

LOS ANGELES CHAPTER

March 2011 Volume XVI Issue 2

<http://www.crfg-la.org>

2011 Chapter Officers & Committees

Chairman:
Jim Schopper
818-362-3007 chairman@CRFG-la.org

Treasurer:
K. Payton
818 222-7556 treasurer@CRFG-la.org

Newsletter Editor:
Pat Valdivia
805-584-6244 editor@CRFG-la.org

Program Chairman:

Publicity:
Jim Schopper
818-362-3007 publicity@CRFG-la.org

Historian:
Emory Walton
805 497-8835 historian@CRFG-la.org

Special Events:
Richard Watts
805 484-3584 events@CRFG-la.org

Hospitality Chairman:
Anita Drapkin
818 888-8630
membership@CRFG-la.org

Food Coordinator:
Chris Warren
818 362-8537 food@CRFG-la.org

Plant Sales:
David Payton
818 222-7556 plants@CRFG-la.org

Secretary/Hostess:
Edith Watts
805 484-3584 hospitality@CRFG-la.org

Development Fund:
Bob Vieth
805 495-9789



March Meeting

Date: Saturday, March 26th, 2011

Time: 10:00 A.M.

Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91316

Program: Edgar Valdivia will speak about "Pomegranates-the Future Fruit of the Table and different types of passion fruits that you can grow in California". Those of you who have heard Edgar speak before know he is a passionate and avid fruit grower. Since this is the Year of the Pomegranate, he has chosen this topic for his powerpoint presentation. Come and learn which varieties are best for you to grow.

ATTENTION ALL MEMBERS!! If your last name begins with **M-Z** please bring something for our March tasting table. Please label whatever you bring.

April Meeting

Date: Saturday, April 23rd, 2011

Time: 10A.M.

Place: Llyswen Franks' garden

Please contact our newsletter editor at:

pat_erati@yahoo.com if you wish to attend.

**PLEASE NOTE: For liability reasons,
only CRFG members can attend field trips.**

Program: In their narrow front yard, by implementing elements of backyard orcharding, permaculture and food forestry, **the Franks** are able to grow over fifty different kinds of edible and medicinal plants, including fruit trees, berries, greens, edible flowers, herbs and spices in a very small space. Come and see what ideas you can implant in your garden!

Chairman's Corner



Spring 2011

Springtime, my favorite season is here. Almost all of my fruit trees are leafing out and putting on a blossom show for all to see; the birds and the bees are happy. At last year's Festival of Fruit, one of the field trips Debbie and I attended was to the Fullerton Arboretum. I learned CRFG shares a lot of history with the Arboretum. I was introduced to the tour guide, Mr. Alfredo Chiri, a fellow Peruvian and friend of Edgar Valdivia. (Seems like Edgar knows just about everyone who's in the know about things green.) One thing he pointed out to us was tree nutrition. For years, I have routinely fed my fruit trees with organic fertilizers, always reaping the benefits of a good harvest. But as Alfredo taught, people don't just live on vitamins and supplements; we need whole foods and so do trees. He suggested a yearly dose of manure around the tree. Horse manure is the best; then a six inch straw mulch on top and around the tree keeping it six inches away from the trunk. Well, living in a neighborhood zoned for horses, I was able to easily do this. So if you want to feed your fruit trees, I have several neighbors who have more horse manure than they know what to do with! Just give me a call and don't forget your buckets and shovel.

Jim Schopper

I leave you with this thought:

If the grass looks greener on the other side of the fence.
Water your lawn!

Santa Barbara International Orchid Show

Date: March 11th-13th 9am-5pm

Location

- Earl Warren Showground Exhibit Building
- Highway 101 and Las Positas Road
- Santa Barbara, CA 93105
- 805.687.0766

Daily Admission

- General: \$12
- Seniors (age 65 and older), Students with ID: \$10
- Children 12 and under (with adult): FREE

Show Highlights

- Displays of hundreds of different orchid species and named varieties by exhibitors from North & South America, the South Pacific, Australia, and Asia.
- Vast selection of blooming orchid plants, corsages, and orchid supplies for sale.
- Works of art with an orchid theme for viewing and sale.
- Free workshops on orchid care led by orchid experts.
- Unique flower arrangement and corsage exhibition.
- Santa Barbara-area orchid nursery growers' open houses.

General Show Information

E-Mail: sborchidshow@gmail.com

www.sborchidshow.org

Food & Refreshments

Available in the exhibit building

ANNUAL PIERCE COLLEGE FARMWALK

Sunday, April 10TH 9:30 AM to 4:00 PM
6201 Winnetka Ave., Woodland Hills 91371

Use the Victory/Mason Entrance (parking free)
\$5.00 Donation requested; Children under 12 free.

Sheep Shearing/Wool Spinning/ Cow Milking /
Live Music/ A Petting Zoo/Horse Activities/
a BBQ @ reasonable prices: Various agricultural
activities.

RENEW YOUR MEMBERSHIP

As we are now into the new year, I want to remind you to renew your annual membership to CRFG. It is \$36 a year and you also receive 6 colored issues of the *Fruit Gardener*. Remember it is mandatory to join CRFG in order to also participate as a Chapter member. **THIS IS THE ONLY INCOME CRFG HAS TO COVER ALL ITS OPERATIONAL EXPENSES SO PLEASE RENEW YOUR MEMBERSHIP TODAY!** Send your check to CRFG 66 Farragut Ave. San Francisco, CA 94112-4050

BERRY INTERESTING

If you are a berry lover, you can't possibly have a garden without dedicating a space to grow delicious homegrown strawberries. Some people even go as far as saying they are the best of all the berries. What is unique about the strawberry (actually a member of the rose family) is that it is the only fruit with seeds on the outside rather than the inside. The delicate but great-tasting heart-shaped berry has always been associated with love, passion, purity, and healing. Legend has it that if you break a double strawberry in half and share it with a member of the opposite sex, you will fall in love with each other.

