

The Leaflett

California Rare Fruit Growers - Central Coast Chapter

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Editor's Note: Members of the Central Coast Chapter CRFG or those on our courtesy mailing list receive this newsletter. If you would like to unsubscribe, please send an e-mail to slpir@yahoo.com.

2003...Year of the Citrus "Tambili" The King of Coconuts

Editor's Note: I know it's supposed to be year of the Citrus but I ran across this interesting information about the Tambili and thought we might need a break from citric acid and Vitamin C.

Tambili is the Sinhala name for the fruit of the *auraniaca* coconut palm, a very attractive tree which takes six to eight years to produce bright orange nuts in clusters year-round. The *tambili* nut is about a foot long and weighs about three pounds and can be found in abundance all across the tropical island of Sri Lanka. Plucked as a young fruit the *tambili* can be sliced and up to a quart of almost clear *tambili* water can then be drawn from inside the fruit. It is delicious, sweet and nutritious.

The health benefits of *tambili* are well-known to any Sri Lankan. It is said that *tambili* water will expel heat from the body and soothe the digestive system. The water contains quite a few minerals, some carbohydrates, fats, calcium, vitamin C, phosphorus, iron and a little protein. While most water sources cannot always be guaranteed to be clean, *tambili* is a natural, hermetically sealed source of a pure beverage that is also good for you.

So...if you come to visit the lush shores of tropical Sri Lanka, you will appreciate the vivid hues of the *tambili* palm adorning a tropical garden or golden beach and enjoy its refreshing drink.

Recent Happenings

CRFG Board Meeting...The Central Coast Chapter recently hosted the state board meeting and the following note from Charles Allen says it all:

"This is for all you great people at the Central Coast Chapter who made Liz and my visit so pleasant and inspiring on the 16th. You folks put in a terrific effort, and I'm not going to forget the visit to Joe's orchard (I need another day there), seafood at Morro Bay, your new chapter orchard (I'm trying to figure out how my chapter can do it too), \$1,000 (I'm promoting that here too), lunch, blueberries, and a great bunch of people. I can hardly believe it all happened. You truly have the right stuff."

and from David Maislen....

"Great job...the whole program you and Jill put together with the help from the chapter should make you proud. The orchard looks beautiful. The blueberries were fascinating. Looking forward to more in the future. I can't wait to host the group when my place gets finished and planted."

July Meeting...Glad-A-Way Gardens...What a treat, beautiful gardens, great information about growing gladiolas commercially. A good time had by all. Thank you Mr. Froylan Vasques, Vice President of Glad-A-Way Gardens.

August Meeting...San Joaquin Valley...Those who braved a long ride say the tour of the Burchell Nursery in Fowler, fruit tasting and tour of a major fruit packing facility was well worth the adventure. Attendees tasted and ate LOTS of fruit (dapple Dandy Pluots), YUM. The conditioning process or "Program" as it is called is here to stay and actually makes the green picked fruit the taste and texture of "Tree Ripened" The fruit packing facility (Ballantine near Reedley) packed, marketed and shipped well over three million boxes of fresh fruit this summer and gave our members the VIP tour. Our thanks to Tom Burchell and the Ballantine facility for this unique opportunity.

Message From Our State Board Member by Joe Sabol

It was an honor to be selected to serve as Board Member for the California Rare Fruit Growers!!! We meet quarterly and I have only been to two board meetings. I have learned a great deal about other CRFG chapters and about our "Parent Organization". I have been very impressed with the dedicated Board Members, individuals who voluntarily serve the organization and for many of them, this has been a passion for many years.

We even have a website with photographs of each of us. Next time you are on-line, check of this website: <http://crfg.org/board/board.html>.

The organization is experiencing a very serious financial situation and the Board Members are providing the leadership to solve the immediate problem and move us to long term financial health. Part of the solution is to increase our membership and meet the needs of the new membership so they stay with us more than the first year!! If you have not yet joined CRFG, let me encourage you to do that as soon as possible. One of the many benefits of membership is the magazine, "The Fruit Gardener". Ask any of our state members about this magazine..it is a fantastic resource for any fruit gardener!!

The Board of Directors is also working hard to improve communications and connections between the "state" and the local chapters. In August, the Board came to the Central Coast for their summer meeting and joined many of our chapter leaders in the Cal Poly/CRFG Community Orchard for lunch. Our chapter is also receiving an e-mail "bulletin" on a regular basis so we can learn of the activities of other chapters and the leadership of our organization.

