

The Leaflet

Newsletter of the Central Coast Chapter
of California Rare Fruit Growers, Inc.

Volume 15 • Issue 5—September-October 2012



Pushing the limits and
the range of fruit cultivation
worldwide!

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UCCE Master Gardeners' Sixth Annual Tomato Extravaganza

—by Tami Reece, Master Gardener

ON SATURDAY AUGUST 18, 2012, THE UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION (UCCE) MASTER GARDENERS OF SAN LUIS OBISPO COUNTY HELD THEIR 6TH ANNUAL TOMATO EXTRAVAGANZA AT THE GARDEN OF THE SEVEN SISTERS IN SAN LUIS OBISPO. The Tomato Extravaganza is a free event held as an educational opportunity for the community. The event is held each year at the Garden of the Seven Sisters, a garden created by the Master Gardeners as a teaching garden to educate the home gardeners of San Luis Obispo County.



As you entered the garden, you immediately wanted to head for the pergola, at times standing room only, thanks to our great presenters. Chef Joe Thomas, of Thomas Hill Organics, started our presentations with "Cooking with Tomatoes". Then Larry Hollis of the California Rare Fruit Growers gave a presentation regarding "Grafting Tomato Plants" and Gene Schroeder, of the UCCE Master Gardeners, finished the day with "Success with Succulents." All three speakers gave very informative presentations and were received well by all who attended.

When you were done listening to the presentations you could wander through the over 15 individual gardens designed to teach techniques and plant usage for home gardeners at the Seven Sisters' Garden. You could enjoy the Kitchen Garden planted with seasonal vegetables, the Fire Safe Landscaping Garden designed as a backyard hillside patio complete with plant recommendations, a garden for all the Five Senses, and a Sunshine Garden used to help San Luis Obispo County teachers

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EDITOR'S MESSAGE



During a recent afternoon in my garden, at first it seemed that there were hardly any beans on the scraggly Sutltan's Golden crescent bean vine, but the more I picked the more I found. Much to my surprise, there was about a pound of beans to cook for dinner and plenty still on the vine for another night. Now I know how hunters and gatherers survived.

In this issue we feature the Tomato Extravaganza which was held in August. Our thanks to Master Gardener Tami Reece for contributing the story. Margaret digs deep into agricultural history, uncovering the early connections between humans and food

through their mythology. She's collected quite a few and displayed them in Food in History. We present a recipe we've developed for a gluten-free version of banana muffins in the Recipe section. Speaking of recipes, we would like to feature your favorite holiday recipes, so feel free to send us some...even if they are for fruit cakes. Check out our Chronicle for stories of previous meetings and our Calendar for upcoming events. Hope to see you soon at the next CRFG meeting!

Happy Harvest, Gary Fourer
LeafletEditor@aol.com

The Leaflet

Distributed bimonthly by the Central Coast chapter of the California Rare Fruit Growers, Inc. to share ideas, news, and activities of interest to our local chapter.

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CRFG PROMOTES THE ENVIRONMENTALLY-SOUND CULTURE of any and all edible plants in the home landscape by encouraging and helping to facilitate public and scientific research, education, and preservation of plants worldwide that have edible seeds, fruit, leaves, stems or roots. The CRFG mission is to share knowledge acquired from these activities with home growers in particular and with anyone else in the world having an interest in edible plant cultivation.

"STRANGE TO SEE HOW A GOOD DINNER AND FEASTING RECONCILES EVERYBODY."

~ SAMUAL PEPYS, ENGLISH NAVAL ADMINISTRATOR AND MEMBER OF PARLIAMENT (1633-1703)

Tomato Extravaganza —continued

create gardens at their local schools. At the Sunshine Garden, children could make “Tomato Heads”



decorating a large tomato with cut up vegetables and other fun items. When you reached the plant sale, there were hundreds of ornamental and edible plants for sale, grown by the UCCE Master Gardeners Propagation Committee, at the garden or with the help from the Achievement House at their facility.



Master Gardeners working the Plant Sale booth

After purchasing next Saturday's plantings for your garden, you then headed for the auditorium for some great tomato and basil tasting. On the way you passed several booths including Caterer Rochelle's gourmet tomato snacks, fresh bulk tomatoes for sale, Worm Composting, and a "Last Chance Craft Sale" with its many homemade garden and kitchen items. There were also booths from the California Rare Fruit Growers, Christine Heinrichs, local chicken expert and author of "Chickens in your Garden,"

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Tomato Extravaganza —continued

and the Surfrider Foundation for Ocean Friendly Gardens.

