

The Leaflet

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

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Pushing the limits and
the range of fruit culti-
vation worldwide!

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The Worth of Worms

—by Cristy Christie of the
SLO County Worm Farm

IT'S BEEN THREE MONTHS OR SO SINCE THE MEMBERS AND FRIENDS OF THE CRFG HELD THEIR MEETING AT SLO COUNTY WORM FARM. I so thoroughly enjoyed the entire experience, I just had to say Thank You one more time! You are inspiring! And now I'm a member too!

When asked to contribute to the newsletter, my first thought was "Where do I start?" After some thought, I decided to address the most common questions, one at a time, in an ongoing series. As we are nearing the Spring planting season, I chose a very good question often posed – "How much VermiCompost should I use?"

VermiCompost/worm castings and regular thermophillic (hot) compost are often assumed to be essentially the same thing when in fact they are quite different. The diverse and very high numbers of beneficial microbes contained in VermiCompost are unique as they are **only** found in worm poop! Humic acids and plant growth hormones are also found. Plus the worm's digestive enzymes unlock, or break down, chemical bonds that otherwise tie up nutrients and prevent them from being available for plant roots to use. It's all on a very complex microscopic

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Pruning Wisdom

—by Terri Sonleitner Law

The January CRFG meeting day dawned bright and clear, and over 160 members and guests assembled outside the Cal Poly Crops Unit to learn about pruning from guest speaker and good friend of CRFG, Mike Cirone.

Mike Cirone is a Fruit Science graduate of Cal Poly SLO and farms 80 varieties of See Canyon apples with colorful names like 'Esopus Spitzenberg', 'Hawkeye', and 'Pink Lady'. Mike has dry-farmed his apples, apricots, cherries, and peaches for decades. According to *The Los Angeles Times*, his apples and dry-farmed Blenheim apricots are the stuff of legend as chefs, foodies

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EDITOR'S MESSAGE



With the New Year we added to our “staff” here at The Leaflet. Sally Requa has filled the post of Chapter Secretary. We have a lot of fun at our meetings, and learn a lot too. Sally brings this to our readers who weren’t able to attend recent meetings – read her notes on the first meeting of this year, featured in the Chronicle of this issue, and you’ll see what I mean.

Terri Sonleitner Law has volunteered to be a reporter. For those who missed our January meeting, Terri wrote an article covering the fruit tree pruning lesson and work day this year, lead by Mike Cirone. One of the best ever, we were guided through pruning for fruit production that a commercial grower lives by. Terri’s work is also seen in the Chronicle for February.

Those of us who learned about Vermicompost at the SLO County Worm Farm last year know that Cristy Christie is as excited about worms as I am about dinner! There is so much to learn about these little farmer’s helpers, we feature an article on using their special compost in your garden and orchard. Thanks to Cristy for joining our chapter and educating us! And as always,

Happy Harvesting (and eating),
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.

Editor:
Gary Fourer

Graphic Design:
Margaret C. Lange

Writer:
Margaret C. Lange

Contributors:
Cristy Christie, featured writer
Terri Sonleitner Law, reporter
Sally Requa, secretary
Ron Blakely, photographs

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.

"WHEN EATING A FRUIT, THINK OF THE PERSON WHO PLANTED THE TREE."

~ VIETNAMESE PROVERB

The Worth of Worms —continued

level, and the results are observed, over and over again. We just call it “worm magic.”

Before I go on, a quick explanation of “VermiCompost” may be helpful. “Vermi” is Latin, for worm, and we all know what “compost” is. When worms process their food, whether it’s our kitchen scraps mixed up with cardboard, etc., or horse, pig, rabbit or cow manure, it’s highly unlikely that they actually consume every bit of organic matter we give them. Therefore, the result is a combination of worm manure and organic matter. Some call this material worm compost, others call it worm castings, but the generally accepted “industry term” is VermiCompost.

Scientific research has clearly shown that only a small amount of VermiCompost needs to be used in order to stimulate significant additional growth in plants. This will likely come as good news for anyone who has wondered why VermiCompost tends to be so expensive in comparison to other composts.

