit Gardener* is published, but already I'm eager to read about your chapter! So please—get started today!

president@crfg.org

TIME TO RENEW? ARE YOU MOVING?

IF YOUR MAILING IMPRINT ON THE OUTSIDE BACK COVER SAYS "LAST ISSUE 1/1/12," IT SHOULD HAVE BEEN IMPRINTED ON A RENEWAL-NOTICE JACKET ENCLOSING THIS MAGAZINE, RATHER THAN THE BACK COVER ITSELF. IF THERE IS NO JACKET AND YOU KNOW THIS IS YOUR LAST-ISSUE DATE, PLEASE EMAIL NOTIFICATION TO ADMIN@CRFG.ORG OR CALL 415-469-0966. YOU SHOULD RENEW YOUR MEMBERSHIP BY FEBRUARY 1, 2012, TO AVOID MISSING THE NEXT ISSUE OF THE FRUIT GARDENER.

CHAPTER CALENDAR

Active chapters are requested to email event listings to José Gallego, JMGallego@LosGallego.com, by or before the 15th of odd-numbered months. The term "TBA," as used here, means "to be announced."

ARIZONA

January 12 (Thu), 7:30 p.m. The new chapter president for 2012 will speak to chapter members and guests about the yearly agenda and chapter goals.

February 9 (Thu), 7:30 p.m. Annual Scion Exchange and Grafting Event. Biggest scion exchange in Arizona!

Location Maricopa County Agricultural Extension Office Palo Verde Room, 4341 East Broadway Road, Phoenix.

Info For info contact Patrick Hallman at 602-348-5576, or go online to <http://www.azrfg.org>.

CENTRAL COAST

January 14 (Sat), 1:30 p.m. Fruit Tree Pruning Clinic: Guest speaker to cover "principles" of fruit tree pruning followed by a demonstration and a "hands-on" pruning workshop in the CRFG Demonstration Orchard. Outdoor meeting, bring hand clippers/loppers. Light rain will not cancel this meeting.

February 18 (Sat), 1:30 p.m. Annual Scion Exchange and Grafting Party. Continuous grafting Demonstrations by six experts, including avocado grafting! Huge scion exchange—please bring healthy and non-patented scionwood. Wide choice of deciduous fruit tree rootstock and selected grafting supplies for sale. Grafting service and a unique canning service available for small fee. Rain will not cancel this meeting.

Location Cal Poly Crops Unit, corner of Highland and Mt. Bishop Road. Parking and admission free.

Info Joe Sabol at jsabol@calpoly.edu or 805-544-1056.

CHANNEL ISLANDS (VENTURA/SANTA BARBARA)

January 28 (Sat), 10:00 a.m.–12:30 An apple tree grafting class led by Joe Sabol, grafter extraordinaire. You will graft your own apple tree. We also have a scion exchange, so please bring scions suitable for grafting.

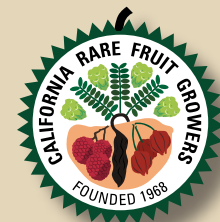
Location Beard Tropics, 200 Ellwood Ridge Road, Goleta.

Info Larry at 805-451-4168, Jennifer at 805-886-8465 or Bob at 805-252-6723.

FOOTHILL

January 14 (Sat), 9:30 a.m. Annual Scion Wood Exchange and Grafting Demonstration. Mark your calendars, since this is a different day than usual! Bring your favorite

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California Rare Fruit Growers

www.crfg.org

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FEATURES

Grafting Apples for Africa

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Charles Lee's story about devoting a few hours in a small shop to learning about grafting low-chill apple varieties for eventual planting in African nations whetted our appetite to know a little more. So we contacted Kevin Hauser, owner of Kuffel Creek Nursery, in the hope that he might have a few photos to illustrate the story. And he certainly did have some.

Heirloom Expo Bears New Seeds

8

When John Valenzuela wrote an email about the 2011 National Heirloom Exposition to fellow Golden Gate chapter members, he wasn't trying to compose a story. But we saw it as a perfect companion to the great photos of the event that we had been furnished by others.

Pictorial: Fruit Shoot 2011 Winners

12

Thanks to the CRFG Development Fund Committee we have four pages of gorgeous images selected as winners in the 2011 Fruit Shoot photo contest. More specifically we owe gratitude to these folks, led by Emory Walton, who devote quite a lot of time and effort to serious consideration of all images submitted: Ed Hager, David & Karen Payton, Edgar & Pat Valdivia, Bob & Kathy Vieth, Dick & Edith Watts and Virginia Walton, among others.

Phoenix Pictorial: Festival of Fruit 2011

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Members who decided not to include the Arizona chapter's 2011 Festival of Fruit on their travel calendars certainly missed a heck of a great event. Of course it was a pomegranate lover's dream, but much more as well, as illustrated by the wealth of photos taken there.

Poblano Boats Stuffed With Meat and Fresh Fruit

22

Bev Alfeld gets an idea she doggedly pursues it. In this issue she illustrates the process she went through after wondering whether stuffed poblano peppers might serve as suitable substitutes for the bell peppers that everyone uses. Turns out they are great substitutes. Going a little beyond the traditional spicy meat stuffing, she went and kicked it up another notch.

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ON THE COVER

These delicious looking Golden Russett apples grown in western New York provide a beautiful and fitting introduction to The Year of Heirloom Fruit. DAVID KARP PHOTO

This is the Year of Heirloom Fruit

The seed of idea planted at the National Heirloom Exposition last year has germinated and will result in an unusual festival of fruit

Once again I'm sharing space with valuable advertisers, which really is more beneficial than the normal fare here.

As some of you may know, preparing this column is usually one of the last things I do before committing a given issue to the presses.



Because of that it often is a grab-bag of last-minute thoughts. This time is no exception, but it did occur to me as I mentally reviewed the contents of this issue that the only mention of heirloom fruit, which is our 2012 Fruit of the Year, appears in the

article about the first-ever National Heirloom Exposition pictorial article that begins on

page 8. Just to ensure that folks know, there is no specific fruit of the year; instead the focus will be on heirloom fruits as a genre. Read John Valenzuela's account of the Heirloom Exposition and how the seed of an idea germinated into a plan to conduct our Festival of Fruit alongside that event this year. Then you can see how putting emphasis on heirloom fruits during 2012 was appropriate.

Note the page one credit to the Orange County chapter for full color in 2012. I apologize for failing to mention that the Los Angeles chapter provided us full color in 2011.

Finally, we will miss Jack Burgard's steady hand at The Marketplace helm, and we welcome Art DeKleine as he assumes the watch.

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CALENDAR (from inside front cover)

cultivars. Martin Koning-Bastiaan will do a grafting demonstration, assisted by other experienced chapter members' thoughts and techniques.

Location Los Angeles County Arboretum, 301 N. Baldwin Ave., Arcadia.

Info Joel Johnson at 626-791-0686.

GOLDEN GATE

January 21 (Sat), Noon-3:00 p.m. Annual Scion Exchange—"Grow Your Own Fruit." Hundreds of varieties of fruit budwood and cuttings, rootstocks, grafting classes, friendly advice. Beginners welcome.

Location Laney College Student Center Bldg., 900 Fallon Street, Oakland.

Info Check the chapter's website, http://www.crfg.org/chapters/golden_gate/scionex.htm, or contact John Valenzuela at golden_gate@crfg.org or call 415-246-8834.

