

LOS ANGELES CHAPTER

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

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NOVEMBER MEETING

Date: November 26th, 2011

Time: 10:00 A.M.

Place: Sepulveda Garden Center

16633 Magnolia Blvd., Encino, CA 91316

Program: After being hooked on CRFG's annual Festival of Fruits, **Jim Schopper** wishes to share with all of you who were unable to attend, the wonderful experience he and Debbie had at this year's great event in Phoenix Arizona. So come and hear all about the speakers, the tours, the tastings and the stories behind the scenes. Also, if time permits we will have a question and answer period. So bring your inquiries, your success stories and your failures (we can always learn from them) to this meeting.

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

DECEMBER Meeting

Date: Saturday, December 17th, 2011

Time: 10A.M.

Place: Sepulveda Garden Center

16633 Magnolia Blvd., Encino, CA 91316

Program: Our Festive Holiday Potluck! Remember this is a full meal, not just snacks. It is a chance to prepare your favorite dish. Please bring a dish that serves 8-- and it would be great if you would include the recipe. Bring food to share and wear colors of the Season!

Once again we can look forward to **Marcia Melcombe** entertaining us with some wonderful music!

Bring plants for the raffle/sale. We will also include a gift exchange, so if you wish to participate, wrap up something you think others would like; it does not have to be new, but in "gently used condition". Those that bring a gift will receive a raffle ticket at the door.



WORDS FROM OUR CHAIRMAN

Dear Members,

Debbie and I just returned from Pismo Beach where we spent several great days celebrating our 35th anniversary. Yes, 35 Years! Deb's a saint. And, of course, I found a realtor's business card; and if I could, would not mind retiring up in that neck of the woods.

Once again, a friendly reminder about this years FOF (Festival of Fruit) "Year of the Pomegranate" that will be held Thursday, November 3rd -Sunday November 6th, 2011 in Tempe, Arizona. For info please visit <http://www.azrfg.org/festivalOfFruit/fof.html>. or call FOF Chairman Jenny Hom at 1-602-828-1165. There's still time to register. I'm excited about going to Tempe this year. Last year Deb and I attended our first FOF in Pomona hosted by our Los Angeles chapter and we loved it! To us the best part was the camaraderie, working together, meeting new friends and getting to know fellow chapter members. We held a great FOF and raised support not only for our chapter but for the parent body of California Rare Fruit Growers. So let's go support the Arizona chapter and this great organization called California Rare Fruit Growers. We are looking forward to seeing you there.

Best,
Jim Schopper
Chairman, L.A. Chapter
CRFG

I leave you with this thought:
"He who plants a tree loves others beside himself"
author unknown.

Apologies to **Charles Portney** for not noting that the recipe that appeared in our September /October Newsletter was **Charles'** very own method and formula. Thanks again for the recipe, **Charles**

Thanks for the reply to my plea for articles to include in our newsletter. Following are 2 items, shared by our fellow members and 2 recommended readings

CRFG AND MY GARDEN by fellow member **Roy Imazu**

Some time ago, I had an inspiration to graft other citrus varieties on my lemon and lime trees. The Huntington Library and Garden offered a grafting class taught by the late **Mits Kawahara**. I attended and received instructions, tools and supplies. I also order the grafting DVD from the Orange County Chapter of CRFG. So far my grafting scoreboard has some pluses and a negative. Grafting among plum varieties seems easy. Fuyu persimmons to Hachiya have been very successful. Even grafting a Kadota fig on to a Black Mission has been almost without failure. My lack of success has been with avocados. Even with private tutoring from **Bill Brandt** (not the fault of the teacher), avocados have not taken. Up to now, my source for fresh ripe figs (a Black Mission) has been from a tree on my gardening route. A couple of years ago, I purchased a Kadota variety at our Chapter's plant sale. The first year, the fruit was small and hard. This year the fruit is still small but very tasty; better tasting than the Black Mission. To my CRFG and its many volunteers, I owe much of my joy and success in my garden to all of you. Thank you and keep up the good work!!