Finally, when you reached the tomato and basil tasting in the auditorium, you stopped to try a taste of the basil lemonade offered as you entered, and you picked up the recipe provided so you can make it when you got home. There were over 22 tomato varieties all purchased from local farmer's markets or donated from



local businesses. While you tasted the delicious varieties you could vote for your favorite. The two winning varieties were New Girls and Sungolds, both varieties donated by Growabundant.com.



We hope to see you next year at our 7th Annual Tomato Extravaganza. We recommend car pooling due to limited parking, and bring a hat and some water as it tends to get warm throughout the day. Plan to stay a while; there will be so much to see and do!



Volunteers demonstrated how to make beautiful tomato rose garnishes



Backyard orchard chickens enjoyed the leftovers from the tomato tastings

Through the Fence

Purchase of Grafting Materials

—from Larry Hollis

A number of people have asked me where to purchase parafilm grafting tape and grafting clips for tomatoes and other vegetables. A Google search will turn up many sources but here are two that were clearly cheaper than most of the others: Hydro-Gardens for grafting clips & greenhouse supplies, www.hydro-gardens.com, and GV Buds Supplies for parafilm tape, www.GVBSINC.COM. It is better to order a few rolls of tape for most economical per roll shipping cost. I paid \$18.95 for 3 rolls of 1/2" x 90' and 2 rolls of 1" x 90' including shipping. Grafting clips cost \$6.76 for 100 of the 2.5mm size.

Local Food Purchase Policy

In July the San Luis Obispo County Board of Supervisors adopted a Local Food Purchase Policy. With this action, San Luis Obispo County joins communities throughout the nation in supporting local food production through LFPPs. The purpose of the policy is to support the local food shed and agricultural industry, increase food security by keeping the local population closer to its food pipeline, and expand economic opportunities for all participants in the local food system. The LFPP was supported by many local organizations including the SLO County Farm Bureau, Healthy Eating/Active Living (HEAL-SLO), the Food Bank Coalition, the Food System Coalition, First 5 for SLO County, the Central Coast Agricultural Network, the SLO County Sheriff's office, and Cal Poly's Center for Sustainability.



Red-orange flowers of the Scarlet Runner Bean plant.

FOOD IN HISTORY

Plants in Mythology

Mythology is sprinkled with gods and goddesses associated with plants such as trees, flowers, and food crops. Some deities were said to have created them, some were born from them, some were turned into them, and some just had a favorite. I gathered some of these plants and their gods and goddesses, and included snippets of their stories from lands north, south, east, and west in the following list.

PLANT	DEITY	STORY/SYMBOLISM/DESCRIPTION	CULTURE/COUNTRY
Acanthus shrub	Acantha	Acantha was a nymph who spurned the advances of Apollo, the Sun God. When she scratched his face, he transformed her into the sun-loving acanthus.	Ancient Greece
Agriculture, grains and corn, earth, and growth	Ceres	Goddess of agriculture, grains, earth, and growth, it is said that Ceres introduced humans to agriculture. Offerings of corn were made during her festival at harvest time. Ceres' name is the origin of the word "cereal."	Roman Empire
Almond	Attis	The mortal consort of Cybele (the Magna Mater or Great Mother), it was said that Attis was born from an almond.	Phrygian-Anatolian/Turkey
Apple	Aphrodite	The Trojan prince Paris awarded the Golden Apple to Aphrodite (goddess of love and beauty). She bribed Paris to name her the most beautiful Olympian Goddess by promising him she would have him marry the most beautiful woman in the world, Helen of Troy.	Ancient Greece
Apple	Morgans and Korrigens	The apple was a symbol of, and was considered able to convey, immortality. The Morgan and Korrigens goddesses tended them.	Celts/Ireland
Breadfruit tree	Sinlaku	Goddess of the breadfruit tree	Micronesian (Caroline Islands)
Cacao	Xcacau	Goddess of cacao	Quiche/Guatemala
Cherry	Maya	She gave birth to the Buddha while supported by the cherry tree, which is sacred to her. She was considered a goddess after her death.	Hindu and Buddhist/India, Tibet, China and Japan
Chrysanthemum	Amaterasu	The chrysanthemum is a symbol of happiness and longevity, associated with the Sun Goddess Amaterasu. She distributed food crops generated from the goddess Ogetsu to humans.	Shinto/Japan
Corn	Quetzalcoatl	When Quetzalcoatl saw an ant carrying a maize kernel, he followed the ant to the Mount of Sustenance, or Tonacatepetl, which was the place where maize grew. He turned himself into an ant so he could steal a kernel of corn, and then brought it back to the humans to grow.	Aztec/Mesoamerica
Corn	Crow	A crow flew from the southwest with a kernel of corn in one ear and a bean in the other and gave the people the first seeds of their vegetable crops.	Narraganset Indians/North America
Corn	Nesaru	Nesaru is said to have created maize, and the seeds germinated into the first humans.	Plaines Indians/Pawnee

