

LOS ANGELES CHAPTER

September 2011 Volume XVI Issue 5

<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

PLEASE NOTE: Two Field trips this time!!

September Meeting (No meeting at Sepulveda Gardens)

Date: September 24, 2011

Time: 10:00 A.M.

Place: Mark and Liza Michelson's garden

Program: The beautiful **terraced hillside** garden at the home of **Mark and Liza**, is a definite "must see." Fairly new to our LA Chapter, **Mark** and **Liza** are long-time gardeners but they have only been at their present location for three years. Thus, this is a young garden with many beautiful, young trees that are already fruiting well. **Mark** and **Liza** grow just about every edible plant you can name and all seem to be exceptionally healthy and happy!

Trees and berries include 8 varieties of plums and 9 varieties of mandarins, as well as multiple varieties of persimmons, mulberries, pomegranates, feijoas, figs, pears, paw paws, peaches/nectarines, oranges, cherries, guavas, apriums, cherimoyas, jaboticabas, limes, lychees, kumquats, passion fruit, babaco papayas, apples, bananas, grapes, blackberries, blueberries, and raspberries. They also have apricot, almond, Asian pear, atemoya, avocado, loquat, sapote, walnut, jelly palms, and unusual trees such as wampi, sugar apple, naranjillo, medlar, miracle fruit, bomax glabra (French peanut), cactus pear, goji berry, dragon fruit, and multiple carissas.

The garden is absolutely remarkable! **Liza** also grows succulents (I AM EMAILING A SEPARATE ATTACHMENT OF HER PLANTS) and a vegetable garden. So plan to attend! **Please note that the trees are planted on a steep hillside. Access is from multiple narrow steps and equally narrow paths with no railings. Climbing the hill is recommended only for the very sure-footed, wearing appropriate shoes. Please do not wander on your own.**

PLEASE FEEL FREE TO BRING FINGER FOODS AND FRUIT FROM YOUR GARDEN TO SHARE AT BOTH OF THESE FIELD TRIPS

October Meeting

Date Saturday, October 22, 2011

Time: 10A.M.

Place : Debi Markley's garden

There are about 40 or 50 trees on **Debi's** property. She moved to Ventura from Camarillo five years ago because a bigger backyard was needed. A few of the trees are fruiting well--hachiya persimmon, three oranges, Indian Red guava, Fuji apple, strawberry guava and strawberry Verte fig. Most, however, were planted from sticks or young trees from **CRFG** meetings and Margaret Frane, so are just beginning to give a few fruit.

Some of the things you will see are two feijoas (Pounamu and Apollo) cherimoya, wolf berry, three nectarines, mulberry (Persian or Pakistani), Mexican thornless lime, Big Ed citrus, Eureka lemon and grumichama; avocados: Jan Boyce, Holiday, MacArthur, two Kona Sharwil, Edranol; pomegranates: Rosa Mia, Kazake (DPUN 73), Chater, Parfianka, Eversweet, Dixie Red, Girkanski; pitaya: Bien Hoa Red, Delite, Haley's Comet, Physical Graffiti, Rosa, San Ignacio and various unknown varieties from Ramiro Lobo in Irvine; grapes: Marquis, Diamond Muscat, Venus, Black Monukka and Orange Muscat; figs: Yellow long neck, Violette de Bordeaux, Strawberry verte and Panache; sapote: Sue Belle and one green sapote; **Debi** has done a lot of work on her wonderful garden. We look forward to our visit.



WORDS FROM OUR CHAIRMAN

Fellow members,

What a joy to have people like you in the Los Angeles chapter of California Rare Fruit Growers. Gardeners, growers, farmers and orchard keepers are in my opinion the most generous souls on planet earth, so proud of their gardens and the fruit of their labor.

This year, unlike the past, I did not have a vegetable garden. My three trips to help in the reconstruction efforts in Haiti made no time for a vegetable garden. But I stand amazed at the generosity of my many gardening friends and neighbors as they share their bounty with me. Over the years I too have been giving fruits and vegetables to friends, co-workers and

neighbors and now it's my time to receive. An old proverb says " the generous man not only waters others, he waters himself." So, generous souls continue to grow and harvest and give away what is extra to friends and neighbors and it will eventually all come back to you.

