

The Leaflett

California Rare Fruit Growers - Central Coast Chapter Newsletter
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2007 – The Year of the Mango

The Festival of Fruit!

By Joe Sabol



Two Chapters in Southern California acted together to host the Festival of Fruit on August 8-12, 2007. There was lots of cooperation and hard work and it all paid off. They had two "co-chairs"--one from the San Diego Chapter and the other from the North San Diego Chapter—and they were a good team. There were many positive feelings about CRFG at the Festival. We all wondered why we did not have 1000 people there! The Central Coast Chapter had several members attend including:

Carol and Robert Scott, Chong and John Crowe, Lyle and Barbara Overly, Art and Doris Henzgen, Gabrielle and Peter Robbins, Larry Hollis, Will Davis, Mark Woelfle and Joe Sabol.

Chula Vista was the official site of the Festival and is located near the San Diego Bay (quite cool) and only a few miles from the Mexican border! The formal meetings and meal functions were held on the campus of the Southwestern Community College which had an exceptional horticulture program and rather extensive plantings of fruit trees on the campus.

There were many outstanding speakers! One of the best was, though, was Richard Campbell of Florida, who is with Fairchild Tropical Botanical Gardens. He was a true expert on mangos and was a tremendous lecturer. We loved him! He'd been flown to San

Diego as the keynote speaker of the Festival and it was money well spent!!! He conducted other sessions as well, all on the Mango. He really made the Year of the Mango work for the two chapters hosting and for all of us!!! We came home ready to grow mangos! If nothing else, we will sure eat more of them. We could probably never have had this quality of a speaker attend an individual chapter meeting. So, we must keep the Festival activity alive and well to attract these internationally known experts to our event!!!!

Attendance went to over 300 by Saturday. We are quite confident the Festival hosts can now pay all their bills, especially with the high numbers of "walk in" folk who came on Saturday and paid full registration fee. There were lots of vendors!! Plant prices rather steep but the quality of the plants was excellent. The Dave Wilson Nursery people put on a great fruit tasting event, as usual. All of the Festival Team wore their dark green shirts which added to the spirit and made it easy to ask questions/directions, etc.



Larry Hollis, Carol and Robert Scott, Choung and John Crowe all went on some of the fantastic tours prior to the Festival Meetings and after the meetings. They had high praise for their tours and hosts.

The CRFG Board meeting went well with chapter chairs in attendance for the first hour. Larry Hollis gave a positive report to the Board and the Board Members appreciated the chapter chairs that came and participated. Bill Grimes, CRFG President, did a good job. We have two significant "donations" coming to

CRFG in the near future.

Good News: Orange County will host the Festival in 2008 and we will enjoy the avocado as the Fruit of the Year for 2008. We hope all of our Central Coast Chapter members and friends will make every effort to attend the Festival of Fruit next year!!

Meals and refreshments were good. Dinner on Saturday night was fantastic and a lot of fun.

Finally, there was lots of high praise for the Festival of Fruit we hosted last September. Many people made a special effort to tell us how much they enjoyed it. Some reported on how well

their grape plant was doing. One guy from Orange County even wore the “Year of the Healthful Grape” green shirt that he bought from us last year!!!

If you wish to see some of the photos we took, go see them at:
<http://www.flickr.com/photos/joesabol/sets/72157601469078993/>



Schober, Robert and Carol Scott, Jenny Weaver, and Art DeKleine.)

Finally, I drove my truck, loaded with thousands of back issues of the Fruit Gardener Magazine and gave them ALL out to the 20 other chapters represented there to use for public relations and recruitment. A special thanks to many our own Chapter Board Members who worked for over two hours, helping to do the inventory, sorting, and packaging of these wonderful magazines. (Shown in photo taken by Jill Sabol are Owen Baynham, Ronald Blakey, Marv and Pet Daniels, Art and Doris Henzgen, Larry Hollis, Nancy Lehman, Joe and Jill Sabol, Patty

July Meeting at the Righetti Avocado Orchard

By Joe Sabol



1. We set a new record for July attendance: there were 107 people at the meeting according to several sources!!! (Photo on the left by Ronald Blakely shows just a few of those attending!)