Multiple research studies conducted at Ohio State University have clearly demonstrated this. For example, Atiyeh et al (2001) examined the growth-promoting effects of VermiCompost on tomato plants. The researchers used a standard commercial growth medium (MetroMix 360) and substituted in various percentages of VermiCompost (made from pig manure): 0%, 5%, 10%,

25%, 50%, and 100%. Growth of the seedlings was then monitored for 31 days. It was found that even at the 5% level, VermiCompost had a significant positive impact on the growth of the tomato plants!

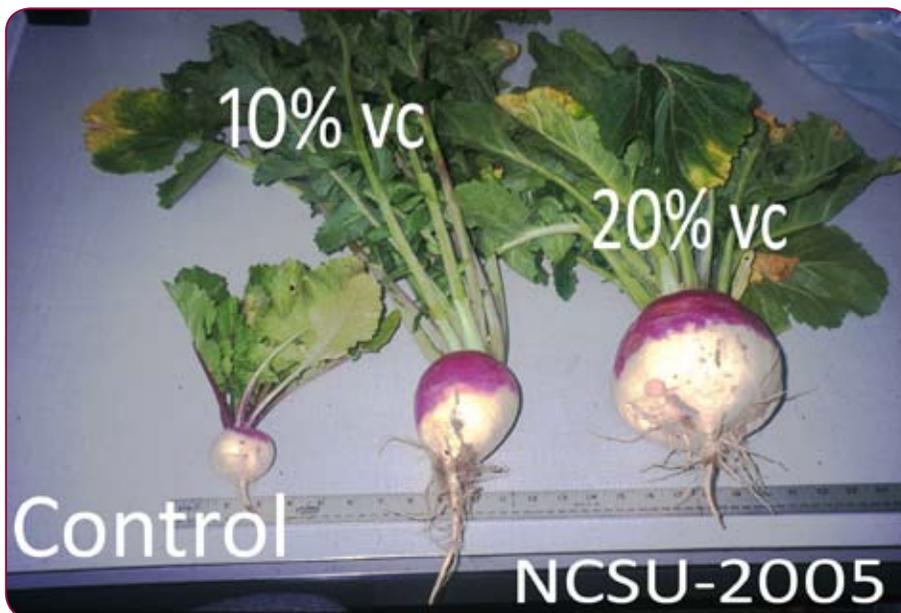


The row crop turnip trial completed at NCSU is another example of the difference a small amount of VermiCompost can make. The photo tells the story! The small greenhouse transplants were planted into field soil using the rates of vermicompost noted on the photo. Grow time was 55 days

before harvest and photo shoot.

Another interesting story comes from a wine grape grower who purchased VermiCompost to help stimulate the growth of newly planted vines. This northern California grape grower, who plants vineyards for a living, added a cup (8 ounces) in the hole before adding each young plant. Unfortunately, he ran out with two rows left to plant but decided to simply plant the rest anyway. The planting took place in March, and by June all the plants with VermiCompost added had grown as much as is typically expected by the end of the first year! Unfortunately, those planted without VermiCompost were at normal growth levels – and the difference was very obvious.

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Pruning Wisdom —continued

and those-in-the-know line up for his dry-farmed See Canyon fruits at farmers markets from San Luis Obispo to Santa Monica.

Mike demonstrated pruning a bare root dormant plum tree, shocking many as he lopped off a major portion of the tree, pruning to establish four scaffold limbs. He commented that he prunes harder now than in the past, especially with his mature trees. The variety of rootstock dictates how he prunes, and he cautioned against true dwarf rootstocks as they “stay too small and don’t fill out their space”. He recommends pruning to a vase form for plums, peaches, apricots, and to a central leader for apple trees. He removes horizontal “action” on trees and prunes to keep his trees to a 10-12 foot height.

“Soak bare roots prior to planting, make sure they stay moist, and don’t let them dry out”, he cautioned. He recommends always examining dormant roots, pruning off “nasty” roots, planting a little high, watering in immediately, and making sure there are no air pockets, as maximum soil contact is important. Mike uses guards on all his trees to prevent sunburn, and they can easily be made from cardboard or milk cartons, and he monitors for borers with pheromone traps.

For the first 3 or 4 years, it’s about “growing your tree”, and as putting on fruit early stunts the tree, strip the fruit off! [Gasp!] Fruit trees are a



Bare root tree before the lopping operation ...