INLAND EMPIRE

February 9 (Thu), 7:00 p.m. Chapter meeting, speaker TBA. Jurupa Mountains Discovery Center, 7621 Granite Hills Dr., Riverside.

March 10 (Sat), 10:00 a.m. Tour of the California Citrus State Historic Park, 9400 Dufferin Ave. See some of the rapidly vanishing cultural landscape of the citrus industry and hear the story of its role in the history and development of California. Experience the era when "Citrus was King," and the importance of the citrus industry in Southern California.

Info Sandy Millar 951-369-9784 or rustlover@gmail.com.

LOS ANGELES

January 28 (Sat), 10:00 a.m. Chapter meeting and scion exchange, Sepulveda Garden Center, 16633 Magnolia Blvd., Encino.

February 25 (Sat), 10:00 a.m. Field trip.

Info Jim Schopper at 818-362-3007 or jimschopper@hotmail.com.

MONTEREY BAY

January 15 (Sun), 12:00 noon-3:00 p.m. Annual Scion Exchange. Several hundred varieties of scions from all over the world available. Grafting demonstration, apple and stone fruit rootstocks for sale, plus experts and hobbyists to answer questions. Custom trees created on the spot for small donations. Some young grafted trees will be available for purchase from one of our members. Bring 1-gal. Zip-loc bags, masking tape and pens to mark your acquisitions. We will have \$1 bag/label/pen kits for sale. If you want to exchange plant material, please bring dormant scionwood cut a day or two in advance, sealed in a plastic bag and refrigerated. Please make sure material is well labeled on bag (and positively identified), and disease-free. Do not bring citrus scions. Open to the public, free to CRFG members and \$5 for nonmembers.

Location Cabrillo Horticulture Dept., Aptos.

Info Michael Kusiak at 831-332-4699 or michael@greenmanorganics.com. For information about the Horticulture program, its facilities, and a map, please go to www.cabrillo.edu/academics/horticulture.

NORTH SAN DIEGO COUNTY

January 20 (Fri), 7:00 p.m.-10:00 p.m. Annual scion exchange.

February 24 (Fri), 7:00 p.m.-10:00 p.m. Richard Wright will present "Fertilization for Sustaining Fruit Trees, Organic vs. Middle-of-the-Road."

Location Mira Costa College Student Center, room 3450, Oceanside.

Fun Facts From the Festival

Katie Wong, Fruit Specialist Coordinator



Instead of the usual Q&A, here is something else you might like: snippets from the Festival of Fruit hosted in Phoenix last November by the Arizona chapter. I'd like to share the event with you.

Shucking Ripe Pomegranates



Pom shucking

Doug Jones showed us how to “shuck” ripe pomegranates. First, you cut off the bottom one-third of the pomegranate and make lengthwise cuts on the top two-thirds of the pomegranate. Second, take a heavy spoon and bowl of water and hit the top two-thirds over the bowl of water to dislodge all the succulent seeds. This process should take about 1–2 minutes. *Shucks!* You have shucked a pomegranate!

Our keynote speaker Richard Ashton told us that pomegranate propagation is easy. Cuttings can fruit in 3 years time while fruits from a seed will take 4 years. Some varieties come true from seed, such as Kandahar Early (from 1400 years ago). A tree will have both male and female flowers. We should remove late flowers to improve crop yields. Soft-seeded pomegranates are smaller than harder seeded ones and are also more sensitive to frost. Pomegranates grow as bushes but can be pruned to tree form. Ashton recommends selecting 3 or 4 well-placed branches and removing all others for the best fruiting performance.

Orangeberry

At Doug May's garden we encountered a very unusual plant. “It's orangeberry,” said Doug. Since then I have dug up some more information on it.



Orangeberry

Glycosmis pentaphylla, aka orangeberry or rumbery, is from the Rutaceae family, which includes citrus. This small evergreen thornless shrub native to the tropics of Asia and Australia bears marble-size pinkish translucent fruits in grapelike clusters. Orangeberry roots inhibit the larvae of citrus root weevil. Many parts of the plant are used in traditional medicine. With a reputation akin to *Echinacea* and pomegranate, it is said to be antioxidant, antitumor, antibacterial, anti-inflammatory and is also used to treat skin diseases such as rashes and eczema. Wow! A powerful yet obscure plant almost under our noses—but now we see!

Doug May also treated us to his bushels of pecans. This reminded me that I recently saw an old pecan tree (over 30 years) in Los Altos, Calif., that has not set a single viable fruit. For pecans to set, you need a combination of significant chill hours plus sweltering summer heat. We need your summers, Arizonans!

Roselle

Stuart Robertson showed us around the U of A co-op extension. We saw a couple of roselle plants in 1-gallon pots with one or two calyces (flower buds enclosed by sepals) on each plant. I started taking pictures immediately. Stuart said “Don't do it yet.” He then led us to a huge 3 ft. x 6 ft. sprawling plant. “How long has it been growing?” we asked. He replied “only 4 months since the freeze.” It's incredible what heat will do for certain plants!



Roselle calyces



Roselle bloom

Hibiscus sabdariffa, aka Roselle or Jamaica, is native to tropical areas from India through Malaysia. It is an annual herb whose yellow flower is up to 5 inches wide and has a maroon center. Young leaves and tender stems are eaten in salads or cooked as tender greens. The red calyces are used in making sauces and fillings. It is similar to cranberry sauce in taste and appearance. They are also used to make a cooling lemonade-like beverage and a colorful wine. Being high in pectin (3.19%) it is recommended as a pectin source for jelling in the fruit-preserving industry. The seeds are roasted to make a coffee substitute or ground into a high-protein meal. To make your out-of-season supply, just dry or freeze the calyces.

Cattley Guava

At David Rosenberg's garden we were treated to tasty dates, pomelos and grapefruits. We saw a lone Cattley guava under the shade house and the question arose whether it needed cross pollination since it did not produce any fruit. The consensus was that the plant is self fertile. It may be that it is too young to start bearing. David's blueberries were not doing well even though he gave them the right medium to grow in and some shade. I suspect

...turn to page 26

The fun of working for the greater good

Grafting Apples for Africa

Story by Charles Lee, images by Kevin Hauser



Commercial apple plantation in Zambia

Grafting apples from a choice scionwood to a suitable, disease-resistant rootstock has always been a gratifying and rewarding experience for me. The morning of March 8, 2011, however, was to prove especially enjoyable at a whole different level. At a quarter to nine, my brother Daniel and I parked in front of the Riverside, Calif., residence of the Inland Empire chapter's apple expert, Kevin Hauser. Arriving at the front door, I was extending my finger toward the doorbell to announce our presence when my brother directed my attention to a slip of paper taped to the door's glass pane. It read, "Dear Apple Grafters, please go to the back. There is a little workshop with a look-through glass door on the left. Just go inside."

Classic cleft graft

We went to the back and stepped inside the workshop where Kevin welcomed us with a big smile. He was delighted to see us, and the feeling was mutual. His “little” workshop was small, about 10 feet by 7 feet, or roughly 70 square feet in all. Its prominent feature is a workbench about 9 feet by 3 feet, situated next to the window. On the bench are three vises, for holding the rootstocks in place for grafting. Beside the vises are three tape dispenser racks. Each rack holds two rolls of tape—a roll of polyvinyl for splicing the graft together, and a roll of parafilm for protecting the scionwood from dehydration. Each work station has a chair for the grafter to sit on, while he performs his craft. At length it dawned on me what Kevin meant when in one of his emails to me he said that only two volunteers are all that he can handle at one time.