2. Craig Righetti did the job on us. We learned a great deal and had 1000 questions! The microphone worked well and we needed it for the big mob!!! (Craig is shown in the photo on the next page demonstrating his grafting technique.)

3. The weather under the sycamore tree was PERFECT, even for Bob in shorts!!

4. We sold out, completely, of bird net!!! We even made a profit!! Thanks to Sassy for handling the sales!!

5. We had wonderful fruit to eat and lots of goodies from the S to Z group. Water was available. Who brought the bottles?

6. We had visitors from the Southern California CRFG. What a treat!!!

7. Nametags on everyone helped a great deal. We need those nametags!!

8. Three or four photographers recorded the entire event!!! People were amazed at the many



types of avocados that can be grown in our area. (Or is that puzzled?)

9. The entire Righetti clan was there, and Art gave a fine tribute to Ernie. I think (I hope!) the dogs all belonged to our hosts?

10. Lots of people stayed around and talked with Craig, cleaned up, and said thanks to our hosts. The Righettis were a delightful host family!!!

A Flavorful Peach--Sometimes!

This question was received at Cal Poly, sent to Dr. Joe Sabol, and then sent on to Dr. Lauren Garner. The question is one any of us might have, so I'm including it and Dr. Garner's answer below.

"I have a question about growing peaches and would like to know if there is someone in your college who could answer it? The question is "Why do my peaches seem to have more flavor one year over another?"

*Tom Key
Industrial Tech 1970"*

1. Cultivar and root stock are definitely the most important factors in affecting peach flavor (and that of any other fruit). Of course, we are all at the mercy of the weather, which influences the amount of sugar and "flavor compounds" produced by a tree. Fortunately, many other cultural practices have significant effects on flavor. However, the primary CAUSE is the amount of fruit compared to the amount of photosynthetic area. This is also known

as "source sink relationships." Sources are leaves that produce more sugar than they need and sinks are any structure that can't make enough sugar for its own needs (including fruit!). If a fruit is a strong source with lots of healthy sinks to supply it, it will take up a lot of sugar and a lot of other compounds that influence flavor. For this reason EVERYTHING can affect flavor (for example, good pruning to open the canopy and good thinning minimize the number of competing sinks and tend to result in peak flavor). Another important factor is watering right before harvest. If the trees are well watered just before harvest, the fruit will weigh more but the sugar and flavor components are diluted. If you hold water back just before harvest, you can increase flavor. However, it's tricky to do correctly, so be careful if you get into that!

2. This and other questions like it are best answered by those who work for University of California Cooperative Extension (UCCE). In addition to their many specialists, they have offices in more than 50 counties, allowing them to provide you with the best possible advice. The link below will allow you to find the most appropriate UCCE office for your needs.

<http://ucanr.org/ce.cfm>

Thank you for your interest in Cal Poly!

Lauren

Get in Some Orchard Time!

One of our chapter members (sorry, I don't have her name!) put in some time working at the Community Orchard in July and benefited by having her choice of several varieties of delicious, ripe fruit, including plums and nectarines. About all that will be left to pick by the time you read this will be apples—but, hey, there is nothing wrong with apples! Just look at those beautiful Anna Apples below. YUM!



There is still plenty of work to do and the tools you need are located in the storage building on site so there is no excuse. Let's put YOUR photo here in the next issue of the newsletter! (Thanks to Ron Blakey for these two photos.)

Banana in Bloom at Cal Poly

Launnie Ginn let Joe Sabol know there was a rare banana in bloom near the Crops Unit at Cal Poly. Joe checked it out and took several photos of the lovely bloom. Joe Seals also saw the blossom and wanted to let us know that it is a ***Musella lasiocarpa***, also known as a HARDY BANANA, MOUNTAIN BANANA and even "GOLDEN LOTUS".

According to Wikipedia, "The plant is a native of the Yunnan Province in China. There it grows high in the mountains up to an altitude of about 4500 feet. It is known for its yellow erect flower generally appearing during the second year of cultivation, that can last a few months. Just before opening, the flower resembles a lotus -- from which the plant gets one of its names."



We Dig Blueberries!