...and after

long-term proposition, so there will be plenty of years of fruit production ahead, especially from a strong, healthy and well-shaped tree. Mike recommends growing multiple varieties to balance and adapt to a changing climate.

There were questions on summer pruning. Mike observed it could result in a loss of vigor and sunburn, so be very careful! Concentrate on suckering, and small irregular branching. He does some

summer pruning when he can, but harvest often interferes, so mostly he does winter pruning. You might say his motto is “prune early every year on each tree”, and since he has 7,000 trees, that’s a lot of pruning to complete by mid-February!

After Mike’s talk, many members and guests adjourned to our Community Orchard to practice pruning skills with the help of our speaker and many of our resident CRFG experts. ∞

Food in History

Corned Beef and Cabbage with Potatoes

—by Margaret Lange

As St. Patrick's Day, March 17th, approaches, supermarkets throughout the U.S. and Canada are stocking up on corned beef briskets and heads of green cabbage. Was this traditional St. Patrick's Day meal served historically in Ireland, or did Irish immigrants begin the custom on American soil? Here's what I discovered.

Cabbage. The common cabbage was domesticated near the British Isles sometime between 600 and 400 BCE. Distributed throughout northern Europe by the Celts, cabbage thrived in the cool climate of Ireland. Cabbage and kale, along with leeks and onions, were able to withstand the bad weather and could be stored in dry barns. Where wheat, oats and livestock were farmed as a source of income, vegetables were a prominent part of the diets of the poor and rural farmers.

Potato. The potato was first domesticated in the South American Andes between 8000 and 5000 BCE. The Spanish introduced the potato to Europe in the second half of the 16th century and it became an important food staple and field crop. Initially, a very limited number of varieties were introduced which left the crop vulnerable to disease. And in 1845, the potato blight resulted in the crop failures that led to the Great Irish Famine.

Cattle. The wild ancestor of the cow was the now extinct auroch. Cows were one of the earliest of the ancient large herbivorous mammals to be domesticated. The early Irish revered the cow; Bovinda was the goddess of the white cow. At first cattle were used for ploughing fields and transport. Cows were killed for meat mostly when they were too old to work, and milk, butter and dairy produce, which did not require the death of the animal, were mainly consumed. The Irish were early adapters to cow's milk consumption (4500 BCE), having developed the enzyme needed to digest milk. The native Irish diet of cereal and milk-based products augmented with pork survived relatively unchanged from prehistoric times to the introduction of the potato.



Corning. The words "corned" and "grain" come from the Old Germanic and Slavic words *kurnóm* and *grānum* which meant a worn-down particle. Since salt looks like small seeds, it became known as a corn of salt. Corns, or small crystals of salt, were used to salt or cure the meat. In the days before refrigeration, corning was essential for storing meat, especially from large animals like cows. Salt played a major role in the production of corned beef. Ireland had a major advantage over both England and France because it enjoyed a much lower rate of salt tax, nearly one tenth that of England. Ireland only imported the best dry high quality white salt from Portugal, Spain or the South West of France. The grade of salt was as important to a quality product as was the cut of beef.

In Ireland. In the early modern period, with the decline in the power of the Gaelic lords, cattle became an economic commodity that was exported to England. The Cattle Acts of 1663 and 1667 affected the export trade of live cattle and led to a growing trade in salted Irish beef, centered principally on the city of Cork. Irish corned beef provisioned the British navy fleets for over two centuries. It was also shipped to the English and French colonies.

Some herds of bullocks were kept for the aristocratic tables. It was commonplace in these households to salt their own beef in large stone troughs after slaughter for later consumption.

Corned beef in Ireland was a festive food. Beef that was slaughtered and corned before the winter was served with the first fresh spring cabbage to break the Lenten fast on Easter. A variation of

continued on next page

The Worth of Worms —continued

So, how much do you use?

When planting seeds in pots or peat pellets, add a small pinch of VermiCompost to help stimulate germination and growth of the young seedling. Once your plants are ready to be transplanted to the garden, simply dig a small hole for each and add one or two teaspoonfuls of VermiCompost before adding the young plant. If you purchase 3" – 4" plants from your local nursery, add one or two tablespoons to your planting hole.