And speaking of legends and folklore, locals in some parts of Bavaria still practice the annual rite--each spring--of tying small baskets of wild strawberries to the horns of their cattle as an offering to the elves. They believe that the elves, (who are known to be passionately fond of strawberries--what good taste they have), will help to produce healthy calves and an abundance of milk in return.

Strawberries are also prized for their medicinal purposes and health attributes. Ounce for ounce, strawberries have more Vitamin C than citrus fruit and have been associated with lowering cholesterol, easing symptoms of gout and digestion problems and lowering the risk of certain types of cancer. Strawberries are generally divided into three groups: spring bearing, everbearing, and day-neutral. The fruits of day-neutral plants and everbearers are usually smaller than the fruits of the spring-bearers. Spring bearing strawberries generally produce a crop during a 2-4 week period in the spring. Ever-bearing strawberries produce three periods of flowers and fruit during the spring, summer, and fall--while day neutral strawberries will produce fruit throughout the growing season. Strawberries prefer the sun but do tolerate some shade. Their major requirement is good drainage, so they'll benefit from being planted in mounded soil, terraced beds, barrels or other types of containers. They can also be used as an edging plant or a groundcover.

We invite you to discover the sensational flavor of homegrown strawberries!

Strawberry Planting and Care Instructions

Be sure to plant strawberry starts with their crown just above the soil level. Use a good soil amendment, such as **Kellogg's Gardner n Bloome Harvest Supreme**, to help them get going well. We recommend spacing plants 12" apart. Remove all flowers the first two months to help with rooting and then remove runners so that the plant can put its energy into producing fruit.

Placing plastic sheeting underneath the foliage will help keep the soil warm and weed-free. It also deters slugs, snails and other crawling insects from feeding on foliage and berries. Water your plants using drip irrigation or by flooding trenches between the mounds or terraces. Keep them healthy by feeding fish emulsion, which is low in nitrogen and will promote more bud growth and fruit.

Article from Green Thumb Nursery newsletter

CALIFORNIA CHERIMOYA ASSOCIATION ANNUAL MEETING

Saturday, March 5, 2011
Mira Costa College
1 Barnard Ave., Oceanside
Rooms 3449, 34450 (Aztlan) student center

10:00 am. Registration
Bring cherimoya seed and budwood to share.
10:15 Introduction
10:30 Mira Costa Horticulture programs--Jason Kubrock
10:50 Status of Cherimoya collection in Irvine--Dr. Gary Bender
11:10 Break
11:20 Alta Vista Garden: Additional Cherimoya planting--Art & Dottie Logan
11:40 Varietal discussion Panel---Q. & A.

12:15 pm Lunch provided

1:00 Business meeting

1:30 Tour of Mira Costa Orchard
Driving directions to Mira Costa College from Hwy 78, take College Ave North past Vista Way to the next signal (Barnard) Turn Left .4 miles to Mira Costa Lot 3B.

Reservations @ \$25.00 _____
Students @ \$15.00 _____

Total _____

Make checks payable to California Cherimoya Association and must be received by

March 1, 2011.

Send to: CCA,
c/o J. Bathgate
PO Box 2262
Valley Center, CA 92082

Questions?? Contact Jim Bathgate, (760) 749-3359 or JLBathgate@sbcglobal.net.

Not News for us Fruit Lovers



(This article is from Dole)

French researchers analyzed nine studies involving more than 220,000 individuals and found that the risk of cardiovascular problems declines as fruit intake increases. They also found an 11 percent drop in stroke risk for each extra fruit serving consumed daily.

Another study found that **each extra (½ cup)** serving of fruit you eat per day reduces your risk of heart disease by 7 percent. Consider how many servings you get with some of your favorite fruits, and you'll see how easy it is to lower your risk. Three large bananas, for example, would provide 42 percent more heart disease protection and slash your risk for stroke by 66 percent!

And there you have it folks, just more reasons why we should eat our fruit!

Fresh Fruit with Mascarpone & Honey

- 2 apricots, pitted and sliced
- 2 plums, pitted and sliced
- 1 kiwi, peeled and sliced
- 1 cup cherries, pitted and sliced
- 1 cup mascarpone

- 2 tablespoon honey
- 1/2 teaspoon pure vanilla extract
- Seeds scraped from 1 vanilla bean
- 2 tablespoons heavy cream

Directions

Combine the apricots, plums, kiwi and cherries in a bowl. In a separate bowl, combine the mascarpone, honey, vanilla and vanilla seeds. Add the heavy cream and stir until combined. Pour the mascarpone mixture over the fruit, and serve.

GREEN SCENE Plant Sale

Come bring your wagon to the Fullerton Arboretum for a spectacular, weekend long outdoor garden event. Green Scene is the spring event to find bulbs, succulents, organic vegetables, varietal plants, garden accessories and garden products.

Shop over 80 vendors for beautiful and unique plants, vegetables, garden art and accessories

This annual event takes place at the Fullerton Arboretum, CSU Fullerton on April 16-17th, from 10am-4pm.

1900 Associated Road
Fullerton, CA 92831

Tickets are \$6.00.

QUESTION FOR THE GARDENER

What do you get when you put two apples together?.....



A pair !