Thirty plus of us turned out at Sandy Davis' blueberry farm in Lompoc in July to dig up, prune, and transport mature blueberry plants. Some of us picked blueberries, too! Sandy was extremely generous to allow us onto her property to remove her no longer "commercially viable" plants. All those who dug were able to take plants home for themselves. The rest were sold the following day from Joe Sabol's yard. It was a lot of work, but worth the effort. My six plants, planted in 15-gallon containers and placed on drip irrigation, are doing great. I

planted them in a special peat moss mix. Joe Sabol reports his are growing like crazy, too, and loving a weekly feed of Miracle Grow 30-10-10.

Planting Almonds in Israel

By Gary Epstein

My wife, Marsha, and I took a trip to Israel and Spain this summer. At the request of several of our chapter members, here is a report on our journey.

In Israel before the group arrived:

When Marsha and I arrived in Israel on El Al (after a 14 hour flight) we were introduced to the Israeli custom of passengers applauding once a safe landing is made! We visited my cousins in Arad, a town on top of a mountain overlooking the Dead Sea. Their new home was at the edge of town in a new neighborhood. The first morning I awoke to find a Bedouin shepherd watching a flock of a couple hundred sheep and goats just yards below the backyard of their house! The contrast between the modern world and the ageless traditional world amazed me! The impression we got in Arad was that it was a truly multicultural town: The Russian language was on a par with Hebrew, especially in the grocery stores. We also saw many Ethiopians walking around wearing skullcaps and colorful African garb. We were taken to a resort in Eilat and visited the beaches and aquariums with the most beautiful coral reef and fish I have ever seen (including a striking fish called the Picasso triggerfish). We saw eels, turtles, sharks, and stingrays in captivity. On the way to Eilat we stopped to see Timna Park where the first copper mines in the world were established in the late Stone Age. Much of the scenery there reminded me of Arizona and New Mexico. In California we see signs with deer on them to alert the driver of deer crossings but on the Israeli desert you see signs with pictures of camels on them. In fact, on the road to Be'er Sheva we saw some camels wandering in a field beside the road. On the way to Tel Aviv we saw the old and new Be'er Sheva. New condominiums are being constructed everywhere and they are very beautiful. We were told that housing costs less in Be'er Sheva.

In Israel after Rabbi Paskow's group arrived:

We saw Independence Hall, Jewish Diaspora museum, Palmach museum, site of the Rabin assassination, the museum at Kibbutz Yad Mordechai just north of Gaza Strip (Marsha visited a site of battle during the War of Independence at Yad Mordechai), a kibbutz in Rohovot near the Weizman Institute called the Ayalon Institute where bullets were manufactured secretly underground during the Mandate period, the Clore Garden of Science at the Weizmann Institute (something Cal Poly would be wise to emulate), a women's military base called Camp Julius where reservist troops are trained in marksmanship (we were allowed to fire M-16 rifles at simulated targets where computers keep track of your scores).

We planted almond seedlings in a nature preserve called Neot Kedumim. Neot Kedumim is a Biblical Landscape Reserve, covering 625 acres halfway between Jerusalem and Tel Aviv, and it is a unique endeavor to re-create the physical setting of the Bible in all its depth and detail. Far more than a Biblical garden, Neot Kedumim embodies the panorama and power of the landscapes that helped shape the values of the Bible and provided a rich vocabulary for expressing them. By reuniting text and context, Neot Kedumim opens up Israel's nature as the idiom of the Bible.

Neot Kedumim was built literally with the Bible in one hand and a spade in the other. Thousands of tons of soil were trucked in and spread on the eroded hillsides, reservoirs were dug to catch runoff rainwater, and ancient terraces restored. Hundreds of thousands of trees and shrubs representing hundreds of varieties of biblical and Talmudic plants; wild and domesticated animals; ancient and reconstructed olive and wine presses, threshing floors, cisterns, houses, and ritual baths bring to life the literal roots of the biblical tradition in the soil of the land of Israel.



Neot Kedumim has received international recognition as a model of restoration ecology – the reclamation of ravaged landscapes. In 1994, Nogah Hareuveni (founder of Neot Kedumim) and the Neot Kedumim staff won the Israel Prize, the highest honor awarded by the State of Israel, for its special contribution to the society and the state.

