



Central Coast Chapter CRFG

July 20th 2023 Newsletter
by Jenny Weaver & Tom Sheldon

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Next CRFG Meeting Chapter BBQ, Budding Lessons, Plant Raffle

This August 12th meeting is only open to current CRFG chapter members. Expect an email from Evelyn Ruehr. You'll need to respond to her email to RSVP for attendance. Then you will receive details including address and parking. This will help Tucker plan for the amount of meat he will be BBQing. Be sure to check your email.

When: Saturday August 12, 2023 at 1:00 pm

Where: Home of Robert & Carol in Arroyo Grande.

Parking: Details to come in email. Consider carpooling with other members.

Bring: Your own chair, water or beverage, plate settings, a side dish, salad or dessert to share.

Bring cash or check to buy raffle tickets or plants for sale. Bring pest-free, healthy, labeled plants to donate to the plant sale.

Don't bring your pets. "Absolutely no dogs" (requested by Ziggy the cat)!

Do use the restroom before you arrive. Remember "Go before you go"! Their septic system is old.

Schedule:

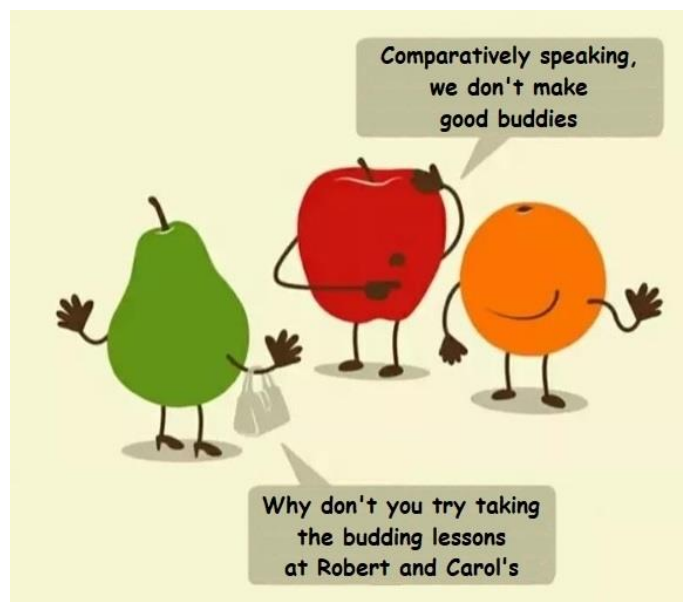
12:00 1:00 Set up tables, shade canopies...

1:00 Meeting, budding demonstrations in host's orchard

2:00 BBQ feast! Enjoy meat and bread provided by chapter. Sides, salads and desserts will be provided by members.

3:00-ish Plant Raffle and sale to raise money for Agriculture Scholarships

3:30-4:00 Clean up



Announcements



University of California
Agriculture and Natural Resources

UCCE Master Gardener Program
San Luis Obispo County

Centennial Park Demonstration Garden

OPEN HOUSE!

Tour the NEW Demonstration Garden in Paso Robles offered by the UC Master Gardener Program of San Luis Obispo County

What is a Demonstration Garden?

Referred to as learning landscapes or teaching gardens, it is a collection of planted plots designed as an educational tool for garden visitors and the community.



**Join us for
this free event!**

Family friendly
Garden tours
Garden advice
Meet and greet
program
volunteers

SATURDAY, AUGUST 12, 2023

***Drop by anytime between
8:00 AM TO 11:00 AM***

CENTENNIAL PARK

**600 Nickerson Dr.
Paso Robles, CA 93446**

For more information:

Call **(805) 781-5939**

E-mail **anrmgslo@ucanr.edu**

or visit our website **ucanr.edu/sites/mgslo/**

The University of California Division of Agriculture & Natural Resources (UC ANR) is an equal opportunity provider.



September 9, 2023 Chapter meeting It will be held at the Moyer's mature home orchard in Squire Canyon, San Luis Obispo. You don't want to miss seeing their manicured and productive orchard and garden!

"Thank You" to a very generous, anonymous chapter member who gave \$1,000.00 to our chapter's Scholarship Fund\$\$

GREAT NEWS from the Scholarship Committee:

Last month, one of our members gave the chapter a \$1,000 donation to use towards funding future scholarships!!! Thank you, thank you, thank you! This donation is much needed as we want to fund as many scholarships as possible within our funds limits and this helps greatly. And a pure donation means we didn't have to put any volunteer hours into making it happen!

As an example: last April found a couple dozen volunteers in our orchard propagating plants to be used for future sales and educational purposes. We started/grafted well over a hundred plants, but several dozen have already failed to thrive. Many more hours will be needed to get these plants up and growing. This effort takes many people and volunteer hours to get a few hundred dollars into the scholarship fund, so receiving a check out of the blue like this is truly found money and I'm just giddy over it! Again, many thanks to our donor.