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FOOD IN HISTORY—continued

Plants in Mythology

PLANT	DEITY	STORY/SYMBOLISM/DESCRIPTION	CULTURE/ COUNTRY
Corn	Freyja	Goddess of the harvest and birth, Freyja married Od, the god of the sun. When Od disappeared, she wept tears of gold which turned into fertile corn seeds.	Norse/Scandinavia
Cypress tree	Cyparissus	The son of Telephus, Cyparissus' favorite companion was a tamed stag, which he accidentally killed with his hunting javelin. In his grief, he asked Apollo that his tears might flow forever, and Apollo transformed him into a cypress tree, the sap forming droplets of tears.	Ancient Greece
Flowers	Flora	Originally a meadow nymph, Flora married Favonius, god of the west wind, and became a goddess of flowers, reigning over them and helping them to blossom and bear fruit.	Roman Empire
Fruit trees	Aristaeus	Aristaeus was Apollo's son, and the patron god of fruit trees, and bee keeping, husbandry, and cattle.	Ancient Greece
Fruit trees and orchards	Pomona	Originally a nymph from Latium, she married Vertumnus, the god of changing seasons. Pomona watched over the fruit harvest. She always carried her sacred pruning knife, and cared for her apple and pear orchards. The Latin word for orchard fruit is pomum.	Roman Empire
Grain	Ashnan	Ashnan was a grain goddess, and the child of Enlil the supreme Mesopotamian god. She was created along with her brother, Lahar, the god of cattle and sheep, to provide food and clothing for the gods.	Sumerian/ Mesopotamia
Grain and agriculture	Demeter and Persephone	Goddess of agriculture, Demeter was the daughter of the Titans King Cronos and Queen Rhea. Her daughter, Persephone, helped her make plants fertile. Persephone was abducted by Hades, the god of the underworld. Demeter was distraught and the earth grew barren. Zeus negotiated with Hades to allow Persephone to come to the surface for half the year, which restored spring and summer to the earth.	Ancient Greece
Healing Herbs and agriculture, rice and wheat	Shen Nong	An emperor who taught the Chinese the secrets of agriculture and traditional medicine, Shen Nong became immortal after testing healing herbs on himself and dying as a result. The inventions of the plow, ax, and crop rotation are attributed to Shen Nong. He introduced rice and wheat to China.	China
Hyacinth	Hyacinthus	When Hyacinth, a beautiful Spartan or Macedonian prince, was killed by a discus, the god Apollo made a flower, the hyacinth, from his blood.	Greek
Juniper and Raspberry	Lyuli	Lyuli was the Goddess of earth, fertility, and an ally of agriculture. Traditional offerings to her were juniper and raspberries.	Slavic/Russian