After the tree planting we continued our tour and saw the formidable Latrun with dozens of different types of tanks arranged in a big circle, first view of Jerusalem from Haas Promenade, dinner in an outdoor restaurant under the Jerusalem sky, visited the newly remodeled Yad Vashem, saw Hadassah Hospital Chagall windows, Dead Sea Scroll museum (Shrine of the Book) and scale model of Jerusalem at the time of the 2nd Temple, temple hopping on Shabbat (Orthodox, Conservative, and Reform), a guided tour of the Knesset, quick visit to the King David Hotel (and YMCA across the street), walked the tunnel along the western wall of the Temple mount, Church of the Holy Sepulcher and the stations of the cross, Hebrew University on Mount Scopus and its chapel with an extraordinary view of the Temple Mount, the Cardo near the Temple mount, the Western Wall (for the Bar-Mitzvah of the rabbi's grandson, JJ), three Bat-Mitzvahs on Haas Promenade, an hour of questions and answers with public relations spokesman David Baker from the Prime Minister's office, dinner near the Haas Promenade with live music and dancing by the Jerusalem Folkdance Ensemble, shopped on Ben Yahuda Street, visited Dead Sea cosmetics factory and outlet, cable car ride to top of Masada, dip in the Dead Sea, a trip through the West Bank skirting Jericho to Bet She'an archeological site (Roman ruins) with its wrestling courts, baths, Cardo, and public toilets, Safed (Isaac Luria and Joseph Caro synagogues, great shopping), Tiberias (the women visited a diamond factory), boat ride on the Sea of Galilee, Metula where we saw the contrast between Israel (green) and Lebanon (brown), Tel Dan and a main source of the Jordan River, a Druze village called Majdal Shams where Moishe, our guide, said they filmed the movie called the Syrian Bride (which we showed at Temple Beth El in Santa Maria),

second highest peak in the Golan (where we saw the contrast between Israel (green) and Syria (brown), a tour of a Golan winery, A kibbutz in Carmiel with a sculpture garden in three groups commemorating the Holocaust, Survival, and the Future, a kibbutz which unearthed the mosaic floor of an ancient temple in 1928 which is now called Bet-Alpha Synagogue, Rosh Hanikrah and a cable car ride to a limestone grotto on the Mediterranean Sea, the Hecht Museum of antiquities at the University of Haifa, a peek at the Bahai gardens, a visit to a “progressive” Jewish Synagogue in Haifa called Or Hadash (Rabbi Dr. Edgar Nof showed us their magnificent bomb shelter for children remodeled right after the 9th day of last Summer’s War complete with an air purification system that acts on biological and chemical weapons, \$40,000 financed subsequently by the American Jewish Committee), a luncheon at the apartment of Rabbi Paskow’s friend, Tzipi Small, with a view from her balcony of the beautiful city of Haifa down below, a Druze village – Dalit El Carmel - south of Haifa with great shopping, Caesarea (Roman theater, Herod’s palace and swimming pool, Hippodrome and its public toilets and red light district), Netanya (Marsha and I ate lunch at Chez Charly, a kosher grill). We passed the Park Hotel, scene of a terrorist bombing of a Passover Seder. We saw many market places and Jewish Synagogues. We ate at Arab, Yemenite, Moroccan, Chinese, Italian, and Jewish restaurants. Contrary to my expectations: not everybody speaks English in Israel, not even young people. Moishe, our guide, was extremely knowledgeable about history, current events in the Middle East, and cultural customs of Israeli Arabs, Bedouins, and Druze. He has a great sense of humor, too. Everywhere in Israel we noticed a particularly beautiful tree with two varieties, one with red flowers and the other with yellow flowers. No one we asked seemed to know the species of the tree. When we got home Marsha thinks she found it on Google: the Royal Poinciana. Besides citrus groves, we saw avocado groves, banana plantations, and date palm groves.