Finally, the Board helps to coordinate the annual meeting, a "Festival of Fruits" which is hosted by a different chapter every year. Our Central Coast Chapter hosted the annual meeting back in October of 1996. Our next Festival will be held at Cal Poly Pomona in June of 2004. Ask me for details when you see me at our next meeting.

Upcoming Events

See the end of the newsletter for a current event list) Dr. Joe will send out details to members with e-mail as meetings get closer. For those still on snail mail, you can contact Dr. Joe at 544-1056.

Business meetings are held at 1:30 p.m. usually the second Saturday of the month. Joe will bring handouts to each meeting detailing future events. Remember to bring chairs and wear appropriate clothing. Refreshment groups are indicated on Joe's event list.

Announcements

Join the State...Many of our chapter members are also members of the State association and those who aren't should consider joining. With state membership you receive a wonderful color magazine filled with all sorts of great articles, news, chapter activities and contacts. Yearly dues are \$25 and applications are available from Joe Sabol.

Newsletter Update...Have an interesting article to contribute or comments on how to improve chapter communication? Send them to your newsletter editor at slpir@yahoo.com. Newsletter costs are way down this year due to electronic distribution. Please keep membership coordinator Dick Pottratz updated on your current e-mail address. Newsletters are distributed every two months the first week of the distribution month (i.e. first week in September for September/ October issue).

How to get to the Central Coast Website: Type CRFG in your search box. Click on Chapters. Central Coast is the first one listed. Also you can visit other chapter web sites

Welcome....to all those new members (and we understand there have been many this summer) a sincere welcome. A special welcome to David Maislen who comes to us from the Orange County Chapter is Southern California, a CRFG board member and Vice President.

Calling all Journalists and Writersthe newsletter editor and her husband are in the process of selling their property and moving from the area. Therefore, a new newsletter editor will be needed for the 2004 year. Anyone interested, please contact Art DeKleine, Roger Eberhardt or Joe Sabol.

Condolences...our deepest sympathy is extended to Dr. Brown on the passing of his wife Faye. We will all miss her.

Orchard Update

A lot has been happening in our orchard over the summer. If you drop by you will see a very nice picnic table sitting on the platform (Thank you Kit and John Long). And a new kiosk stands at the entrance to the orchard (Thank you Robert Eberhardt). In addition several work groups have been working hard this summer to keep the orchard in great condition and several loads of beautiful mulch spread on the trees (thank you Marv and Pet Daniels for coordinating this effort).

Why do we like mulch in the orchard?

- It keeps moisture in the soil and irrigation is more efficient.
- Weeds are kept at a minim and those that survive are easy to pull.
- Soil is improved; as the organic matter decays, it provides all sorts of nutrients.
- Soil temperature is moderated, especially on very hot days and roots remain happy.
- The ground looks nicer than cracked clay soil; mulch is beautiful.
- It's easier to walk on and to work on in the winter...no muddy shoes!
- There is less fruit damage when ripe fruit falls. Some won't eat fruit that falls on the ground. Sad. They are ripe and delicious!
- Makes the orchard a bit cooler in the winter.
- Trees are healthier and more resistant to disease..reduced the need for chemicals.

Join us on our next orchard work day, it's great fun! If you don't have the orchard combination contact Joe Sabol.

Calendar of CRFG Meetings -2003

September 13 - Cliff Chapman's home and garden. A beautiful home right on the Pacific Ocean in Shell Beach with nice plantings of fruit trees, vegetables and a Begonia collection that will be in full bloom. It will be Refreshments: A through H.

Directions to Cliff's Home: From the North...go south on Highway 101, Exit Spyglass. Take the frontage road south to Esparto. Turn right on Esparto. Go to Ocean Blvd. Chapman home is 1243 Ocean Blvd. From the South...go north on Highway 101. Exit Shell Beach Road and go north on the frontage road. Turn left on Esparto, heading to the ocean. When you reach Ocean Blvd. Park, walk to 1243 Ocean Blvd.

October 11 - Mike Cirone's Ranch east of Morrow Bay. We will see dozens of Sapote trees, over 1000 avocado trees, and 400 Satsuma Mandarin trees. Thanks to Laura Lopez for this contact. Save this date, more details to follow. Refreshments: I through Q.

November 8 - : John and Sandra Pirghaibi's home in Nipomo. This will be a fantastic "Gopher Getting Workshop" like never before. Invited speakers will present and demonstrate their special methods of gopher control. Refreshments R through Z.

December 13 - Marv Daniels will attempt to reserve the PG&E facilities again for our December meeting.

If you have program ideas for 2004....please call Joe Sabol, 544-1056 or talk to any officer.

Always.....Think about car-pooling, bring extra chairs, bring a friend!!