There is not much space for moving around once work commences. The shop has two doors: one leads to the restroom and the other leads outside. Both open inward. So if someone desires to go to the restroom, the person sitting next to that door has to get up and move his chair so that the door can be opened toward him for ease of passage into the restroom. The same is true with the exit door.

Across from the bench, behind the grafter, is a standing refrigerator to keep the rootstocks and the scionwood and the grafted apple trees at a constant temperature, so as to preserve them in their dormancy until they are ready for shipment.

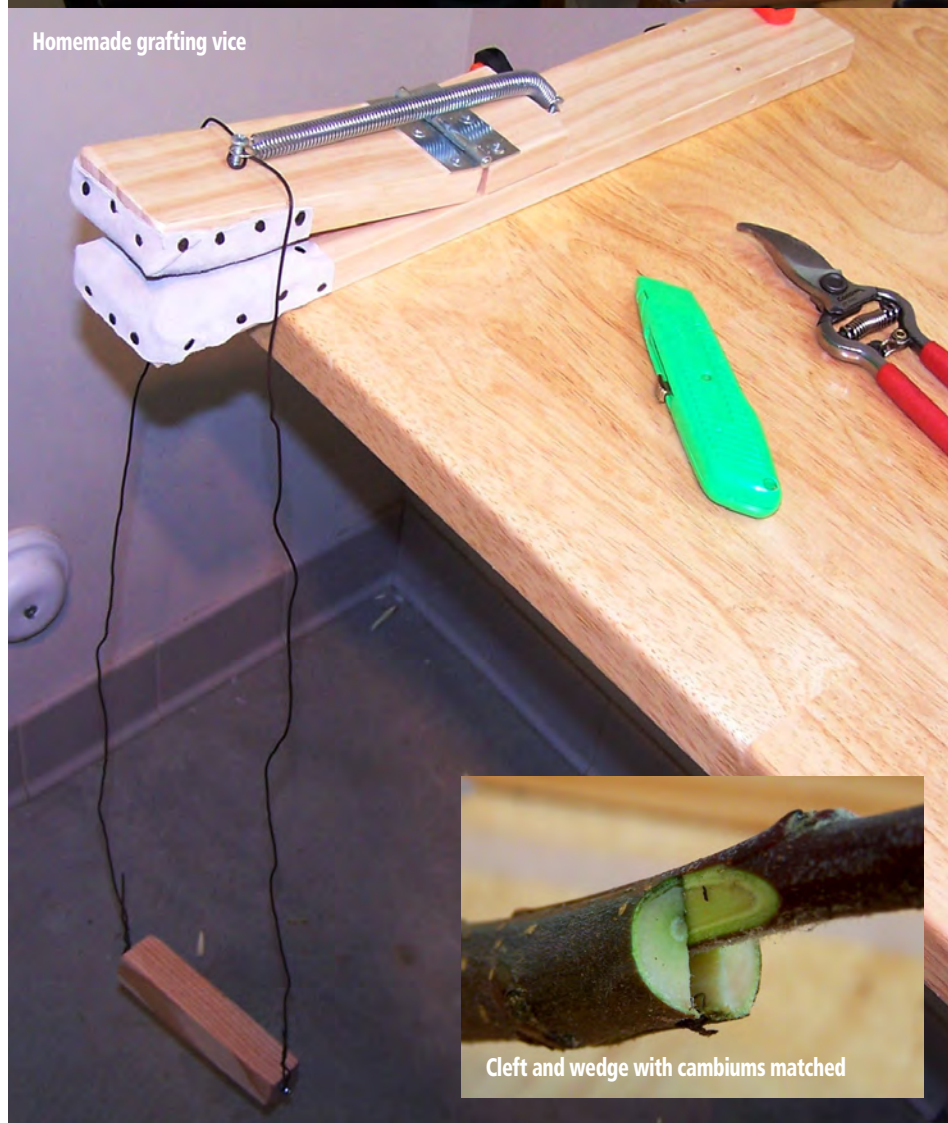
After telling us the purpose of grafting literally thousands of apple trees to help African nations to establish apple orchards, he shows us the grafting tools he uses. Generally grafting professionals prefer grafting knives that cost about \$15 for non-folding knives to \$25 for the ones that fold. But Kevin prefers the simple and more economical handyman utility knives. With these knives, one can change the blades once they become dull through constant use. In this way, it is quite inexpensive and the cut is always clean and nice.

Then he explains the basics of a successful simple technique: the cleft graft. It works particularly well on apple trees. One must understand however that the living cambium layer directly beneath the bark of the scionwood must be aligned and in contact with that of the rootstock, so that the graft will heal properly. But care must be taken that the cambium on at least

(continues next page)



Kevin Hauser's grafting workshop



Cleft and wedge with cambiums matched



GRAFTING APPLES

(from page 5)

one side of the two joined pieces is lined up smoothly, as illustrated so clearly in the inset photo on page 5.

We start at 9:00 AM and end at 12 noon. Within three hours the three of us have grafted 100 apple trees using the cleft graft method. We cut the scionwood into a sharp wedge and split the center of the rootstock, so that the wedge can be inserted into it. For each scion we leave two buds from which the new plant develops. Using the vise it is easy to split the center of the rootstock without injuring ourselves. Once the scion wedge is inserted into the cleft of the rootstock, the cambium of the scionwood and rootstock is aligned properly and the graft splice is bound together with a length of polyvinyl tape. The tape is then secured with a half-hitch knot. The exposed portion of the scionwood is then wrapped with a piece of parafilm to protect it from dehydration. That completes the grafting, which is such a simple and easy process.

These apple trees, being bare-rooted, are then put in a big Ziploc plastic bag with a wet paper towel to provide the needed



Bramley



Anna and Dorsett



Williams Pride

moisture, and they are stored in the refrigerator until enough have accumulated to be packed and shipped to their destination for planting. If all goes well these apple trees will arrive at their proper destination, be planted, take root and in due time will establish healthy orchards to help improve the economy of African people.

What a blessing to contribute a portion of our time and energy to improve the lives of people in Africa. The apples that I and other chapter members helped graft were a token of love and care from the members of the Inland Empire chapter to the people in the Lake Kivu area of Rwanda.

Charles P. Lee has performed in four successive careers, first as a high school math and science teacher, and later as a minister in Singapore and Malaysia, then in the U.S. he took up the practice of dentistry until retirement and subsequently became an educator in the dentistry profession, retiring from that as well. During his dentistry years his neighbor, the late Dr. Arno Kutzler—founder of the Inland Empire chapter—appealed to Dr. Lee's love of rare fruit grafting and planting and influenced him to become a life member of CRFG. **Kevin Hauser** is the proprietor of Kuffel Creek Apple Nursery, www.kuffelcreek.com, which specializes in apple trees for hot climates and the tropics.



2011 National Heirloom &

Heirloom Expo Bears New Seeds

John Valenzuela, Chairman-Golden Gate Chapter

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In mid-September, 2011, hundreds of farmers, gardeners, seed companies, community seed groups and thousands of public attendees congregated in Santa Rosa, Calif., and together enjoyed a fantastic event: The first-ever National Heirloom Exposition. As it turned out, this premier event produced seeds that will result in something even better. Read on.