For established plants, add a cup or two, depending on plant size, around the base of the plant and scratch it into the soil, then water well. The microbes in VermiCompost are very sensitive to UV, and the moisture holding properties will be of more value down toward the root zone.

Is all VermiCompost the same?

Yes, and no. Worms transform whatever they consume to a very different material. However, the food they start with plays an important role in the value and quality of the final product. At

SLO County Worm Farm, dairy manure is thermophilically composted prior to feeding to the worms. Temperatures reach 140-145 degrees Fahrenheit. and remain there for 2 weeks. This "hot" stage kills pathogens and weed seeds. The worms thrive on the bacteria, fungi and other decomposers that are generated through the composting process. After processing this food for over 2 months, the vermicompost is harvested and prepared for sale. The final product is a very mature and stable material, promoting soil health and vibrant, strong, productive plants and trees. 🌱

Next time...VermiCompost extracts: how to make them, how to use them, and why they works so well.

REFERENCES:

Atiyeh, R.M., Edwards, C.A., Subler, S., and J.D. Metzger. 2001. Pig manure vermicompost as a component of a horticultural bedding plant medium: effects on physicochemical properties and plant growth. *Bioresource Technology* 78: 11-20.

Food in History *continued from previous page*

corned beef in which spices are added to the curing process to produce spiced beef was and still is popular around the Christmas season.

In Dublin in the 1930s and 1940s both corned beef and bacon were consumed regularly with cabbage and potatoes but the consumption of corned beef began to decline when people started buying their meat in supermarkets rather than from their local butchers.

In America. The largest wave of immigration to America was in the years of and shortly after the Great Irish Famine (1845-1849) when over a million Irish left for America (an equal number perished in Ireland). This wave of Irish immigrants was the first to assimilate into an urban landscape. In American cities, they found that the corned beef processed and sold by Jewish butchers was affordable, whereas the cut had been a luxury in Ireland. Instead of bacon, the meat they were used to back

home, these Irish immigrants were able to enjoy high quality corned beef, and from there corned beef and cabbage became a well known dish in America. In fact, President Lincoln's inauguration dinner in March 1861 featured corned beef, cabbage, and parsley potatoes.

A century earlier, the first St. Patrick's Day Parade in New York City was held by Irish soldiers in the British Army in 1762. By the mid-1800s it became an event that was celebrated by a diverse crowd. My mother, who was raised in New York of immigrant Irish Catholics, remembers the joke that St. Patrick's Day was also known as "the maid's day off."

Tradition. Growing up, St. Paddy's Day dinner was always observed. A platter heaped high with corned beef and cabbage and a big bowl of boiled potatoes dripping in butter filled the center of our table. I thank my great great-grandmother, Mariah Donovan, for passing the tradition down through the family. This March 17th, no matter what your origins, enjoy a festive meal with family and friends. 🌱

LEAFLET CHRONICLE - January 12, 2013

The First CRFG Meeting of the New Year: Pruning at Cal Poly —by Sally Requa



Mrs. DeKleine signs up new CRFG members

Co-chair Patty Schober opened the meeting with thanks and a gift for Dr. Lauren Gardner, Cal Poly Crop Science Professor and valued friend to CRFG. Thanks to contributing CRFG members was accompanied by a request to assist our Newsletter Editor through assistance in reporting and submitting articles for inclusion in the newsletter.

Larry Hollis introduced Carolyn Eicher of GleanSLO to the membership. She updated us on the growth of GleanSLO from gleaning hundreds of pounds of donated produce when she first interacted with CRFG three years ago to the thousands of pounds collected and donated now. She additionally advised us of an opportunity to utilize the training we were about to receive: SLO Creek Farms provided a venue for our CRFG meeting a few months ago and has donated produce to GleanSLO on

multiple occasions. On Saturday, January 19 we can reward them by pitching in and assisting them with their tree pruning! An opportunity to get a second pruning demonstration, practice our pruning skills and to do a good deed at the same time, all while hanging out with people we like!



Carolyn Eicher of GleanSLO

Larry also reminded us of our upcoming scion exchange Saturday, February 16. We won't be exchanging citrus scions this year. Knowing how eager we'd all be to rush home and prune our fruit trees after our guest's demonstration, Larry noted that we'd be able to combine our pruning with our collection of scion wood to contribute to the exchange. Just remember to include the fruit type, variety and any special characteristics (like required chill hours, flavor, special needs, etc.) with your submittals.