But, getting back to volunteer hours bringing in scholarships funds, our semi-annual plant sale/raffle will be held at next month's BBQ/meeting. This is a members-only meeting, so if you're not a current member of the chapter, get your money to our treasurer Dick Pottratz immediately, so you can take advantage of this plant sale/raffle as well as a delicious meal with fellow fruit growers. We will bring some of the plants that we started in April, but we need your plant donations as well. I just started four more white alpine strawberry plants for the plant sale and hope you'll look around and see what you might contribute to the edible plant sale/raffle.

At any rate, even if you don't have anything to donate, you're always welcome to participate in the plant sale/raffle, which benefits the scholarship fund - and your garden, as well as your wallet. I don't know of any place where you can spend \$20 on tickets and come home with half a dozen new plants - all because our members are the best! Again, many thanks in advance.

Looking forward to seeing you next month at our BBQ and plant sale!

Nell Wade, for the
Scholarship Committee

Editor's note:

Donations are tax deductible. And every dollar goes directly to the students chosen to receive the scholarships. Not a penny goes to administrative costs.

If you wish to donate, please send a check made out to CRFG CCC and write "Scholarships" in the memo section.

If you or a friend wants to join our chapter, go to this webpage where you will find links to local and state application forms:

<https://www.crfq-central.org/about>

Mail checks to our trusted and treasured Treasurer:

*CRFG, Central Coast Chapter
C/O Dick Pottratz
2430 Leona Avenue
San Luis Obispo, CA 93401*

Our Chapter's Rootstock Dilemma, by Nell

Due to the changing climate, our reliable rootstock source is no longer reliable and is encouraging us to find an alternate supplier. This is due to our central coast California winters getting warmer, while the winters in Oregon are staying the same, or staying colder longer. They can't get roots out of the ground due to inclement weather conditions, such as frozen ground, or muddy conditions. We can't postpone our shipments, because our trees are already breaking dormancy, and the grafting window keeps getting smaller.

If anyone has a reliable source for rootstock that is less than \$5 each, please let Nell Wade know.

Thanks!

nellcentralcoast@gmail.com

September 12-14, 2023 2023 National Heirloom Expo in Ventura!

Our chapter has been invited to have an exhibition booth at the Heirloom Expo!. It's free to exhibit and you are not required to be at the booth the entire time if you have a display. This is what Linda Robertson says:

Linda would like to put together a committee to work on preparing a display, and if possible get a couple of people who can make the trip down there for a day or so.

Check with Linda Robertson to volunteer. tinyapplefarm@gmail.com

The event will be held at the Ventura Fairgrounds.

"What began in 2011 as a celebration of pure food and sustainable living has developed into an impressive event that annually draws upwards of 20,000 participants. Featuring the largest display of heritage produce, the Expo now focuses on the preservation of heirloom foods without genetic modification. Many individual and commercial growers supply an abundance of fruits and vegetables for exhibiting and tasting."

It's become known as the "World's Fair of Pure Food." Check out the Heirloom Expo's website for more information:

www.TheHeirloomExpo.com
info@theheirloomexpo.com

Sept 29 & 30, 2023, Arroyo Grande Harvest Festival

CRFG will have a booth again this year on Saturday September 30th. Last year's booth was successful and fun!

Contact Tucker at central_coast@crfg.org to help (note underscore between l and c)

Start saving plants to donate. Make sure they are clean, pest free and labeled clearly as to variety and growing needs. And label it with a price. Only you know how valuable the plant is, how hard it was to propagate etc...

To learn more about the event, check this website:

<https://www.agharvestfestival.com/homegrown-growing-contest>

Meeting Notes and Presentation

Report by Jenny Weaver July 12, 2023

On July 8th we met at the CRFG demonstration orchard at Cal Poly. There was a small group of about 17 people, but we had a lot of delicious fruit to taste. Members brought some fruit, but the orchard provided some fresh pickings for members to enjoy.

Linda Robertson, our chapter chair, gave us some updates. She is looking for volunteers for the Midstate Fair and National Heirloom Expo. She had a sign up sheet for volunteers. Please contact her if you want to volunteer.

tinyapplefarm@gmail.com



Linda starts off the meeting



*We had one newcomer, Dan, who entertained us with stories!
Mark on the left.*

We tasted home grown cherimoya brought by Marv, cara cara oranges brought by Dara and goldenberries brought by Jenny. Evelyn brought bright yellow ripe Mexican Limes to share. There were also cherries (from Washington) brought by Trudi and some commercial kiwis.



