



# The Leaflett

California Rare Fruit Growers - Central Coast Chapter



Central Coast Chapter Officers

Chair: Chuck Atlee and Laura Lopez

Co-Vice Chairs /Program Chairs: Lyle Overley and Dave Christie

Board Members: Bill Furtick, Art Henzgen, Jay Ruskey, Joe Sabol,  
Carol Scott, and Robert Scott

Community Garden Coordinators: Joe Sabol and Laura Lopez

Historian: Barbara Mathews

Librarian: Marie Moyer

Newsletter Editor: Sandra Pirghaibi

Mailing Manager: Gerda Martinez

Raffle Director: Marvin Daniels

Recording Secretary: Doris Henzgen

Treasurer/Mailing List: Dick Pottraz

Webmaster: Art DeKlein



## It's Year of the Bananal

Space in this year's newsletter will be reserved for articles about this tasty fruit.

*Simple Banana Facts...*harvested bananas are called "green gold" since that's the skin (peel) color when they are cut from the plant. Bananas ripen best after harvest. As they ripen, the peel gradually turns yellow. In the home, bananas should be stored out of the plastic produce bag and kept at room temperature. In a few days, green bananas will turn to yellow. To store bananas for a longer time, keep them in your refrigerator. The peel will darken, but the fruit inside will remain ripe and fresh. Classified as a herb because the plant hasn't any wood in it, bananas are the tallest (25') herbs in the world. The edible part of the plant is considered a fruit. An average 4 ounce banana contains 101-104 calories. Its main nutrients are Vitamins A, B-6, and C, Fiber folic and pantothenic acids, Calcium, Iodine, Phosphorus, Potassium and Magnesium.

*Next Newsletter...* Paper from banana plants?

## Recent Happenings

### November Monthly Meeting Pirghaibi Avocado Farm

**Business:** Semi-annual Board meeting items (See November/December newsletter) were reviewed including the dues policy and the new member's package still in progress. A check for \$500 has been sent to the state organization to help support the Fruit Gardeners magazine. Doris Henzgen reported on their participation in the state meeting held in November. Dick Pottraz noted we still have money in the treasury even after purchasing the new audio equipment. This was the first meeting where this much needed equipment was used and it was a relief to speakers who didn't have to shout!

Pet Daniels reported on the nominating committee's work and encouraged members to volunteer. A nominating list will be displayed at the December and January meetings.

Joe Sabol passed around a sign up sheet for chapter hats and displayed samples of the very professional looking headgear.

**A note from the hosts...** As hosts of the November meeting, we would like to thank all the attendees for their help and

suggestions for our "under construction" orchard. And, a special thanks in joining us in the pledge of allegiance to honor those veterans past and present who gave unselfishly to their country.

### December Year-End Meeting P G & E Community Center

Our annual year-end meeting was attended by over 50 people who brought enough food to feed a small army. A good time was enjoyed by all.

**Speaker:** Dr. Frank Sances, Director of the Pacific Agricultural Group of SLO presented a one hour slide show representing his research on strawberries. Attendees viewed charts of plant characteristics, results of research on substitutes for methyl bromide which is being phased out, and new types of growing and harvesting methods. Dr. Sances also brought samples of experimental plants and provided plant plugs for everyone. Our sincere thanks to Dr. Sances for his very informative presentation.

The plant raffle was a fun-filled event and brought in \$56 for the treasury.

## Upcoming Events...

**February Meeting  
February 9th at 1:30 p.m.**

### **Joe Sabol's Home**

This is the Eighth Annual Scion Exchange and Grafting Party for the Central Coast Chapter. It's usually our biggest meeting. First time guests are expected so come early to welcome them. Rootstock will be available for \$2.00 each for peach, nectarine, plum and apricot.

**What to bring:** Bring clearly labeled scionwood to share with others. The best scionwood is that grown last spring and cut into 12 inch lengths. Keep the wood cool and moist. Bring masking tape, permanent marking pens, baggies for your collections, and clothing for cool or rainy weather. Group 2 (I-Q) should bring refreshments. *Do not bring patented varieties to share.*

**Speaker:** Andy Mariana, owner of Mariana Orchards will be our "guest grafter". He will speak on a variety of grafting topics and give a demonstration of several of his favorite grafts. Copies of his booklet will be available at \$8.50 each.

**Directions from 101:** Going north exit Los Osos Valley Road and turn left. Turn right on Foothill Road. Going South exit Santa Rosa (Hwy 1) toward Morro Bay. Turn left on Foothill. Follow Foothill to the "This Ol' House Restaurant", park in their lot, then follow the signs to 27 Cottonwood Lane.

**March Meeting**  
**March 16th at 1:30 p.m.**

### **Atascadero**

Remember the pruning we did on the big red apricot tree last year? Well, time to go back see the results of the work and do some additional pruning. This is year two of this 3-year project. The meeting will be held on the third Saturday to accomodate the host. Plan on attending.

**Directions:** Additional details and directions will appear in the March/April newsletter.

**What to Bring:** Pruning tools and chairs; Group 3 (R-Z) should bring refreshments.

### **A Star is Born**

**Thanks Art....**If you haven't accessed our web site lately you are in for a nice surprise. Current and some past newsletters can now be viewed on-line (in color!) along with photos and tidbits about past events.

The Central Coast web site address is located right below your address sticker or you can access it from the state organization web site. Art DeKlein who keeps our web site constantly updated has also provided and maintains name badges which everyone wore at our December meeting.

### **About our Library**

Included in this newsletter is a listing of available material from our librarian Marie Moyer. Marie periodically purges outdated material and accepts new material. So...if you have recent material you think would be of interest to other members think about donating it to our library.

### **✓ Reminders**

**Don't forget** the January 12th meeting for elections of officers. **Also**, please check your address label (below). If the label says "Dues paid through 2001", mail a check (\$6 for 1 year or \$25 for 5 years) payable to: "CRFG-Central Coast Chapter" to: Dick Pottratz, 2430 Leona, SLO, CA 93401.

### **Coming Attractions**

Look for information on our community orchard in the March/April newsletter.

**CRFG**

**Central Coast Chapter**  
**Dick Pottratz**  
**2430 Leona**  
**San Luis Obispo, CA 93401**