The California Rare Fruit Growers were well represented by three Northern California chapters, who set up their displays in the enormous "Hall of Flowers," along with famous chefs. But in addition to many old CRFG friends, I spoke with gardeners and farmers from as far away as Argentina, Hawaii, Wyoming, San Diego and Los Angeles, as well as many Bay Area and Santa Rosa locals. I also enjoyed the privilege of meeting a member of a famed fruit family, the Lewellings, and got to "talk fruit" while admiring the apples grown by Freddy Menge and Ellen Baker while being videotaped by Martha Stewart's film crew from New York. I never even made it over to see all the heritage animal breeds, nor to sample goodies at the many food booths or the farm produce stands.

Redwood Empire anchored CRFG efforts as the most local chapter, led by Phil Pieri. Their display

included dozens of perfect pears, amazing apples and sensational subtropical fruits, winning a couple of ribbons from the judges. The Monterey chapter displayed over 85 varieties of heirloom apples from Freddy and Ellen's collection. The Golden Gate chapter, situated between the other CRFG displays, featured a table full of live subtropical plants, with a "Lost Crops of the Incas" theme. Between the three displays, we answered hundreds of questions and handed out more than 200 CRFG membership pamphlets. All of these displays, including the fruits, labels and the people power to talk to the throngs, required the collective effort of many dedicated CRFG members. Thank you all!

The cherimoya was about to become the thematic fruit of the year for 2012 and the Festival of Fruit was slated to be held in Santa Barbara by the Channel Islands chapter. But that chapter is reorganizing, and therefore had to beg off hosting the event. As a result not long ago the CRFG board inquired if the Golden Gate chapter would be willing to host the 2012 festival, but I found little support for that idea among our members. Just minutes before the board meeting at the 2011 festival in Phoenix, longtime member and former

Exposition in Santa Rosa



DAVID ULLMER

president Bill Grimes said to me, "Just think about this: What if we had a different, modified festival in conjunction with next year's National Heirloom Exposition, which was so popular last September?"

I replied that I liked the idea and would think about it. After some discussion of the possibility at the board meeting, Joe Sabol asked me to confirm our chapter's commitment to it. I said I would agree tentatively, but would need to discuss it with Baker Creek Seeds, who organized the original event, plus my own chapter and all the other chapters who would have to lend assistance.

The following day this development was announced to the entire group of 2011 festival attendees that the 2012 festival would be in Santa Rosa. This was quite a surprise to Linda Robertson, chair of the Redwood Empire chapter—located in Sonoma County, which encompasses Santa Rosa—who had heard nothing about this. My apologies for not ensuring that Redwood was informed prior to such a seemingly definitive announcement.

It was, after all, the Redwood chapter leadership at the Heirloom Exposition who encouraged us all to participate in the first place. And then the Redwood display won an award from New York

fruit judges. And the Monterey chapter displayed lots of apples that ended up being featured on the Martha Stewart Living television show (go to the website shown below and from there navigate to the Martha Stewart Show), and the Golden Gate chapter's live plant display got a lot of interest. Having said all that and whetted your curiosity, it is unfortunate that the full color and festive atmosphere of this wonderful agricultural fair can be displayed here. But start planning now to be in Santa Rosa in September and see for yourself!

I have initiated talks with Baker Creek Seeds and their Petaluma Seed Bank about the combining of our two events in 2012, on September 11–13. It is all positive so far, with lots of details remaining to be worked out.

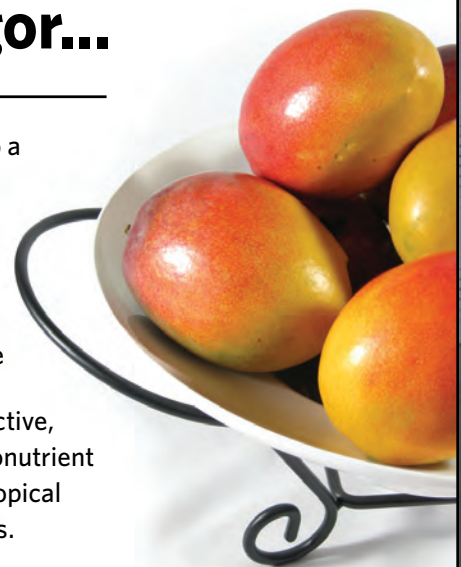
I am looking for guidance and help within my chapter, with our Northern California chapters, from other chapters that have held successful festivals of fruit and from all of CRFG. And I am anticipating next year's National Heirloom Exposition & Festival of Fruit. Special thanks to Jere Gettle and Baker Creek Seeds for bringing all of us together. To see some of what you missed, the website is still up here: <http://theheirloomexpo.com/>.

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2b



Fruit Shoot 2011 Winners



First & Second Places

1 1st Place	Guarana Fruit Cluster close-up – <i>Paullinia cupana</i> (Sapindaceae)	
	Oscar Jaïtt	Pahoa, Hawaii
2a 2nd Place	Longan – <i>Dimocarpus longan</i> (Sapindaceae)	
	Carlos Velazco	Rio De Janeiro, Brazil
2b 2nd Place	Ananás, Red Pineapple – <i>Ananas bracteatus</i> (Bromeliaceae)	
	Anestor Mezzomo	Florianópolis, SC Brazil

Visit our website to view contest winners and all entries

Note: The Fruit Shoot photo gallery has been moved; we now host the contest on our own website. All contest entries and winners can now be viewed on the CRFG website, <http://www.crfg.org/g2>. Once you get there, you can also send album photos as Ecards, and you can even make them into challenging online puzzles.

...turn page for more winners



Fruit &



Fruit Shoot 2011 Winners

...from page 13



Third & Fourth Places

3a	3rd Place	Velvet Apple, Mabolo – <i>Diospyros blancoi</i> (Ebenaceae) Carlos Velazco	Rio De Janiero, Brazil
3b	3rd Place	Strawberry Tree Fruit – <i>Arbutus unedo</i> (Ericaceae) Moshe Weiss	Zchron Jacob, Israel
3c	3rd Place	Naranjilla – <i>Solanum pectinatum</i> (Solanaceae) Anestor Mezzomo	Florianópolis, SC Brazil
3d	3rd Place	Unknown wild Musa species (AUSTRALIMUSA SECTION. KAWAIBAITA RIVER VALLEY, MALAITA, SOLOMAN ISLANDS) Gabriel Sachter-Smith	Honolulu, Hawaii
4a	4th Place	Praying Hands Banana – <i>Musa</i> sp. (Musaceae) Maurice Kong	Miami, Florida

4b	4th Place	Double Red Pepper – <i>Capsicum annum</i> (Solanaceae) Angela Christopher	Roseville, Michigan
4c	4th Place	Clove Buds and Flowers – <i>Syzygium aromaticum</i> (Myrtaceae) Oscar Jaïtt	Pahoa, Hawaii
4d	4th Place	Seashore Mangosteen – <i>Garcinia hombroniana</i> (Clusiaceae) Ken Love	Captain Cook, Hawaii
4e	4th Place	Blossoms of Malay Apple – <i>Syzygium malaccense</i> (Myrtaceae) Maurice Kong	Miami, Florida

Watch for the 2012 Fruit Shoot photo contest. Rules and instructions will be published in a later issue.

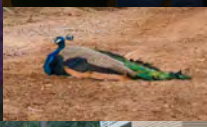


Phoenix Sictorial ~ 8



THIS WONDERFUL DISPLAY OF 2011 FESTIVAL OF FRUIT PHOTOGRAPHS IS POSSIBLE BECAUSE OF THE GENEROSITY OF PATRICIA DURON, JENNY HOM, FANG YI LIU, SONJA LONGLEY, DAVID ROSENBERG, JOE SABOL AND DIANA TEMPLE. IT IS IMPRACTICAL TO SHOW INDIVIDUAL PHOTO CREDITS WITHOUT SERIOUSLY CLUTTERING UP THE PRESENTATION AND OBSCURING DETAILS.