Lark Carter introduced the proposed nominees for the 2013 chapter officers and committee members. The proposed nominees

were confirmed through voice vote. The election of officers was held, and announcements were made of upcoming events. Congratulations went out to Larry Hollis and Patti Schober, Co-Chairs; Sally Requa, Secretary; and Dick Pottratz, Treasurer. Numerous other CRFG members stepped up and will serve as chairs or members of our many active CRFG committees.

Joe Sabol utilized his time at the mic initially with advising us with important dates to mark on our calendars. Monday, February 18, will usher in the start of the high school grafting program. Thousands of students are the beneficiaries of this CRFG program which provides grafting demonstrations and training to kids throughout the county and beyond. Each youth gets to keep the tree they graft, ensuring a new crop of "budding" fruit growers.



Sally Requa, our happy new chapter secretary

LEAFLET CHRONICLE - January continued

September 26 is the date suggested for our flights to Hawaii to attend the Festival of Fruit, starting September 27. Opportunities to tour many of the private nurseries and properties aren't available to the general public, so this may well be our only chance – ever. See the CRFG website for a view of the itinerary and to assess the cruise ship option for the Festival. The cruise ship allows you to park your luggage in one spot and travel from site to site on various islands without having to repack each time.

Joe ended with the introduction of our guest speaker, Mike Cirone. In addition to being a professional fruit tree pruner in See Canyon, Mike is the person to whom all those thousands of tree-grafting kids owe a big “Thank You” to, since he is the source of the scion wood for all of those grafts. Articulate, knowledgeable and generous too? But wait, there's more!

Mike started off reasonably

enough explaining his pruning process and the difference between pruning bare root and mature trees. He explained the reasons for considering the root stock of grafted trees and how it impacts pruning and noted that tree size can be controlled through pruning and thus he discourages buying true dwarfs as their growth habits aren't as optimal for tree health and fruit production. Then he moved on to the demonstration, pruning a bare root fruit tree. He explained how he likes to have about four scaffold limbs for a plum tree and indicated four twiggly little branches which could grow into these scaffold limbs. Then he cut the tree in half! Sure enough, it had four scaffold branch nominees. There was also an audible gasp from the audience as we acknowledged that serious pruning for healthy trees is not for the weak or timid.

Once in the CRFG orchard we got to watch Mike prune mature trees as he explained what he was doing and the reasoning behind it. With apricot, peach and plumb trees he recommended having scaffolding limbs while a central upright “leader” is preferred for apples. He demonstrated how, once the tree reaches the desired height he prunes to the weakest side limb to dissipate growth and how to prune



Mike demonstrates in the orchard

to direct growth. He showed us how some of his pruning practices differ from some of the practices in California's Central Valley, why the growers employ differing practices and how these differing practices result in differences in the fruits produced.

All in all, this was a very informative and beneficial meeting with a fantastic guest speaker. 🍷



Joe introduces Mike Cirone, our guest speaker

LEAFLET CHRONICLE - February 16, 2013

2013 Scion Exchange & Grafting Clinic-A Record-Breaking Success!

—by Terry Sonleitner Law

Each February, our Chapter of CRFG holds the largest scion exchange and grafting clinic between Los Angeles and San Jose. Again this year the Crops Unit at Cal Poly was the perfect site for this free event which is open to the public, and a great deal of fun, by the way!

A very productive work night was held on the prior evening; more than 20 volunteers generously came to set up, tag and label all the scion wood. Their work ensured we were supremely organized and prepared for the big event on Saturday. And rumor has it that Friday evening “work detail” is a lot of fun, too!

Great publicity for the event was generated when the Sabols received a numbingly early 4:00 AM visit from Patti Piburn of KCOY-TV and her cameraman, Martin. They did live broadcast segments until sun-up of grafting an apple tree, and we received wonderful publicity for our largest CRFG event of the year. Thanks to Joe and Jill for your sacrifice!