Cherimoyas grown near the ocean by Marv



Dara's Cara Cara oranges. A ripe cherimoya ready to taste (don't eat the seeds).



Goldenberries from Jenny. Mexican limes from Evelyn.



Members chat it up in the orchard



Nell holding a mystery seedling

Nell made compost tea and fertilized all the new plants that were propagated in early April. The strawberry and fig plants are growing really well. The edible ginger wasn't growing well so she took the plants home to put in her greenhouse.



Nell added compost tea to plants for future sales



Dara watering in the orchard



*Seedling white sapote with two grafts
(the lower branches)*

The orchard had ripe nectarines, plums and donut peaches. Dara said the donut peach was tasty even if it was hard! I wish I'd tried one but I was too full of other fruit brought by members!

The water in the orchard was off due to water pressure problems on Cal Poly Campus, so Dara, Tom and Jenny filled buckets of water at the Crops Unit and gave the young trees and vines a drink.



White sapote blossoms

The seedling white sapote tree has two branches with blossoms. Those are the grafted branches! The rest of the tree has no flowers—so far.



Successful white sapote graft

What's Bugging Me in the Garden!

By Jenny Weaver



Inchworm on Cara Cara navel orange, a mutation found at Hacienda Caracara in Venezuela. Photo by Jenny

I initially thought this was a Navel Orangeworm, since it was on a navel orange. But I was wrong! The Navel Orangeworm is primarily a pest of Almonds!

This little green larva is an Inchworm. It is named because of the way it "inches" its way along. It moves its front feet and then bends in half to bring up the rear.

It's a type of Geometer moth in the Family Geometridae (Three Striped Moths). It's a very large family, with around 23,000 species of moths described, and over 1,400 species from six subfamilies indigenous to North America alone.

The larvae usually live in trees and mainly eat leaves. They drop by a silk thread to the ground when ready to pupate. When Marv touched it, the inchworm descended on its silk line towards the ground!

There's lots of information on the web about this critter. Here are some sites:

Inchworms: <https://a-z-animals.com/blog/what-do-inchworms-turn-into/>

Navel Orangeworm: <https://ipm.ucanr.edu/agriculture/almond/navel-orangeworm/>



Cherryslug damage to cherry tree leaves



*Cherryslug larva and droppings
Photos by Jenny*

If it's not one thing, it's another! My cherry tree had loads of blossoms this spring but they were all washed off by the torrential rain. The tree grew a lot but recently I noticed skeletonized leaves. I found these slimy looking slug-like creatures. They're not slugs (a Mollusk) but are called Cherryslugs or Pearslugs (Insects). Some of their main host plants are sweet and ornamental varieties of cherry, plum, hawthorn, pear and cotoneaster.

Some species of sawflies are pollinators, so they are good and bad insects, depending on where you find them!

According to Wikipedia "The pear slug or cherry slug is the larva of the sawfly, *Caliroa cerasi*, a nearly worldwide pest". You can read more about them here:

https://en.m.wikipedia.org/wiki/Pear_slug

If you find them devouring one of your fruiting trees, here's some Integrated Pest Control information:

<https://ipm.ucanr.edu/PMG/GARDEN/FRUIT/PESTS/pearslug.html>

Interesting Articles

It's berry season and here are some interesting articles. One is about our first president's love of strawberry ice cream and the other is about strawberry and raspberry u-pick opportunities at Halcyon Farms. Makes me want to make some fresh berry ice cream!

Revolutionary Ice Cream

An article titled "Washingtons were early fans of ice cream at Mount Vernon" appeared in the local Tribune on July 7, 2023. It tells the story of George's love of ice cream and how he made it in the 18th century. It also tells about his orchard and garden at Mount Vernon.

Here's a link to the full article by Gretchen McKay:

<https://tinyurl.com/y9hv5hy8>

Another related link: [Ice Cream at George Washington's Mount Vernon](#)

Mount Vernon Strawberry Ice Cream

Makes about 2 quarts

INGREDIENTS

3 pounds fresh strawberries, thinly sliced
1¼ cups sugar, divided, plus more as needed
3 cups heavy cream
3 cups half-and-half

DIRECTIONS

Stir together the strawberries and ½ cup sugar. Set aside, stirring occasionally, to dissolve the sugar.

Scald the cream (bring just below the boiling point), remove from the heat and add the remaining ¾ cup sugar, stirring to dissolve. Blend in the half-and-half.

Coarsely mash the strawberries, either by hand or in a food processor, and then combine with the cream and half-and-half, stirring well. Cover tightly with plastic wrap and refrigerate for at least 3 hours.

When ready to freeze, stir the mixture and add more sugar, if desired. Freeze in an ice-cream machine according to the manufacturer's directions.