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FOOD IN HISTORY—continued

Plants in Mythology

PLANT	DEITY	STORY/SYMBOLISM/DESCRIPTION	CULTURE/COUNTRY
Laurel tree	Daphne	Daphne was the nymph daughter of Peneus. She was pursued by Apollo but was disinterested. To escape his interests, she prayed to Zeus, who transformed her into a laurel tree. Then Apollo declared the laurel sacred, and wore a wreath of laurel in his hair.	Ancient Greece
Mistletoe	Danu, Mother of Irish Gods	The berries of the mistletoe were a symbol of fertility. They were harvested from the masculine oak tree with a golden sickle.	Celtic/Europe
Olive	Athena	In a contest with Poseidon over who would have power over Attica, Athena gave the people the first olive tree. It was planted on the Acropolis. Athena won the contest and the city was named after her.	Ancient Greece
Palm tree	Apollo	Apollo was said to have been born under a palm tree.	Ancient Greece
Pine tree	Attis	Attis was in service to Cybele, who transformed him into a pine tree after his death.	Anatolia/Greece and Rome
Pomegranate	Ibritz	Ibritz was a God of Agriculture, associated with the pomegranate which symbolized life, fertility, abundance.	Hittite-Anatolian/Asia Minor and Upper Mesopotamia
Pomegranate	Persephone	While in the underworld after her abduction by Hades, the god of the Underworld, Persephone was persuaded by Hades to eat pomegranate seeds, which sealed her fate and bound her to him.	Ancient Greece
Pumpkin	Oya and Oshun	The Nigerian water goddesses Oya and Oshun, imported to the Caribbean by slaves, are associated with the pumpkin in Puerto Rico, where it is a symbol of fertility and wealth.	Nigeria and Caribbean
Rice	Inari	Inari was the Rice Bearer and the benevolent bringer of food.	Shinto/Japan
Rose	Aphrodite	The rose was associated with Aphrodite for its beauty and fragrance, and was a symbol of love and pleasure.	Ancient Greece
Staple food crops	Ogetsu	All staple food crops were generated from her body. They were distributed by the sun goddess Amaterasu.	Shinto/Japan
Sunflower	Clytia	Clytia was an ocean nymph. She was in love with Apollo as was her sister, Leucothea. Upon her death, Clytia was turned into a sunflower by Apollo.	Ancient Greece
Sweet potatoes and agriculture	Rongo	Rongo was a god of agriculture and cultivated foods, especially the sweet potato (kumara). From Hawaiki (the creation place), Rongo brought new forms of kumara that would grow on earth. He was one of the great gods born of Rangi and Papa.	Maori/Polynesia
Wysteria and camilla	Sengen	Sengen was a guardian of water associated with white flowers.	Shinto/Japan

LEAFLET RECIPES

Gluten-Free Banana Muffins

from the kitchen of Margaret Lange
and Gary Fourer

My parents used to like to tell the story of a visit they had with their neighbor, Mrs. Eable, back in Howard Beach, New York. She invited them over for tea, coffee, and cake. From the first bite of the cake, they knew something had gone very wrong. "Oh," Mrs. Eable said, "I ran out of butter, so I used toothpaste instead." Turns out toothpaste was to Mrs. Eable's pantry what duct tape is to my toolbox.

I tell this story to illustrate the toothpaste and gluten-free baked goods connection, namely, that they usually taste about the same. Except for this recipe! After research and trial and error, we've come up with a gluten-free muffin recipe that we are proud to share with you. The original recipe for banana bread was modified by using a combination of non-wheat flours, substituting coconut oil for most of the butter, using less egg white, and adding applesauce and starches.

Sorry Mrs. Eable, the toothpaste didn't make it in.

ML



2 cups total of flours: 1/3 cup each of quinoa, sorghum, corn, tapioca, oat, almond meal
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 tablespoon potato starch
1 tablespoon corn starch

2 tablespoons butter plus coconut oil to 1/2 cup
1/2 cup sugar
1/2 cup sucralose
1 egg plus 1 egg yolk whisked together
1 tsp. vanilla extract

1 tablespoon vinegar plus milk to 1/2 cup

1/3 cup applesauce
1 cup mashed over-ripe bananas

1/2 cup chopped pecans
1/2 cup raisins

Soak raisins in boiling water to cover. Set aside.
Mix vinegar and milk. Set aside.

Dry ingredients:
Sift together flours, soda, powder, salt, potato and corn starches.

Wet ingredients:
In large mixing bowl, whisk together until smooth the butter, coconut oil, and sugars. Add whisked eggs and vanilla and whisk all together well.

Mix applesauce into mashed banana.

Put it all together:
Combine the flour, milk, and banana mixtures into the wet ingredients by alternating method. Drain raisins. Add raisins and nuts and mix to incorporate evenly.

Place jumbo muffin papers (3.5 inch) into muffin tin (works with a regular tin). Measure 1/3 cup of batter into each paper. Bake at 350 for 23 to 25 minutes until tester comes out clean. Makes about 14 muffins.



Amaya likes 'em!

The Leaflet Review

Stand Up and Garden

by Mary Moss-Sprague

The Countryman Press Woodstock, VT, 2012

Master gardener Mary Moss-Sprague's new book *Stand Up and Garden* presents a "no-digging, no-tilling, no-stooping approach to growing vegetables and herbs." An osteoarthritis sufferer, she found that in-ground gardening had become too difficult. Rather than quit growing her own herbs and vegetables, she experimented with vertical gardening and straw-based raised beds. The healthy abundant yields drew many admirers to her garden, and prompted many requests for information about her techniques. In response, Mary authored *Stand Up and Garden*, a thorough, detailed, and easy-to-follow guide to painless gardening.