JAMBU TREES

I have 3 Jambu trees, only one produced about 25 fruits this year. The one produced is supposed to



be "Black Pearl", but the fruits were much smaller than what I saw in Taiwan during my recent trip there. Also I have 7 Jujube trees, 4 planted 7 years ago, 3 planted this year. They are Lang, Li, Chang, Contorted, and Sherwood. Both Lang and Li are good producers. Li and Chang test best.

Thank you.
Paul Kao

Member Deborah Oisboid recommended an article about praying mantis that should be interesting to all gardeners. Check out <http://www.theprayingmantis.org>

And Phoebe Liebig recommended this:
The New Yorker, May 30, 2011, article, Strange Fruit: The rise and fall of the acai, by John Colapunto, pp 37-433.



Everything You've Wanted to Know About 'Ulu (Breadfruit)

By Joan Namkoong (see info at end of article)

The Breadfruit Tree

Breadfruit is part of the fig family; its scientific name is *Artocarpus altilis*. Majestic and beautiful, tall (up to 70 feet) with a spreading canopy, the breadfruit tree has provided sustenance to Pacific Islanders for millennia. The one to five pound roundish oval fruit has a smooth or slightly bumpy skin whose surface is patterned with hexagonal markings. The flesh is creamy white to pale yellow. Depending on the variety, there may or may not be seeds in the flesh. The skin and core are not edible. Mature trees can produce a hundred to several hundred fruit a year and can be productive for up to 60 years. The trees are important to tropical agricultural systems, providing shade that enables other crops to grow beneath its canopy. Breadfruit's large, dark green, glossy leaves have inspired striking patterns for quilts and other craft items.

Legendary Breadfruit

The god Ku buried himself alive to save his wife and children from starvation in a time of famine. From his body grew the breadfruit tree. Throughout the South Pacific, a breadfruit tree is planted when a child is born, assuring that a child would never go hungry.

Breadfruit's History

Breadfruit is a Polynesian staple originally from New Guinea, perhaps first introduced into the Marquesas around the 14th century. The climate and soil in the Marquesas is very well suited to breadfruit cultivation; more than 200 varieties were cultivated there by the 1920s. The Marquesas are considered the center for breadfruit cultivation in the South Pacific as Hawaii was the center for taro.

Breadfruit was brought to Hawaii by the early Polynesian voyagers and was one of the 24 "canoe plants" of ancient Hawaii. But only one variety was cultivated until more recent times. The Puna area of Hawaii island was where breadfruit flourished; the tree was planted extensively in the Hilo area and in the valleys of the Hamakua Coast. There were also extensive breadfruit groves in the Kona area.

Breadfruit provided nourishment throughout the Pacific Islands, a fact documented by Captain Cook in the 18th century. Plantation owners in the Caribbean got the idea of using breadfruit to feed slaves cheaply. In 1789 Captain William Bligh was taking thousands of breadfruit plants from Tahiti to the British West Indies when his HMS *Bounty* came under siege by his crew. The plants were destroyed in the mutiny on the *Bounty* but four years later a voyage by Captain Bligh aboard the HMS *Providence* delivered breadfruit to the Caribbean. Breadfruit was not immediately accepted as part of the diet but over time it did become a staple in the Caribbean where it is still grown from the original stock delivered by Captain Bligh.

How Hawaiians ate breadfruit:

In the Hawaiian language, breadfruit is 'ulu. 'Ulu also refers to a round, smooth stone used in a game. Breadfruit was part of the early Hawaiian diet but it was not used as extensively as taro in most areas. However, 'ulu was a mainstay in some areas, especially where it was difficult to grow taro.

Some of the ways it was prepared are:

- 'Ulu pulehu: baked breadfruit, usually in an imu (a type of underground oven)
- Poi 'ulu: breadfruit that is steamed, peeled, cored and mashed with water to form a thick starchy paste.
- Piepiele 'ulu: ripe breadfruit that is mashed and mixed with coconut milk, wrapped in ti leaves and baked.
- Pepeie 'e 'ulu: breadfruit made as piepiele 'ulu with an abundance of coconut milk, cooked, then cooled, sliced and dried in the sun, forming a hard oily surface. This was a way of preserving 'ulu from one season to the next; the pepeie 'e 'ulu would have to be exposed to the sun occasionally to prevent mildew.