— *"Dining with the Washingtons: Historical Recipes, Entertaining and Hospitality from Mount Vernon"* edited by Stephen A. McLeod (The University of North Carolina Press, \$33.25)

From the Halcyon Farms Newsletter

Halcyon Farms in Arroyo Grande puts out a newsletter keeping shoppers up to date on what's fresh at the farm and special events. Our CRFG group was hosted there last year in April 2022.

Their biweekly newsletter describes what's in their Harvest Bag, which vendors will be at the farm, seasonal recipes and other farm information and happenings.

Eileen, the newsletter writer, gave me permission to use some of her articles. I thought this recent article below about raspberries was interesting.

She also included a recipe for "Baked Tomatoes, Squash and Potatoes" which is included further down. Now is a good time for this recipe because produce like zucchini, various squashes, and early tomatoes are starting to ripen in our gardens.

Go to their Web site at <https://halcyonfarmsag.com/> to get information about their farm stand, u-pick berries, and what's growing. You can also sign up for their newsletter.

From the July 10, 2023 Halcyon Farms Newsletter. By Eileen.

"One of the absolute joys of summer is all the berries we get to eat! I love picking the perfect berry and eating it right away while it is still warm from the sun. As each season of berries succeeds another, I both lament the fall of one, and rejoice in the rise of the next. One day blueberries are my absolute favorite, and then seemingly for no reason at all, my taste turns to raspberries! Lucky for us we have an extended strawberry season, and it seems to form the backdrop of our summer berry craze.

In temperate regions, strawberries have grown wild for millennia, but it wasn't until the 18th century that cultivation of strawberries became a serious venture. Pre-cultivation strawberries were small and very sweet, but so perishable that they were difficult to store and transport. Many have been bred for transport now, but unfortunately a lot of the sweetness has been lost. That's why we stick with the varieties bred for juiciness and sweet taste. Eat them fast, though, because they don't store for long! This year we are growing three varieties: Gaviota, Monterey and Sweet Anne.

Raspberries, on the other hand, are among the earliest cultivated berry crops. They have been cultivated for at least 2,000 years! Do you know the ancient myth about raspberries? The myth goes that raspberries were originally snow-

white until a nymph, Ida, who was picking raspberries for the baby Zeus, pricked her finger on the raspberry bush. The blood from her finger stained the raspberries red from that time forward. There is even a variety of raspberry that bears her name, Rubus idaeus - Rubus meaning "red" and idaeus meaning "from Ida." How's that for a great story!"

Baked Tomatoes, Squash and Potatoes

Serves 6-8 as a tasty side dish for any meal. Put on toast for breakfast, or put an egg on top, serve with brunch, lunch or dinner.

Ingredients

2 Tbsp olive oil, plus more for drizzling
2 medium or 3 small yellow spring onions, thinly sliced
2 small tomatoes, sliced 1/4-inch thick
1-2 green zucchini squash, sliced 1/4-inch thick (or a young zuchetta tromboncino)
2 medium Halcyon Gold potatoes, sliced 1/4-inch thick
Coarse salt and freshly ground pepper
1 Tbsp fresh thyme leaves
2 Tbsp freshly grated Parmesan

Directions

Step 1: Heat oven to 375 degrees. Heat oil over medium and cook onion until tender and lightly golden, 6-8 minutes.

Step 2: Arrange the onion on the bottom of a 9-by-13-inch baking dish. Overlap tomato, zucchini, and potato on top of the onion. Season with salt and pepper, sprinkle with thyme and Parmesan, and drizzle with more oil.

Step 3: Bake covered for 30 minutes. Uncover and bake until golden, 30 minutes more.

From Halcyon Farms Newsletter, 7/10/23. Adapted from Wholeliving.com. If you want to check out the original recipe and a video, it's here:

<https://www.marthastewart.com/856227/baked-tomatoes-squash-and-potatoes>



A relatively small Tromboncino squash grown by Carol. Also known as zucchetta (Cucurbita moschata)

Jenny's note: European *Rubus idaeus* is commonly known as red raspberry or European red raspberry. *Rubus strigosus*, is the American red raspberry or American raspberry which is native to North America. Per Wikipedia, "Many of the commercial raspberry cultivars grown for their fruit derive from hybrids between *R strigosus* and *R idaeus*."

There are also golden raspberries with several varieties named Anne, Goldie, Kiwigold, Golden Harvest, and Honey Queen

Read more at Gardening Know How: Golden Raspberry Plants: Tips On Growing Yellow Raspberries

<https://www.gardeningknowhow.com/edible/fruits/raspberry/growing-yellow-raspberries.htm>

[The End](#)