Straw-based raised beds, where straw bales are used as the bed foundation and are topped with soil, are best used for smaller plants that are traditionally grown in rows. Besides the advantage of bringing the plants up to a comfortable working height, the straw is a great heat conductor, and warms up the soil quickly and evenly.

Vertical gardening is a method that uses above-ground plantings in pots with plants supported on trellises for easy picking.

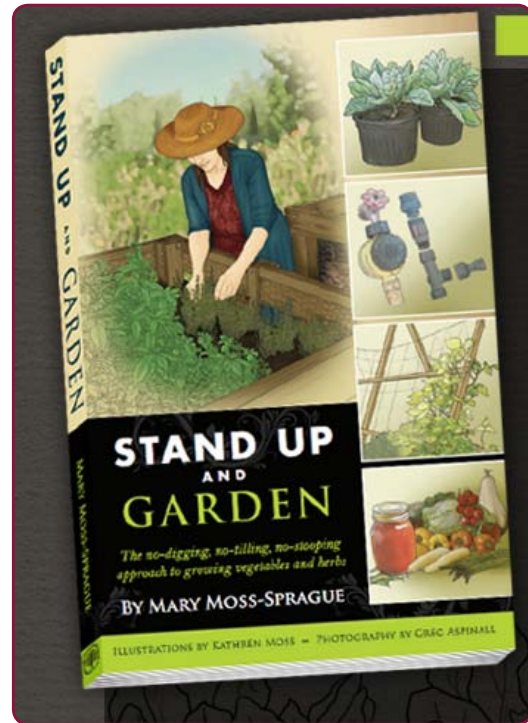
Besides providing details of the construction of raised beds and trellises, *Stand Up and Garden* features information and instruction about other components of a healthy garden such as:

- Weed barriers
- Soil fertility
- Sowing and planting
- Micro-drip irrigation
- Composting
- Weed and pest control sustainable practices
- Plant diseases

With a bounty of photographs, a spacious artful design, and her friendly style, Ms. Moss-Sprague has created an informative and enjoyable read in *Stand Up and Garden*.

Check out the book online at <http://www.standupandgarden.com/>.

If you choose to purchase a copy of this book, remember that a percentage of your purchase will be donated to CRFG when you access <http://www.crfg.org/pubs/books.html> and use the search tool at the bottom of that page to begin shopping on www.Amazon.com.



LEAFLET CHRONICLE

July 14, 2012

Meet at Joe's

On Saturday, July 14th, Joe and Jill Sabol hosted our chapter meeting. Joe gave us a lesson on dahlias. These incredible flowers come in all sizes and shapes, and have been the subjects of judged competitions worldwide. Whenever I go to the Mid-State fair to see all the competition entries, the Sabols always have taken several ribbons for the dahlias, and this was an opportunity to see them growing and learn a bit about what goes into a prize-winning flower presentation.

We then discovered that a huge amount of rain water can be collected from the roof of one

house. Joe directs his rain gutters to three very large tanks for a total of 7,700 gallons! This much water can easily be collected in one winter. Apparently, prize-winning dahlias prefer rain water over well water. And so do apple trees, dragon fruit, and just about everything else that grows.

The Sabols' grandkids were there to help direct us and to give out a dragon fruit cutting to everyone who wanted one. There was a master plan behind this. Joe grows dragon fruit plants and is starting a network of growers because the plants have a complex cross-pollination requirement. More plants means more flowers with a better chance of pollen

becoming available when needed.

A wide variety of fruit ripens up in July on the Central Coast, and so we also held a fruit tasting at this meeting. See the pictures on the next page for a sample of the varieties we ate.

Chong sold 11 grafted fruit trees for five dollars each, and also signed up quite a few new CRFG members and subscribers to our chapter – and each of them also got a free tree.

We recently awarded scholarships to three Cal Poly students, and one of them, Jason Colombini, came to this meeting. We look forward to meeting the two other excellent students in the fall when school is back in session.



July meeting at Joe and Jill Sabol's house

LEAFLET CHRONICLE

August 2012 Too Hot to Handle

Our August meeting was scheduled to be held at the SLO County Worm Farm in Paso Robles. When the thermometers were in the hundreds on Friday with forecasts of Saturday being hotter, lots of folks said they would not attend, and the meeting was cancelled. We have rescheduled it for November 10th. See the Calendar section for more details.

August 18, 2012 Tomato Extravaganza!