Other uses for breadfruit in old Hawai'i

- The hardened latex of 'ulu was chewed like gum. The latex of the fruit also served as a glue for making hula implements with gourds and as caulking for boats.
- The sap of the tree was mixed with ground kukui and spread on tree branches to trap birds. The sap also helped to heal cuts, scratches and skin diseases.
- The dried male flowers, shriveled and rock hard, can be lit and used to repel mosquitoes.
- The sheath of 'ulu blossoms was dried then used like fine sandpaper to polish bowls and kukui nuts.
- The bark, leaf buds and latex were used medicinally.
- The bark could be pounded into a type of stiff tapa called po'ulu.
- The trunk of the 'ulu tree was used in the building of canoes, surfboards and shaped into poi boards and drums for hula.
- Leaves were used to wrap food.
- Mature fruits, seeds and leaves provided fodder for pigs and other animals.

Selecting breadfruit

Mature breadfruit is firm, yellow-green in color, crusty on the outside with sticky latex oozing from its skin. Within a day or two of picking, breadfruit will soften and ripen. Refrigerate mature breadfruit to retard ripening. Mature breadfruit has flavor; immature breadfruit will be bland and very sticky.

When you cut open breadfruit, the flesh should be firm; use it as you would a potato. If your finger leaves an imprint in the flesh, the breadfruit is too ripe and the starch has converted to sugar; use it for desserts.

Handling breadfruit

- The white sap or latex that oozes from a mature breadfruit is sticky and can stain your clothes. It is not harmful. Rinse and cut breadfruit under cold running water to rinse off the latex.
- Use an oiled knife to cut breadfruit; this will help prevent the latex from sticking to your knife. Or clean your knife with a little oil after cutting breadfruit.
- Breadfruit will discolor when you cut it open; rub a little lemon or lime juice on the cut surface to prevent discoloration. Or place cut breadfruit in a bowl of water.
- Cook breadfruit before removing the skin so you won't have to deal with the latex. Except for the skin and the core, all of the breadfruit is edible. Even the seeds can be eaten, boiled until soft; they taste like chestnuts.
- If your breadfruit is mature but you can't eat it right away, cook it then store it in the refrigerator for up to a few days. It can be frozen and will keep for several weeks or longer.

Cooking Breadfruit

- Cook breadfruit as you would potatoes: bake, steam, roast, boil or fry. It can be mashed, pureed, creamed, sliced, diced, and made into chips.
- Steam breadfruit above water to keep it from getting too moist or water logged, unless you want it moist for mashing.
- Baking breadfruit results in a drier texture.
- Cooking breadfruit in an imu is perhaps the best preparation for breadfruit. To replicate this in a home oven, wrap breadfruit in foil, sprinkle with water and bake in a 375 degree oven until soft.
- Microwaving breadfruit will dry it out.
- After steaming or baking breadfruit, you can cut it into slices and pan fry it in butter or oil. Or cut it into cubes for soups or salads, just like you would a potato. Or remove the core and stuff it with a filling and cook a little more to heat the filling; South Pacific Islanders like to stuff the core with corned beef.
- Breadfruit chips are made with thin slices of breadfruit, deep fried in oil. Slices should not be too thin – you want to taste the breadfruit!
- Ripe, creamy breadfruit can be very sweet; blend it with fruit juices and coconut milk for a smoothie.

Nutritional value

Breadfruit is high in carbohydrates, low in fat and protein. It is a good source of calcium, copper, iron, magnesium, potassium, thiamine and niacin. It is also a good source of fiber. Some varieties are good sources of anti-oxidants and pro-vitamin A carotenoids.

Joan Namkoong is a foodie and free lance food writer. Born and raised in Hawaii, she has been writing about the Hawaii food scene for over a dozen years and has been instrumental in the growth of farmers markets on Oahu and Hawaii Island. She is the author of several books including Family Traditions in Hawaii, Go Home, Cook Rice, and most recently, Food Lover's Guide to Honolulu.

Thanks so much to **Mark and Liza Michelson** for allowing us to visit their wonderful place in September. Also a big thank you to **Debi Markley** for opening up her garden to our members in October. Please go to the Los Angeles Chapter website at: <http://www.crfg-la.org> to see pictures of these two wonderful places-photos have been posted there.

Do vegetarians eat animal crackers?

~Author Unknown