We were blessed with a warm, sunny day, as over 400 people attended, excitedly entering the large double-wide classroom for the scion exchange, they found table after table laden with



knives, pheromone strips, and hundreds of rootstocks. We even offered a potting service to those who purchased rootstock. Our dedicated “gifted grafters” demonstrated their estimable skills to the public all afternoon outside, to the delight and wonderment of those who attended.

Wanting to know more about our attendees, and why they came, we talked to a few in the course of the afternoon: Cal Poly crop science student Tom, from Woodland, is totally new to grafting, and says he is excited to come back next year to start grafting apples in earnest. Carolyn, from San Luis Obispo, says her in-laws do grafting and she came to learn more. She was particularly interested in learning to graft avocados and apples, as was ably demonstrated by our expert grafting team. Cristy, from Paso

Robles, was excited to try rooting a couple of green figs, grafting a ‘Tilton’ apricot with a special tool, and rooting some grapes. Lionel, from Atascadero, is a landscaping professional, but enjoys grafting as a hobby. He will be rooting grapes and figs, grafting cherries, and quite a few other fruits as well. All in all, these attendees

hundreds of well-marked bags of dormant scion wood, offered free to CRFG members and to the public. Our attendees came from as far away as Southern California and the Bay Area to pick up free scion wood, buy rootstock and supplies, and learn how to graft from our expert team of grafters. We sold grafting supplies, grafting

LEAFLET CHRONICLE - February continued

were very excited and vowed to return next year for more unusual scions and grafting fun!

Inside the classroom, John Valenzuela of the Golden Gate Chapter of CRFG, received gifts in appreciation for his many special efforts in sharing scion wood for our exchange. We hope John enjoys his engraved



John Valenzuela displays his gifts: an engraved grafting knife and a colorful shirt

What a tremendous effort by all of our CRFG volunteers who helped to bring it all together! Thank you to all who graciously welcomed and registered our attendees, clerked at the sales tables, potted up rootstock, organized the



Dave Christie demonstrates cutting to the cadmium



Art DeKleine demonstrates grafting technique

scion exchange tables, grafted scion wood to rootstock, and tirelessly answered untold numbers of interested questions from the public. There are too many great folks to mention each here, but please know that ALL of your efforts are vital and so greatly appreciated! ☺

grafting knife, and his Hawaiian shirt given to him by our co-chair, Larry Hollis. John certainly wore it well.

Of course there were refreshments offered free to the crowd, too. Our members came through with delightful goodies, as they always do for each of our meetings. Our group loves to eat and to taste fresh fruits, and this was a stellar array! Well done!



Mark Woelfle pots root stock for Chris



A finished graft

The Leaflet Review

The Blueberry Years

A Memoir of Farm and Family

by Jim Minick

Thomas Dunne Books, St. Martin's Press, New York

If you have ever wondered what it would be like to quit your day job, pack in your current life, and pursue a dream of homesteading, *The Blueberry Years* will provide you with a pretty good take on the reality behind the dream. In 1992 Jim Minick and his wife Sarah purchased an old farm on 90 acres in Floyd County, Virginia. Their plan was to eventually leave their jobs as school teachers and live on their farm where they would have time to write, weave baskets, and grow their own food. Blueberries would be their cash crop. In 1995 their order of 1,000 blueberry plants arrived. Even though Jim came from a family of farmers and his grandfather had once planted 300 blueberries, Jim and Sarah had a tall task to learn the best way to plant, mulch, prune, and harvest their blues.

In *The Blueberry Years*, Jim chronicles their adventure in a warm and approachable style so the reader has a true sense of the joys and challenges he and Sarah experienced. Jim organized the book in five parts: Root and Seed, Grow, Fruit, Prune, and Harvest. Short chapters within