At our booth at the Master Gardener's Tomato Extravaganza, we sold a bunch of our grafted apple trees for a new price of \$10 each, demonstrated the proper way to graft an apple tree to anyone who would listen or watch, and made a bunch of friends! AND, Larry Hollis, our leader, had a delightful and huge audience as he taught the fine art and science of grafting tomatoes! We also signed up more new subscribers.

Fruit tasting at Joe's



CRFG booth at the Tomato Extravaganza

LEAFLET CALENDAR

CRFG Central Coast Chapter Meetings

Unless otherwise indicated, meetings are held the second Saturday of the month and begin at 1:30 p.m. Bring a friend and, for most meetings, bring a chair for all in your party unless you prefer to stand. Car pool if you can. No pets at any meeting, please.

Check the website for more details.

www.crfg-central.org/calendar.htm

November 10:

SLO County Worm Farm producer of Black Diamond Vermicompost.
Location: 5323 Broken Spur Place, Paso Robles (just east of Paso)
Vermicompost and worms will be for sale.
Our host: Cristy Christie (805) 237-7752
Call Joe Sabol for additional details (805) 544-1056
See this site for more information: <http://www.slocountyworms.com>

December 8:

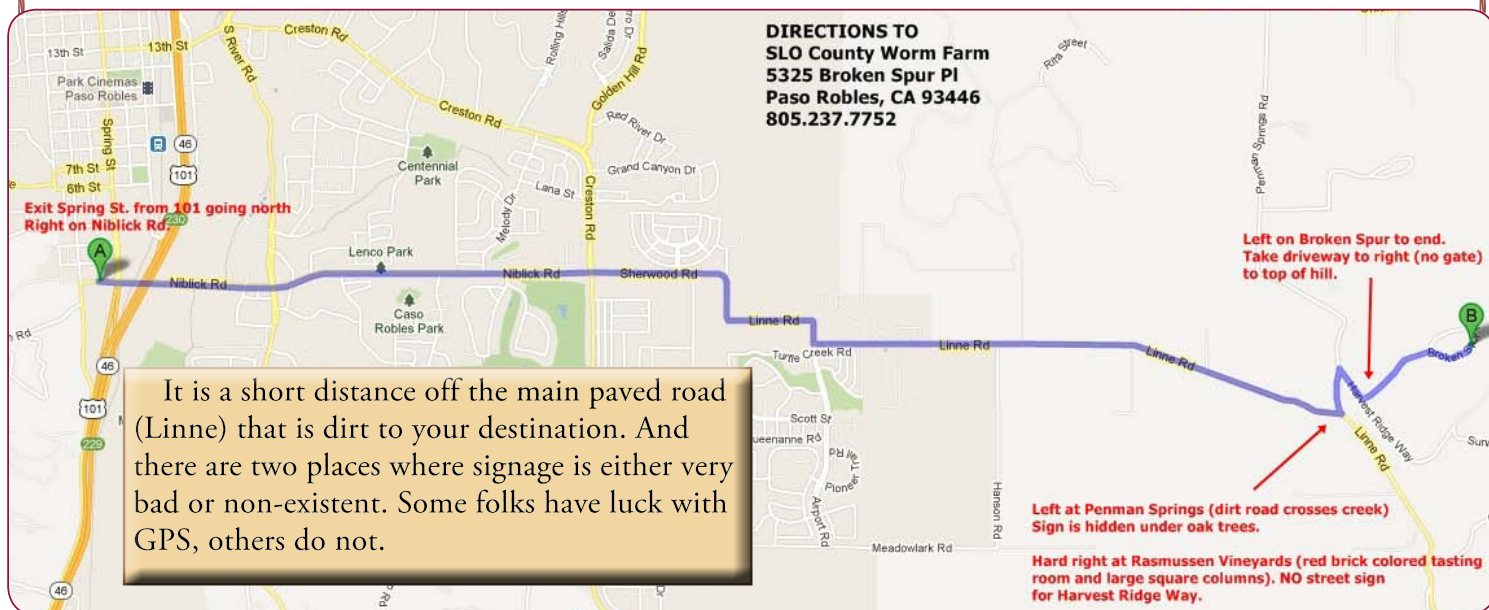
Annual Christmas Potluck and Plant Sale (**Meeting starts at Noon!!**)
Location: PG&E Educational Center.

January 12, 2013:

Prune our CRFG/Cal Poly Orchard
Location: Crops Unit, Cal Poly.

February 16, 2013:

Share our scions and teach grafting on the **third** Saturday.
Location: Cal Poly Crops Unit



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