[illegible]

Phoenix Victorial ~ 8



Kim and Catherine Kennewell

Festival of Fruit Surprise

BY ROGER AND SHIRLEY MEYER

At each Festival of Fruit one of the things we like to do before the keynote address is to mingle with registrants, sneak a peek at the name badges and try to figure out who has traveled the farthest. When a chapter sponsors a festival, we know how much effort everyone has put forth to make the weekend a success. One clue of success is how far people have come to enjoy the event.

Upon arriving at the 2011 Festival in Phoenix, we spotted the Panzarellas from Texas. Then I was surprised to see Richard Ashton, also from Texas. I had been emailing Richard for years but had never met him. We wondered which Texan had come the farthest. Still circling amongst attendees, I spotted Robert Hamilton from Georgia. We had met Robert years earlier during the Tropical Fruit Conference at the Fruit and Spice Park in Homestead, Florida. Surely Robert was destined to be the "long-distance winner" at this festival.

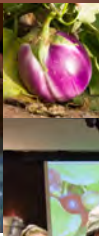
Once the event was in session, Festival Chair Jenny Hom asked who had traveled the farthest. Sure that Robert would be the winner, I was surprised when a young couple stepped up to claim the title: Kim and Catherine Kennewell from Perth, Western Australia. How in the world did they hear about the Festival?

As it turned out, they had first visited Hawaii and were touring the U.S. west coast not knowing what to do, so they searched the Internet to plan their holiday. Luckily, they found the Festival and decided to rearrange their schedule to see what we were about.

Kim says he was always interested in growing fruit, especially since visiting tropical Queensland and New South Wales. After he met Catherine, she adopted his passion and bought him his first fruit tree, a Kensington Pride mango.

Now they have a suburban ¼ acre lot where they experiment with all the plants they can grow, many of them in pots as space is a constraint with limited real estate. Of course they will need to expand their property as they also have marula, peanut butter tree, wampi, macadamia, Burdekin and Davidson plums, and native limes as well as native bush cherries.

We're so happy that the Kennewells chose the Festival of Fruit. Shirley and I provided our address in hopes that they would visit again. Since they had only a brief time to see fruit growing in the Phoenix area, we hope that other CRFGers will in the future open their homes to provide a broader view of what we are all about.



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CALENDAR

(from page 2)

Info Kathryn Blankinship at 760-518-9922.

ORANGE COUNTY

January 19 (Thu), 7:30 p.m. Annual Grafting Demonstration—seven grafting specialists. Orange County Fairgrounds Silo Building.

January 21 (Sat), 9:00 a.m. Annual Scion Exchange at Orange County Fairgrounds Centennial Barn (next to Silo Building).

February 16 (Thu), 7:30 p.m. Cynthia Ross presents a talk on Vector Control, Orange County Fairgrounds Silo Building.

Info Richard Snyder, program chairman, 714-639-6786, richardsue@earthlink.net.

REDWOOD EMPIRE

January 28 (Sat), 10:00 a.m.–1:00 p.m. Annual scion exchange. Veterans' Building, 282 High Street, Sebastopol.

Info Linda Robertson at redwood_empire@crfg.org.

SACRAMENTO VALLEY

Info Jimmy Barsch at 916-482-3181.

SAN DIEGO

January 25 (Wed), 7:00 p.m. Annual Scionwood Exchange.

February 22 (Wed), 7:00 p.m. Cherimoyas: varieties, tasting and grafting.

Location Room 101, Casa del Prado, Balboa Park.

Info Chapter meets 4th Wednesday of every month, except for November and December. For meeting information call 858-876-2734 or email info@CRFGSanDiego.org.

SAN JOAQUIN VALLEY

Info David Johnson at 209-874-5393.

SANTA CLARA VALLEY

January 14 (Sat) Scion Exchange. Members with current local and state membership can enter the exchange at 10:00 a.m. Entry is at 11:00 a.m. for all others.

February 11 (Sat), 1:00 p.m. Greenwood scion exchange, grafting topics. Come early to chat and snack.

Location Both events at Emma Prusch Park, San Jose.

Info Susan Kay at scasnerkay@gmail.com.

SEQUOIA

January 21 (Sat), 10:00 a.m. Annual Lindcove Citrus Field Station Tour, Exeter. Members of all chapters are invited. Our chapter will serve lunch for a small donation. Please let us know how many from your chapter will attend.

February 4 (Sat), 10:00 a.m. Scionwood and grafting demonstration at the home of Walter Thoma, 31497 Success Valley Drive, Porterville. For directions call 559-783-0508.

February 25 (Sat), 10:00 a.m. Monthly meeting at the home of John and Marilyn Cayori, 2219 E. Iris Ave, Visalia. For directions call 559-625-8597.

Info Call Eva and Martin Berghuis at 559-592-4664 or email Martin at mberghuis@hughes.net.

SOUTH BAY

February 14 (Tue), 10:00 a.m. Scionwood Exchange & Grafting Seminar. Members only participate in early selection. Bring plastic bags, string and labels or masking tape. If you are bringing scions to share: 1) bring leafless, viable, moist, supple wood 8–12 inches long; 2) put in an airtight bag or wrap in plastic with a wet paper towel and keep in shade; 3) bundle the same wood together and label with name or description. To store after pruning, put in an air tight cool place.

Location South Coast Botanic Garden, 26300 Crenshaw Blvd., Palos Verdes Peninsula.

Info Call Rose Arbuckle at 310-326-4542 for details.

WEST LOS ANGELES

January Chapter meeting and speaker TBA.

February 14 (Tue) Annual scion exchange.

Info Bruce Blavin, west_los_angeles@crfg.org.

NEVADA

Info Bob Scott at las_vegas@crfg.org or 702-656-8865.

TEXAS

Info J Clayton Bell at texas@crfg.org, or 979-574-8167.



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From Grove to Stove

Chef Randy Smith, Food Co-Editor

My wife Mary says I spend too much money at the local farmers market. She may have a point. I am a sucker for all the fresh produce. Strolling among the different stalls sampling cut-up fruit is a favorite morning activity. Returning home loaded down with the familiar and the unusual, I cannot wait to begin sharing all the tasty finds. It is an eclectic mix because it is difficult for me to make a choice, so I get a little of almost everything that passes my taste test. "Did you clean them out?" Mary usually inquires as I plunk all the bags down on the kitchen counter. "Here, you have to taste this," I respond slicing off succulent hunks of fruit for her to try. Eyes wide, she asks, "Did you buy any more of that?" One taste and she's hooked, just like me. As the old saying goes, "Variety is the spice of life." I hope this new year is filled with both for you and yours.

Besto di Noce & Besto di Pistacchio

Invariably someone is selling nuts at the farmers market, and nuts bring pestos to mind. The classic pesto is made using *Pignolias* or pine nuts, but I read in the November 2011 *Saveur* magazine that in Italy pesto is made from whatever nutmeats are locally grown. Here is a couple of good ones incorporating nuts that some of you might be growing.