Best,
Jim Schopper
Chairman L.A. Chapter CRFG

I leave you with this thought: "Weather means more when you have a garden. There's nothing like listening to a shower and thinking how it is soaking in around your green beans." **Marcelene Cox**

SUNFLOWERS

Campaigners in Japan are asking people to grow sunflowers, said to help decontaminate radioactive soil, in response to the Fukushima nuclear disaster that followed March's massive quake and tsunami. Volunteers are being asked to grow sunflowers this year, then send the seeds to the stricken area where they will be planted next year to help get rid of radioactive contaminants in the plant's fallout



zone.

The campaign, launched by young entrepreneurs and civil servants in Fukushima prefecture last month, aims to cover large areas in yellow blossoms as a symbol of hope and reconstruction and to lure back tourists. "We will give the seeds sent back by people for free to farmers, the public sector and other groups next year," said project leader Shinji Handa. The goal is a landscape so yellow that "it will surprise NASA", he said. The massive earthquake and tsunami left more than 23,000 people dead or missing on Japan's northeast coast and crippled the Fukushima nuclear power plant that has leaked radiation into the environment since. Almost 10,000 packets of sunflower seeds at 500 yen (\$6) each have so far been sold to some 30,000 people, including the city of Yokohama near Tokyo, which is growing sunflowers in 200 parks, Handa said. Handa -- who hails from Hiroshima, hit by an atomic bomb at the end of World War II -- said the sunflower project was a way for people across the nation to lend their support to the disaster region. "This is different from donations because people will grow the flowers, and a mother can tell her children that

it is like an act of prayer for the reconstruction of the northeast," Handa said.

"I also hope the project will give momentum to attract tourists back to Fukushima with sunflower seeds in their hands. I would like to make a maze using sunflowers so that children can play in it."

Roast nopal paddles (*Opuntia ficus-indica*) cactus pear,



Harvest young leaves (which are also known as "paddles") of the cactus pear plant while they are under 8-9 inches long and still bright green, pliable and relatively flat. You can use even very small new paddles.

They have been described as tasting like green beans and bell peppers with the texture of okra.

You can get several harvests a year from a cactus pear plant which also controls the size of the plant.

Using this simple recipe solves the issue of the slimy fluid, expressed when cooking nopal that usually requires excessive preparation to resolve.

The increasingly common thorn-less varieties don't require any peeling. If thorned, peel off thorns with a vegetable peeler which is easier than it sounds.

Take 6-8 medium to large paddles and if necessary, slice each of the pads to reduce thickness before you cut into strips. Cut into very thin strips.

Toss the strips with:

2 tablespoons olive oil

3-5 crushed cloves of garlic

several shakes of the green milder jalapeno Tabasco sauce

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper

1/4 tsp to 1/3 cup packed grated parmesan and romano cheeses

Put in a roasting pan lined with non-stick tin foil and roast at 475 degrees for a minimum of 15-20 minutes until somewhat browned and the expressed liquid is mostly or completely gone.

Sprinkle with 1-2 teaspoons of fresh lemon juice and serve hot or warm with tortillas.

Optional: You can add some freshly cut onion strips and then toss them with the strips of nopal and the other ingredients.

Annual Festival of Fruit Almost Here!

Festival of Fruit 2011

The **Arizona Chapter** of the **California Rare Fruit Growers** invites you all to the Festival of Fruit 2011 to be held November 3rd through November 6th at Arizona State University, Tempe, main events taking place on Saturday, November 5th. It's *The Year of the Pomegranate*. See <http://www.festivaloffruit.org> for complete information and details.

Hope all who are interested have already made arrangements. If not be sure to act right away. If you have never attended a Festival you don't know what you've missed. Not only are there wonderful speakers and lectures, fruit tasting and great tours, it is a wonderful opportunity to share your enthusiasm and interests with like minded members!

FREECYCLE

Have you heard about this group? A great way to 'free cycle' your stuff. This group is founded to help Northridge residents and those nearby to be a part of the amazing Freecycle movement! *Don't throw it away - give it away!* Find good homes for items you no longer want or need. At the same time, give someone else something they will value.