In Spain:

We saw the Dominique Jewish Holocaust memorial site in a cemetery which used to be a quarry, we walked in the Old Jewish quarter of Barcelona (which finally had a memorial plaque mounted by the city in a public place last June only to be defaced by two swastikas three weeks before we arrived), the Sagrada Familia Church designed by Gaudi as well as La Pedrera also designed by Gaudi, we were taken by bus to a town called Girona to see the remains of its Jewish quarter, then on to another town called Besalu to see its old Jewish mikveh and a museum containing Jewish gravestones that had been rescued from mundane uses, we saw the Gala/Dali Palace/museum in Pubol (it was a gift from Dali to his wife Gala who accepted it on condition that he never visit it unless invited by her. On our free time in Barcelona we visited the Pablo Picasso museum (Museo Picasso) via the subway (where Marsha had her wallet stolen at the Jaume1 station), and Marsha and I visited the Miro Foundation (this time via taxi). From the bus we saw many sites including a colossal Columbus (Colon Monument) at the end of Ramblas on the old harbor. (This was a rough trip for Marsha because not only did she have her wallet stolen (which we learned from the police is not a crime in Barcelona) but a bicyclist ran into her near the Jewish quarter and when we were departing Spain at the airport Marsha was injured when she ran to the aid of another of our group who lost her balance on a fast escalator (both of them were running hard up the escalator just to keep in place while falling backwards. A worker stopped the escalator.) As a mathematician I noticed that their decimal point is our comma, and their comma is our decimal point! I also noticed that the Catalan language is given preference over the Spanish language. Restaurants are only open at mealtimes and they only serve bottled water for which you pay.

In summary, it was a most memorable trip. But I'm glad to be home!

It's a Wonderful Life—In My Garden!

Submitted by Nancy Lehman

"What a wondrous life is this I lead!
 Ripe apples drop about my head;
 The luscious clusters of the vine
 Upon my mouth do crush their wine;
 The nectarine and curious peach
 Into my hands themselves do reach;
 Stumbling on melons, as I pass,
 Ensnared with flowers, I fall on grass."
 - Andrew Marvell, *Thoughts in a Garden*

Visitors in the Almond Tree



Joe Sabol woke at 4:30 one morning in August to the sound of his dog barking like crazy. He went outside to see what was going on and discovered he had some "visitors" having breakfast in his almond tree—even though the nuts weren't quite ripe. Joe got his camera and snapped this photo, and then he and his dog returned to bed and left the "bandits" to their breakfast!

Announcements

Welcome New Members: Marty and Renee Sanders, Joanna Kearns, Mallory Tipple, Larry Shore, and Gabrielle Robbins.

Last Chance for Roses: Lori Moffet is moving and her fantastic rose nursery is closing. She will be having a blow-out rose sale **starting September 7** and running through the end of the month; Thursdays through Sundays, 10 - 5 p.m. Please do not visit nor call before hand. Her sale pricing: \$5 to \$10 for 5-gallons. Seven-gallons will go for \$12 as will the 24" trees. 36" trees will be \$20 and 48" trees will be \$30. Ana's Roses is in Nipomo at 1016 Mesa Road (almost at the end, just past the greenhouses and where it becomes a dirt road).

Pitaya Festival: September 15th at the UC South Coast Research and Extension Center, 7601 Irvine Blvd., Irvine, CA 92618. **THERE IS NO CHARGE FOR THIS EVENT, BUT REGISTRATION IS REQUIRED.** If you have not already done so please register (space is limited) by going to this site: <http://ucanr.org/pitahaya>

Cal Poly Continuing Education and University Outreach: Joseph L. Seals, who is a Landscape Architect and Horticultural Consultant, is teaching a class called “Garden Market Farming for Profit” which will be held at Cal Poly for 7 weeks, Wednesdays, September 26 – November 7, 2007; 6 - 8:30 pm; Class fee: \$140. To learn more or to sign up for this informative class call 756-5933 or visit: www.continuing-ed.calpoly.edu

Osher Lifelong Learning Institute (OLLI): This is the best thing since the Saturday afternoon Matinee. It is continuing education from Cal Poly but better! No tests, no homework and almost all the classes are in San Luis Obispo County.

The teachers are all volunteer, all students must be 50 years of age or older and wanting to learn something exciting! The classes are from 1 1/2 hours to several sessions, they vary. To mention a few classes: History, Finance, Field trips, Lunch trips, and so many others you need to go to www.osher.calpoly.edu to look and see and read what is available presently.

There is a two hour class being offered by David Maislen, one of our CRFG Members, on the story of beekeeping and the fascinating world of the honey bee. This is a one-time meeting, Monday afternoon, September 10th at David's home in Arroyo Grande!!! David has been a bee keeper for many years and has won blue ribbons for his honey!

