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 CRFG 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!

FROM THE PRESIDENT

MARGARET FRANE

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.azcrfg.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 p.m. 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: Bead 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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FEATURES

Grafting Apples for Africa
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
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
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
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
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.

NEWS & NOTICES

Chapter Calendar MEETINGS, EVENTS (FACING PAGE)
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ON THE COVER
These delicious looking Golden Russet apples grown in western New York provide a beautiful and fitting introduction to The Year of Heirloom Fruit.  

D AVID K ARP 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.

FROM THE EDITOR

RON COUCH

CALENDAR

(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 (and positively identified), and disease-free. Please make sure material is well labeled on 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 Sandy Millar 951-369-9784 or rustlover@gmail.com.

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.

...turn to page 20
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

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

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.

Glycosmis pentaphylla, aka orangeberry or rumberry, 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!

Orangeberry

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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.

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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.”
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)
GRAFTING APPLES

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

Thinning apples

Bramley

Anna and Dorsett

Williams Pride

Two-year-old apple-tree in Zambia
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.
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

KeyPlex® for health and vigor...

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KeyPlex is an effective, eco-friendly micronutrient supplement for tropical and rare fruit trees.

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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 CRG. 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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Papaya Tree Nursery is offering for sale 19-year-old, fruit-bearing, specimen-size Miracle Fruit plants. They are very rare and very limited. Serious inquiries only please. To help facilitate harvesting over the years, these plants have been pruned and maintained to approximately 5 feet tall and 3 feet wide and are growing in 23” containers. They have been fruiting for over 17 years. Each plant produces hundreds of fruit every year. Start your own Miracle Fruit business with just one plant. Please call for details such as pricing and cultural information.
Fruit Shoot 2011 Winners

<table>
<thead>
<tr>
<th>Place</th>
<th>Prize</th>
<th>Description</th>
<th>Winner</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Guaraná Fruit Cluster close-up — <em>Paullinia cupana</em> (Sapindaceae)</td>
<td>Oscar Jaitt</td>
<td>Pahoa, Hawaii</td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Longan — <em>Dimocarpus longan</em> (Sapindaceae)</td>
<td>Carlos Velazco</td>
<td>Rio De Janeiro, Brazil</td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Ananás, Red Pineapple — <em>Ananas bracteatus</em> (Bromeliaceae)</td>
<td>Anestor Mezzomo</td>
<td>Florianópolis, SC Brazil</td>
<td></td>
</tr>
</tbody>
</table>

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.crg.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 Shoot 2011 Winners

**3a 3rd Place**

**Velvet Apple, Mabolo** — *Diospyros blancoi* (Ebenaceae)  
*Carlos Velazco*  
*Rio De Janeiro, Brazil*

**3b 3rd Place**

**Strawberry Tree Fruit** — *Arbutus unedo* (Ericaceae)  
*Moshe Weiss*  
*Zichron Jacob, Israel*

**3c 3rd Place**

**Naranjilla** — *Solanum pectinatum* (Solanaceae)  
*Anestor Mezzomo*  
*Florianópolis, SC Brazil*

**3d 3rd Place**

**Unknown Wild Musa Species** (Australasia Section, Karababa River Valley, Malaita, Solomon Islands)  
*Gabriel Sachter-Smith*  
*Honolulu, Hawaii*

**4a 4th Place**

**Praying Hands Banana** — *Musa* sp. (Musaceae)  
*Maurice Kong*  
*Miami, Florida*

**4b 4th Place**

**Double Red Pepper** — *Capsicum annuum* (Solanaceae)  
*Angela Christopher*  
*Roseville, Michigan*

**4c 4th Place**

**Clove Buds and Flowers** — *Syzygium aromaticum* (Myrtaceae)  
*Oscar Jaitt*  
*Pahoa, Hawaii*

**4d 4th Place**

**Seashore Mangosteen** — *Garcinia hombroniana* (Clusiaceae)  
*Ken Love*  
*Captain Cook, Hawaii*

**4e 4th Place**

**Blossoms of Malay Apple** — *Syzygium malaccense* (Myrtaceae)  
*Maurice Kong*  
*Miami, Florida*

Watch for the 2012 Fruit Shoot photo contest. Rules and instructions will be published in a later issue.
THIS WONDERFUL DISPLAY OF 2011 FESTIVAL OF FRUIT PHOTOGRAPHS IS POSSIBLE BECAUSE OF THE GENEROSITY OF PATRICIA DURON, JENNY HOM, FANG YI LIU, SONIA LONIGLE, DAVID ROSENBERG, JOE SABOL AND DIANA TEMPLE. IT IS IMPRACTICAL TO SHOW INDIVIDUAL PHOTO CREDITS WITHOUT SERIOUSLY CLUTTERING UP THE PRESENTATION AND OBSCURING DETAILS.
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 Kenewells 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 CRGERS will in the future open their homes to provide a broader view of what we are all about.
**CALANDER**

(from page 2)

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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.

**Pesto di Noce & Pesto 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                    |
| ½ 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 pistachios |                            |

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 leaf soft French bread, sliced diagonally, about 1½" thick | ½ cup sugar |
| 1 quart whipping cream | a pinch of salt |
| 10 eggs | 2 Tablespoons vanilla |
| ¼ 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 450°F for 5–7 minutes or until bread is puffed up like a soufflé. Dust with powdered sugar. Serve immediately.

**Citrus Salad with Star Anise Syrup**

In the course of some of my rummaging 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?

| ½ cup sugar       | 5 large ruby red or pink grapefruit |
| ½ 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.