This group is meant to provide a safe, fun place for sharing resources in the Database and helping our community and the environment. You may offer up items you wish to give away or look for items you need. Just go to Yahoo groups and type in "Northridge free cycle" Sign up for free! One constraint: everything posted **must be free**. This network is brought to you by The **Freecycle Network**, a nonprofit organization and a movement of people interested in keeping good stuff out of landfills. Check out freecycle.org for other cities and info on the movement

A PLEA FOR HELP

After 7 years as the newsletter editor it has become increasingly difficult for me to find items for our newsletter that I think would be of interest to you. So, in

order to keep our newsletter more informative and relevant I would like to encourage you to submit articles (they can be as long or as short as you think appropriate) for publication in our newsletter. As long as they are fruits and edibles related I will be delighted to publish them. Here are some ideas:

- upcoming events (fruit festivals, gardening workshops)
- descriptions of new and exciting fruit varieties
- reviews of plant nurseries and other places worth visiting
- recipes
- photos (fruits, trees, techniques, garden tours, fruit markets in exotic locations)

Send them to me at: pat_erati@yahoo.com Thank you so much.

Pat Valdivia-Newsletter Editor

Los Angeles Chapter Membership Costs

Our Los Angeles Chapter boasts as low a membership cost as we've heard of among the chapters. We've always worked hard to keep our chapter membership to \$6 and plan to continue as best we can to do so. You help us to keep these dues low by supporting our chapter finances when you participate in our raffles and plant sales, whether it's by donating or buying the things we sell. Additionally, you make our post-meeting food offerings interesting and delicious with what you bring! We thank you and we really value your tempting donations! Our \$6 chapter membership spans the calendar year, January through December.

Our chapter's share of the CRFG, Inc. yearly liability insurance costs consumes almost the entirety of your \$6 chapter dues, so we use whatever we generate above the dues to meet all our other expenses, including speaker fees and food-service incidentals, plus the varied other expenses of the chapter.

ADDITIONALLY, and **MOST IMPORTANTLY**, we will state again here that "membership" in **CRFG** means, before anything else, membership with the basic organization, which is **CRFG, Inc.**, where you pay the amount you choose, as detailed in the back of the **FRUIT GARDENER** magazine. As we explain to new members and often to our chapter membership in general, there is no such thing as chapter membership alone. Chapter membership is optional, and only can occur *after* **CRFG, Inc.** membership is established. For most of us, that means we pay \$36 for one year's **CRFG, Inc.** membership, then \$6 for chapter membership. **CRFG, Inc.** membership comes in year-

long periods, but can be started at any time during the year, and runs for twelve months.

Thanks for your attention in these matters, and we thank you also for remaining treasured participants in our enthusiastic pursuits! .

LOOKING BACK

Jorge and Pat Paleaz - Jorge spoke about his personal experiences both positive and negative in cultivating mangos. He also demonstrated how to get a viable supermarket mango seed to germinate.

Pat, his wife, demonstrated how to peel and cut a mango. They brought enough fruit for all the members to enjoy. They sure know how to win the hearts for our CRFG members! Thanks so much-you two are quite a team.

On Saturday, August 27th, the Los Angeles Chapter of **CRFG** was treated to a tour of the garden of our longtime members **Bob** and **Kathy Vieth**.

The **Vieths** are very meticulous. Most of the plants in their garden were clearly labeled, and in addition, they provided a printed list of their plants.

They have numerous varieties of blueberry plants along the wall, thriving because they are treated to soil conditioning and to rainwater which the **Vieths** collect. There were grafted apple and cherry trees, a Keitt mango as well as another mango tree. In their huge greenhouse some of the featured plants that we saw were Mangosteen, Jackfruit, Green Sapote, Cacao, and a few small finger lime plants.

They have a large Lychee tree, which has been in the ground for some 25 years, and has provided roughly 25 fruits over that period of time. They have a very nice collection of citrus trees and Cherimoya trees that were bearing some newly formed fruit. Their Macadamia tree and their Inga tree both had lovely blossoms.

Many thanks to the **Vieths** for this very enjoyable field trip.