Think you know all about backyard orchards? Betcha Joe Sabol can still teach you a thing or two in his OLLI class called “Your Backyard Garden” which is being held on Mon., Oct. 1, 8 6:00 p.m. — 8:00 p.m. and includes a Field Trip: Sat., Oct. 6, 9:00 a.m.—11:00 a.m.

Follow the link above to sign-up now or call 756-2053.

Join the Parent Organization: Many of our chapter members are also members of the Parent association and, for those of you who aren't, perhaps you **should** consider joining. With parent organization membership you receive a wonderful color magazine, *The Fruit Gardener*, filled with great articles on fruit growing, news, many chapter activities and contacts. Dues are **\$30 annually** or **3 years for \$87**. Membership applications are available from **Joe Sabol**. Call him at **544-1056** if you can't find him at a meeting.

Calendar of Meetings – 2007

Meetings are held the **second Saturday** of the month and **begin at 1:30 PM** unless otherwise indicated. Bring a friend, car pool, and, for most meetings, **bring a chair** for all in your party. Pet Daniels suggests we **bring our own bottled water** to drink, too. What fun it is to be a member of **CRFG!**

September 8—Jack Creek Farms—Near Templeton: **Jack Creek Farms** is a small 5th generation family farm nestled in the coastal foothills 6 miles west of **Templeton** and **Paso**

Robles. They are located directly off of **Highway 46 West**, in the heart of San Luis Obispo County wine country. They grow many fruits and vegetables. We can expect to see many summer and fall crops: beans, veggies, tomatoes (possibly presenting up to 40 heirloom varieties), squash, gourds, and heirloom pumpkins (possibly presenting up to 100 varieties).

Refreshments team is the A to G group.

Directions to Jack Creek Farms: Jack Creek Farms is easy to see from the road and is on the north side of Highway 46 between Vineyard Drive and Jack Creek Road. Driving from Highway 101, between Templeton and Paso Robles, turn west on Highway 46. Jack Creek Farms will be 5.3 miles and on the right side of the road. From Highway 1, take Highway 46 (Green Valley Road) just a few miles South of Cambria and drive east 16.7 miles. Jack Creek Farms will be about one half mile east of Jack Creek Road on the North (or left side). Estimated driving time from Highway 101 is about 8-10 minutes, and 20-30 minutes from Highway 1.

October 13—Clearwater Color Nursery—Los Osos: Elliott Paulson will host a joint greenhouse meeting with local FFA high school students. He is very enthusiastic about helping high school students develop an interest in greenhouses. He has lots to show us and tell us about propagating and growing plants. He also has some constructive opinions about marketing. This location is an amazing color nursery with bedding plants and perennials all over the property!

Art envisions having each high school chapter present a 15 min. discussion about a feasible project that they might pursue in their greenhouse. Elliott would follow this with a discussion about his operation and a tour of the facilities. **Refreshment team is the H - R group.**

Directions: From **Highway 101** take the Los Osos Valley Road exit west. Proceed to Jacaranda Lane which is north (right) of Los Osos Valley Road. The nursery is located at 2335 Jacaranda Lane.

November 10—Don Cristwell's Kiwi Vineyard—Nipomo: This is a 10 acre vineyard. Most of the kiwis are picked about the third or fourth week of October and placed in storage. They are picked hard and need some time to ripen (like avocados). Don sells most of his fruit at farmer's markets from October to March. Don lives in Santa Barbara, has an orchard in Nipomo, and a packing house in Visalia (San Joaquin Valley). We will be able to purchase kiwis. We will need to be prepared for rain.

Central Coast Chapter CRFG Contact Information: **Bob Tullock**, co-chair, tullock@tcsn.net or 238-2868; **Larry Hollis**, co-chair, L_Hollis@hotmail.com; **Art DeKleine**, program chair, adeklein@calpoly.edu or 543-9455; **Joe Sabol**, publicity, jsabol@calpoly.edu or 544-1056; **Dick Pottratz**, treasurer, pottratz@sbcglobal.net; or **Lennette Horton**, newsletter editor, handynana@gmail.com or 474-6501.