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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.
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-rellenos.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 1/2 chopped onion. In a second pan, sauté and brown 1 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 1/4 cup grated Parmesan, salt and pepper to taste, and 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.
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  
1/2 cup Parmesan cheese  
7-8 poblano peppers (halved longitudinally and seeded)  
1 1/2 cups walnuts  
1/2 pound sliced cheese like provolone, Havarti, Swiss, or white cheddar  
1 1/2 pounds ground pork

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 peeled and diced garlic cloves</td>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td>Ground cinnamon (optional, to taste)</td>
</tr>
<tr>
<td>7–8 poblano peppers (halved longitudinally and seeded)</td>
<td>½ cup Parmesan cheese</td>
</tr>
<tr>
<td>1½ pounds ground lamb</td>
<td>1 cup seeded and skinned tomato meats</td>
</tr>
<tr>
<td>2 tablespoons olive oil, divided</td>
<td>1–2 tablespoons dried or fresh parsley</td>
</tr>
</tbody>
</table>
| 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 ¼-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 Jamldy and we will publish some of them.

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

Doug Jones demystified the art of growing tropical guavas. 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 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.

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**ASK THE EXPERTS**

(from page 3)

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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 (ICRFS)—biannual issues from 1986 to 1993*

CRFG Publications Out of Print (OOP)**

- YB: 1969–77
- JNL: None missing
- NL #1: 1969–83, 1985
- FG-Sep: 1990, 2006
- FG-Nov: None missing
- ICRFS: #1, 3–10, 12–17, 19, 22, 25–26, 28, 29

Notes
* ICRFS assets acquired by CRFG in 1993
** Reproductions can be photocopied from any OOP archival issues

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PHOTOCOPYING Photocopies of document articles cost $0.75 per page plus $1 S&H. Entire Fruit Gardener magazines can be photocopied for $12 each if out of print (OOP).

BADGE ENGRAVING SERVICE Special arrangements have been made to engrave name badges without the normal “front-end” setup charges. The vendor will engrave and assemble one badge for $5.95 or $5 each for 10 or more with the same chapter name. Badge kit cost is added to these prices.

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- CRFG 4-color decals $1 each, 1 dozen $10
- CRFG 3-inch cloth patches $3
- CRFG pins $4

BOOKS & PUBLICATIONS

  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”): $10.25
- 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”): $20.25
- 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, 1969–89: each $5

FRUIT GARDENER

January & February 2012

27
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)

Akebia quinata  Chocolate Vine. A frost-hardy vine bearing elongated fruits that have a subtle sweet flavor and are sometimes eaten raw with lemon juice. Fruits are peeled and made into a cream or drink. Leaves used as a tea substitute. Hardy to at least 10–15F, makes a pretty ornamental having white flowers. (crfg)

Allium tuberosum  or Chinese Chives. A perennial often grown both as an ornamental and for its edible leaves, which have a slight onion, slightly garlic-like flavor. Grows to just a few feet. Has 1- to 2-foot-tall flower stalks which are decoratively glistening in summer and yield ornamental, white flowers resembling small radish-like violets. Hardy to well below freezing, can be grown in most climates. (crfg)

Canna edulis  Arrowroot. A clumping, rhizomatous 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. (crfg)

Crateagus pinnatifida var. Little Golden Star  Kei Apple. Subtropical shrub 60–80 days. (crfg)

Dioscorea batatas  Cinnamon Vine, Cinnamon vine, Chinese yam, Yama-no-imo. These tubers do 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. (crfg)

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-20F range. Limited supply. (Gabrielle Bobbins – Solvang, Calif)

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 20F. (crfg)

Nicandra physalodes  Shoofly 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. (crfg)

Perilla frutescens  Purple Shiso. This interesting annual herb has been popularized in Japan because it tasted much like basil. Seeds are from a variety with red-purple leaves. Leaves are often added to salads or used as flavoring for meats and fish. Also, as an herb. (crfg)

Physalis peruviana  Cape Gooseberry. Short perennial bearing bright golden-orange, cherry-size fruits. The berries are usually eaten raw or used in a mildly acidic, pineapple-tomato flavor. These attractive fruits are enclosed in papery husks much like the related Chinese lantern, P. alkekengi. Growing as a cold-hardy perennial can be difficult as it is native to most annual in cold climates. (crfg)

Phytolacca americana var. Hookerianum  Pokeweed. Edible medicinal and ornamental. Both seeds and roots are poisonous so caution should be taken. The seeds were reportedly used as a potherb by the Iroquois, though many practitioners recommend gently steaming the roots for medicinal purposes; though it should be noted that the practice is recommended only for very pale Native people and is considered to be at least 8 feet having attractive flowers in white and yellowish coloration in the stems. (crfg)

Platycodon grandiflorus  Balloon Flower. A tall, 1–2-foot-tall flower stalks which are borne in summer and yield ornamental, white flowers resembling small radish-like violets. Hardy to well below freezing, can be grown in most climates. (crfg)

Nicandra physalodes  Shoofly 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. (crfg)

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Tagetes lucida  Mexican Tarragon. Small perennial with 0.5-inch yellow marigold flowers. Leaves and seeds have a strong tangy, tarragon-like scent. Used for seasoning as a tea and medicinal. (crfg)

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. (crfg)

Verbasum thapsus  Mullien. Flannel Mullien. Aaron’s Rod. Biennial ornamental grows to 8 feet. An aromatic, slightly bitter tea is made from its dried leaves. A sweet tea can be made by brewing the flowers. The flowers are also used as a flavoring. Hardy to zone 5. (crfg)

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. (crfg)

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. (crfg)

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