Pesto di Noce (Walnut Pesto)

1½ cups fresh basil, packed	2 sundried tomatoes in oil, chopped
½ cup olive oil	2 cloves garlic
⅓ cup toasted walnuts	Kosher salt and freshly ground
¼ cup finely grated pecorino	black pepper, to taste
¼ cup finely grated Parmesan	

Pesto di Pistacchio (Pistachio Pesto)

1½ cups fresh basil, packed	1 tsp. lemon zest
1 cup olive oil	3 cloves garlic
1 cup dry-roasted pistachios	Kosher salt and freshly ground
½ cup cilantro, packed	black pepper, to taste
¼ cup finely grated parmesan	

Process in a food processor (or blender, which is not as easy) until finely chopped. Season with salt and pepper. Serve as a dip with either crackers or thin slices of baguette or toss with warm pasta.

Lychee Swizzle

On more than one occasion at social gatherings I have been accused of being something of a "swizzle stick." Okay, guilty as charged. This cocktail, which I found in a grilling cookbook, features a swizzler and preparations of lychee—one of my favorite fruits.

8 ounces vodka	2 ounces lemon juice
2 ounces lychee liqueur	Splash of ginger ale
3 ounces lychee juice	4 lemongrass stalks (for swizzles)

Pour a quarter of the liquid ingredients into a tall highball glass filled with crushed ice. Stir gently with a trimmed stalk of lemongrass that is left in the drink. Serves 4.

Coast Toast

The Brockton Villa Restaurant is a must if you ever visit The Cove in La Jolla, Calif. You can't beat the superb view at breakfast, lunch or dinner. One of their signature dishes is a citrus-flavored French toast for which they were willing to share the recipe. The following serves six, so scale back unless you have a bunch of hungry people over for breakfast.

1 loaf soft French bread, sliced diagonally, about 1½" thick	½ cup sugar
1 quart whipping cream	a pinch of salt
10 eggs	2 Tablespoons vanilla
¾ cup fresh squeezed orange juice	2 Tablespoons orange flavoring

Combine liquid ingredients. Pour over bread slices. Cover and refrigerate at least one hour. Carefully remove bread and discard liquid. Spread butter on flat griddle. Cook bread until golden brown, then bake at 450F for 5–7 minutes or until bread is puffed up like a soufflé. Dust with powdered sugar. Serve immediately.

Banana Leaf-Wrapped Fish

Besides farmers markets, I like to scope out Asian markets. I find the exotic items they stock fascinating. If you try these two recipes from Chef Pete Evans' *My Grill* cookbook, you may have to seek out an Asian market to get some ingredients. But the experience, especially if you have never been before, will make the excursion worthwhile.

1 large banana leaf	1 whole sea bass or some other firm, white flesh, whole fish
Fresh limes	

Coating

2 garlic cloves, chopped	1 bunch fresh cilantro, chopped
1 large, thumb sized piece of fresh ginger, skin peeled and chopped	1 teaspoon shrimp paste
3 shallots, chopped	1 Tablespoon coconut sugar
2 red Thai chiles, seeded and chopped	1 Tablespoon Asian fish sauce
1 lemongrass stalk, trimmed and chopped	1 Tablespoon tamarind paste
	1 can (15¼ ounces coconut cream)

To make the coating, smash together the garlic, ginger, shallots, chiles, lemongrass, cilantro and shrimp paste until smooth. Combine with the sugar, fish sauce, tamarind and coconut cream. Place banana leaf on a griddle and heat until it turns bright green. Allow to cool a little before using. Using a sharp knife, score the whole fish and place on the leaf. Rub the coating over the entire fish, turn fish over and repeat. Wrap the leaf around the fish and then wrap in aluminum foil to secure. Place on a medium hot outdoor grill over direct heat. Cover and cook, turning once halfway through, for about 15 minutes until cooked to your liking. Serve immediately with a squeeze of fresh lime juice over the top.

Citrus Salad with Star Anise Syrup

In the course of some of my rummagings through my local Asian market, I ran into these beautifully fragrant little star anises and of all things, blood oranges. So, I thought, why not combine them and see what happens?

⅓ cup sugar	5 large ruby red or pink grapefruit
⅓ cup water	4 blood oranges
3 whole star anise	

Dissolve sugar in water in a small heavy saucepan, stirring over medium heat. Add star anise, simmer 5 minutes. Let stand off heat 30 minutes. Remove peel and white pith from fruit. Cut segments free from membranes into a bowl, squeeze juice from membranes into bowl. Add simple syrup and star anise to fruit and juice, stir gently. Remove star anise before serving if desired. Can be made one day ahead and chilled.

Please send inquiries, suggestions or recipes to the CRFG Kitchen. Address them to **CRFG Food Editor**, 1407 Ellsworth Circle, Thousand Oaks, CA 91360; or email them to kitchen@crfg.org.

Step-by-step experiment

Poblano Boats Stuffed With Meat and Fresh Fruit

Story by Beverly Alfeld, images by Tim Alfeld



The pepper is a member of the genus *Capsicum*, a diverse group that appears to have originated in Central and South America. According to L.H. Bailey in the *Standard Cyclopedia of Horticulture*, no records indicate that peppers were known before Columbus arrived on the shores of this landmass that eventually became North America. Presumably the few who might have “known” of peppers were limited to “enlightened” Europeans and Asians. In 1493, Peter Martyr chronicled Columbus’ return to Europe with “pepper more pungent than that from Caucasus,” a comparison of the South American peppers to the black pepper of commerce from Asian countries. For the record, poblano peppers rank lower on the Scoville scale than most hot peppers and are only a bit spicier than a bell pepper. They are therefore quite versatile and more readily accepted by people who don’t like very hot dishes, yet provide flavor and zip not offered by the ubiquitous bell pepper routinely stuffed by chefs.

I viewed creating something new from a glut of heart-shaped poblano peppers as an intellectual-culinary challenge. But in seeking a new way to use poblanos, I set parameters to keep it from being easy. Fruit and meat would be used together as filling for poblano boats, and I would initially avoid researching what had been done before because I wanted a nontraditional recipe. Recipes found on the Internet employ all sorts of fillings for poblanos, most based on traditional Mexican or South American recipes, and often include beans, corn, and tomatoes. To be different I added walnuts to ground pork filling. Surveying traditional recipes, I discovered that a walnut sauce had been used with stuffed poblanos. According to legend, *Chile en Nogada* was created by nuns who covered chile rellenos (stuffed chilis) in nogada, a walnut-cream sauce which was then sprinkled with green parsley and red pomegranate seeds. This might be a good recipe for pomegranate growers to check out; you can see it at [HTTP://WWW.EHOW.COM/ABOUT_5373467_HISTORY-MEXICAN-CHILE-RELENOS.HTML](http://www.ehow.com/about_5373467_history-mexican-chile-rellenos.html).

The two most successful trials were lamb and pork recipes; the ground chicken recipe shown here needed tweaking; ripe peaches might be used instead of mangos to impart more moisture, and ripe mangos would be more moist as well. My son Tim Alfeld was photographer and taste-tester for these experiments.

Ground Chicken with Mango or Peach

Initially the ground chicken and chopped fresh mango recipe did not turn out as well as the others; the mango was not fully ripe and two beaten eggs had been added to the filling to hold it together better. The cooked chicken-mango filling was too dry with eggs, so they are out. Additionally, the recipe might have been more moist if the mango had been riper or if two ripe peaches had been used. Still, it was pretty good. Try: 5 peeled and chopped garlic cloves sautéed in 1 tablespoon olive oil with $\frac{1}{2}$ chopped onion. In a second pan, sauté and brown $1\frac{1}{3}$ pounds ground chicken (or turkey) in 1 tablespoon olive oil. Drain the liquid and reserve some if more moisture is needed. Combine the filling of 1 chopped *ripe* mango or 2 chopped *ripe* peaches, onion-garlic mixture and browned, drained chicken with $\frac{1}{2}$ cup grated Parmesan, salt and pepper to taste, and $\frac{1}{4}$ cup pine nuts (optional). Put filling in deseeded poblano halves. Set the boats in baking pans lined with release foil and add a little water or chicken stock. Top each with provolone or Swiss cheese. Cover the pan with foil and bake 30 minutes at 350F. Remove the foil and bake until the pepper is done (soft) and the cheese browned. Baking time will depend on pepper sizes and filling depth (15–20 minutes or more at 350F). Many recipes for poblanos call for removing the skin from the poblano, but it is unnecessary if you foil cover the pan and the skins are adequately cooked.turn to page 24



Ground chicken, mango and pine nut poblano boats



Cheese-topped chicken-mango-pine nut poblano boats ready for baking



Cheese-topped chicken-mango-pine nut poblano boat after baking



Poblanos ready for filling



Baked chicken-mango-pine nut poblano boats

POBLANO BOATS.....from page 23

Pork Poblano Boats with Ginger and Apple

1 2-inch piece of peeled and grated ginger	2 tablespoons olive oil
5 peeled and diced garlic cloves	Salt and pepper to taste
1 cup chopped onion	½ cup Parmesan cheese
7–8 poblano peppers (halved longitudinally and seeded)	½ cups walnuts
1½ pounds ground pork	½ pound sliced cheese like provolone, Havarti, Swiss, or white cheddar
1 cup peeled and chopped apple	

Sauté the ginger, garlic and onion in 1 tablespoon olive oil; set aside. Brown the pork in 1 tablespoon olive oil. Drain and reserve some of the liquid to achieve the right moisture for the filling. You may or may not need it all. Combine the ginger, garlic and onion and mix it into the browned pork and chopped apple. Add the seasoning, Parmesan cheese and walnuts, or top the mixture with the walnuts and cheese. Bake as described above for chicken filling.



Ground Lamb Boats with Tomato Meats

5 peeled and diced garlic cloves	Salt and pepper to taste
1 cup chopped onion	Ground cinnamon (optional, to taste)
7-8 poblano peppers (halved longitudinally and seeded)	½ cup Parmesan cheese
1½ pounds ground lamb	1 cup seeded and skinned tomato meats
2 tablespoons olive oil, divided	1-2 tablespoons dried or fresh parsley
	Cheese topping (see below)

Plunge tomatoes in hot water for 60 seconds and then in cold. Remove the skins and seeds and chop up one cup of tomato meats in ¾-inch square pieces. Reserve some tomato juice to put in the bottom of the pan on the foil to help steam the poblano skins. Bake according to the recipes given above. Sauté the garlic and onion in 1 tablespoon of olive oil; set aside. Brown the lamb with 1 tablespoon olive oil and drain. Mix the browned meat with the tomatoes, cinnamon, salt and pepper and parmesan cheese. Top with cheese of choice: provolone, Swiss, white cheddar, or feta crumbles. Dust the tops of the boats with parsley.

Note: If any *Fruit Gardener* readers are inclined to make up some of their own stuffed poblano recipes—or any other recipes, please email them to Jamlady and we will publish some of them.

Copyright © 2012. Readers are always welcome to contact “Jamlady” **Bev Alfeld** by sending email to jamlady10@aol.com.



Baked pork-apple-cheese boats without walnuts; bottom, with walnuts



Ground lamb and tomato meat poblano boats



Some folks couldn't wait to taste before Tim got these pictures

ASK THE EXPERTS

(from page 3)

that it is too hot in Phoenix to grow blueberries. When we came to the date palms a member asked David whether he pollinates them by hand. He answered that the wind does it for him. I understand that there are self-fertile date palms as well as ones that are male or female.



Cattley guava

Doug Jones demystified the art of growing tropical guava. I really did not think tropical guavas could survive our winters here in the Bay Area but after hearing his story of his guavas surviving three days of 18°F temperatures and resprouting anew, I'm encouraged to put my potted guavas in the

ground. Doug told us that his seedling guavas produce better tasting fruits than cultivars or named varieties.

As I walked by all the miracle fruit plants at Roger and Shirley Meyer's booth, I muttered that I have already killed three and hesitate to try more. Shirley told me "It's all in the soil!" She said the secret is to mix peat moss with bark to improve drainage.

Greenfield Citrus Nursery

At Greenfield Citrus Nursery we learned that native animals can be pests. So can birds; the tree shown here appears to have been the object of a sapsucker's labors.

Every environment has growing advantages and disadvantages. Our generous friends in the Arizona chapter have brought home these differences for us. They have intense but short growing seasons while we cope with insufficient heat and protracted inconclusive harvests—but then Global Warming is coming—hoorah for us!

KATIE

Katie Wong is a member of the CRFG board of directors. Active in the Western Horticultural Society, she also owns and operates an interior plant service and a rare-plant nursery from her home in San Jose, Calif. Readers can email her at askexp@crfg.org.



Likely sapsucker damage on citrus tree

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Year Of The
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BOOKS & PUBLICATIONS

Fruit Gardener back issues (1990–present): Single copy \$6⁰⁰.
See OOP in Photocopying section at right.

Avocado Grower's Handbook (REPRINT) by Frank Koch, ed.
by Paul Thomson (273 pages); \$26

The Fig: Its Biology, History, Culture & Utilization by
Storey et al (94 pages); \$12

Flora Amazonica Boliviana (IN SPANISH) by N.K. Mercado
(89 pages, 5.5" x 8.5"); \$10⁰⁰

Jujube Primer & Source Book by Roger Meyer and Robert
R. Chambers (267 pages, spiral bound, 8.5" x 11"); \$26

Solanaceae Newsletters (REPRINT 1985–88) by John Riley
(166 pages, 8.5" x 11"); \$20⁰⁰

CRFG Fruit Facts, Vol. 1. Avocado, banana, carambola,
cherimoya, currants, feijoa, fig, gooseberry, guayana chest-
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CRFG Fruit Facts, Vol. 2. Acerola, babaco, cape gooseberry,
capulin cherry, hardy kiwifruit, kiwifruit, loquat, macada-
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oriental persimmon, passionfruit, pawpaw, pepino dulce,
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CRFG Fruit List 1994–95; \$8

CRFG Index of Publications 1969–89; \$12

CRFG Journal, 1986–89: each \$10

CRFG Yearbook, 1969–89: each \$10

CRFG Newsletters, 1969–85: each \$5

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CRFG PUBLICATIONS STATUS

Publications Overview and Terms

CRFG Yearbook (YB)—published annually 1969–1989

CRFG Journal (JNL)—published annually 1986–1989

CRFG Newsletter (NL)—published quarterly 1969–1989

Fruit Gardener magazine (FG)—published bimonthly
1990–present

Indoor Citrus & Rare Fruit Society (ICFRS)—biannual issues
from 1986 to 1993*

CRFG Publications Out of Print (OOP)**

YB	1969–77
JNL	NONE MISSING
NL #1	1969–83, 1985
NL #2	1969–78, 1981
NL #3	1969–78, 1980, 1981
NL #4	1969–78, 1980, 1981, 1986
FG-Jan	1990, 1992, 1995, 1997
FG-Mar	1990, 1992, 1995, 2001
FG-May	1992, 1995
FG-Jul	1990, 1994
FG-Sep	1990, 2006
FG-Nov	NONE MISSING
ICFRS	#1, 3–10, 12–17, 19, 22, 25–26, 28, 29

Notes

* ICFRS assets acquired by CRFG in 1993

** Reproductions can be photocopied from any OOP archival
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PHOTOCOPYING Photocopies of document articles cost
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Seed Bank

Matt Krebs, Manager

1. *Abelmoschus esculentus* Dwarf Longhorn Okra. A dwarf okra bearing thin, 8- to 12-inch pods on dwarfing plants. An uncommon heirloom variety with tasty pods. The plants grow to just a few feet. Annual, matures in 60–80 days. (DAVID LAVERGNE – LOUISIANA)
2. *Akebia quinata* Chocolate Vine. A frost-hardy vine bearing elongated fruits that have a subtle sweetness. The fruits are sometimes eaten raw with lemon juice or peeled and made into a cream or drink. Leaves used as a tea substitute. Hardy to at least 10–15°F, makes a pretty ornamental having white flowers. (CRFGSB)
3. *Allium tuberosum* Garlic Chives. A perennial often grown both for its name and appeal and for its edible leaves, which have an aromatic, slightly garlic-like flavor. Grows to just 2 feet. Has 1- to 2-foot-tall flower stalks which arise in summer and yield ornamental, white flowers that smell like violets. Hardy to well below freezing, can be grown in most climates. (CRFGSB)
4. *Canna edulis* Arrowroot. A clumping, hardy perennial usually grown as an ornamental. The plant does produce edible tubers which have a variety of uses. The large, tropical-like leaves are sometimes tinted red. Hardy to some frosts. Tubers can be dug up and replanted in cold climates. (CRFGSB)
5. *Crataegus pinnatifida* var. Little Golden Star Chinese Hawthorn. Large bright reddish fruits 1.25 to 1.5 inches. Eaten raw, stewed, dried, candied or used in drinks. Grows to 20 feet. Hardy to zone 5. (CRFGSB)
6. *Cudrania tricuspidata* Che, Chinese Mulberry. Similar to a mulberry. Fruits turn a dull maroon color when mature. When soft-ripe, fruits are sweet to sub-acid and can be delicious. Requires male and female to produce. Native to China and the Himalayas. Hardy to –20°F and drought tolerant. (CRFGSB)
7. *Dioscorea batatas* Cinnamon Vine. Cinnamon vine, Chinese yam, Yama-no-imo. These tubers resemble *D. japonica* and are eaten boiled, baked, fried, mashed, grated and added to soups or mixed with vinegar. Often combined in tonic soups with *Lycium barbarum*. Produces cinnamon-scented flowers. (CRFGSB)
8. *Dovyalis caffra* Kei Apple. Subtropical shrub

bearing a cherry-size yellow fruit with fuzzy skin. The small fruits have a passing resemblance to an apricot in look and flavor. Short to medium-size shrubby tree, can produce thicket-like growth. Male and female flowers are borne on separate trees. Hardy to the mid-20°F range. Limited supply. (GABRIELLE ROBBINS – SOLVANG, CALIF)

9. *Lavatera maritima* Tree Mallow. A fast-growing ornamental up to 6–8 feet. Has pretty, light pink blossoms that have similarities to Hollyhock. Flowers can bloom year round. Hardy to 20°F. (CRFGSB)
10. *Nicandra physaloides* Shoofty Plant. Hardy, old garden annual featuring 1-inch pale blue flowers. This vigorous ornamental is in some areas considered invasive. Will grow to 3 feet wide x 6 feet high in full sun. May kill or repel flies; *all parts of the plant are considered poisonous*. (CRFGSB)
12. *Perilla frutescens* Purple Shiso. This interesting and useful Asian herb has been popularized in Japan and spread much like basil. Seeds are from a variety with red-purple leaves. Leaves are often added to food or used as flavoring for meats and fish. Annual. (CRFGSB)
13. *Physalis peruviana* Cape Gooseberry. Short perennial bearing delicate, golden-orange, cherry-tomato-sized fruits. The fruits are usually eaten raw and have a mildly acidic, pineapple-tomato flavor. The attractive fruits are enclosed in papery husks much like the related Chinese lantern, *P. alkekengi*. Good in container culture year-round outside in frost-free areas or as annual in cold climates. (CRFGSB)
14. *Phytolacca americana* Pokeweed. Edible medicinal and ornamental. Both seeds and roots are poisonous so caution should be taken. Physicians reportedly used the young leaves as a potherb, and the roots for medicinal purposes, though neither practice is recommended. A shrubby, native perennial to 8 feet having attractive leaves and showy coloration in the stems. (CRFGSB)
15. *Platycodon grandiflorus* Balloon Flower. A bright ornamental with violet-blue flowers. Perennial, can grow to 3 feet. The roots have several uses in Asian cuisine and the plant has a number of medicinal uses as well. Hardy to zone 3, easy to grow. (CRFGSB)

16. *Tagetes lucida* Mexican Tarragon. Small perennial with 0.5-inch yellow marigold flowers. Leaves and seeds have a strong tarragon/licorice-like scent. Used for seasoning as a tea and medicinal. (CRFGSB)
17. *Tulbaghia violacea* Society Garlic. A very fast-growing, tuberous plant with pretty, pink-purple flowers. Both leaves and flowers smell strongly of garlic and can in some cases be used like regular garlic. The name “society garlic” comes from the assumption that, although it tastes like garlic, you don’t get bad breath from eating it. Tolerates drought well. Grows to 2–3 feet. (CRFGSB)
18. *Verbascum thapsus* Mullen, Flannel Mullen, Aaron’s Rod. Biennial ornamental grows to 8 feet. An aromatic, slightly bitter tea is made from its dried leaves. A sweeter tea can be made by brewing the flowers. The flowers are also used as a flavoring. Hardy to zone 5. (CRFGSB)
19. *Vitis rotundifolia* Muscadine Grape, var. Ison. A perennial grape species native to the southeastern U.S., historically used in wine production. Fruits are purple and usually tough-skinned. Adapted well to warmer and humid climates. Freeze hardy. (CRFGSB)
20. *Zanthoxylum simulans* Szechuan Pepper. A small, freeze-hardy shrub native to China. Produces small berries with a black seed that can be used much like black pepper. Flavor is stronger and more pungent than black pepper. Grows to 4–8 feet. (CRFGSB)

Our sincerest thanks to seed donors and financial donors without whom the Seed Bank would not exist. Remember that you, the members of CRFG, keep the Seed Bank filled and help to share these edible and ornamental wonders with all of us. Please remember the Seed Bank for any seeds you can spare, and consider that what is common to you might be a rarity to someone else.

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NAMES: Varietal names and cultural information are given as furnished by seed donors. The Seed Bank is not responsible for the accuracy of such information. There is no implication that seedlings of any given variety will resemble their parents.



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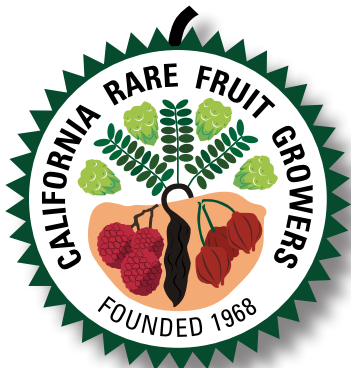
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