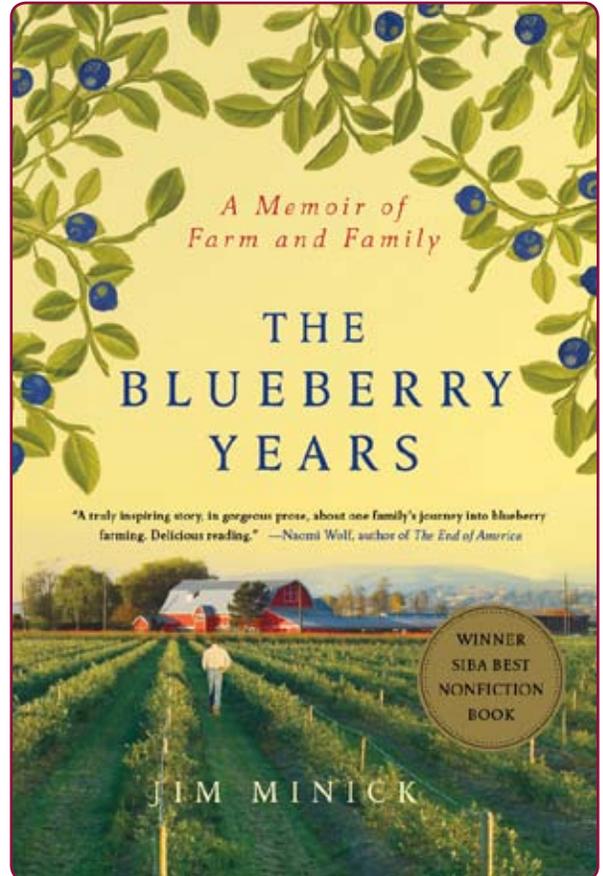
each part make for easy reading. Inserted within the chapters are his Blue Interludes where he diverges from his personal story to tell the story of the blueberry: its history, its place in literature, the benefits of growing organically, and the science beneath the alliance of blueberry roots and fungi.

Jim and Sarah are not the only characters in *The Blueberry Years*. Besides their two mutts, Grover and Grace, the reader meets their family, neighbors, and the folks who return each year to pick at the organic pick-your-own Minick Berry Farm. Recipes for blueberry pie, cake, crumble, ice cream, and even soup, finish the work, leaving the reader feeling wistful for the sweet tart taste of blueberry.

—ML

The Blueberry Years is the Winner of the Southern Independent Booksellers Alliance's Best Nonfiction Book for 2010, and winner of Second Place in Southern Environmental Law Center's Annual Book Contest.

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 Amazon.



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.

Nutrition teams:

Members with last names beginning in A through G are on duty for bringing snacks to the March meeting.

Members with last names beginning in H through R are on for the April meeting.

Check the website for more details.

www.crfg-central.org/calendar.htm

March 9, 2013:

Tour Cal Poly vineyards, with emphasis on wine grapes. Michael Walsh, the Vineyard Manager, will take us out into the vineyard where he will talk to us about pruning, training, rootstocks, etc., and answer questions. Then we will return to the covered area where Gerry Ritchie and some of her students will pour Cal Poly wines, talk a bit about them and then answer questions regarding the wines and wine making.

Directions to the Vineyard: From Hwy. 1 turn east onto Cal Poly campus on Highland, heading towards the Crops Unit. Do not go under the RR bridge. Instead, turn left onto Mt. Bishop Rd. and drive all the way to the end. Make a right onto Stenner Creek Rd. You will pass the Poultry Unit, pass the avocado groves then turn left just before passing under the very tall RR trestle. After a short distance take the first left onto the vineyard property and drive to the end of the road and park under the trees. If you Google Map Cal Poly San Luis Obispo you will see this route and will be parking in the area marked Forestry Demonstration Area. Look for CRFG Signs and enjoy the nice drive.

April 13, 2013:

Tour Sally Requa's home garden in Los Osos. Sally has put a lot of thought and science into planting her 1/2 acre backyard. Come see how she has incorporated edible landscaping, in-place mulching, companion planting "guilds", compostable pathways, plant placement that takes advantage of small climatic differences, and helper plants that nurture, protect, and strengthen trees and vegetables.

Directions: Enter Sally's yard from the Baptist Church parking lot. The Baptist Church is on the corner of Lariat and Los Osos Valley road. Coming from SLO, right after passing the cemetery on the right, the road dips down into a small Valley. The church will be on the right, a few hundred feet before the road starts to go back up the hill. Turn right onto Lariat and enter the parking lot on the right. Coming from Los Osos, turn onto Los Osos Valley Road from South Bay Blvd. It'll be 8 or 9 tenths of a mile on the left from South Bay Blvd.

September 2013:

The 2013 Festival of Fruit will be held in Hawaii with the Hawaii Tropical Fruit Growers starting on September 27th. More details will be posted as they are made available; following is the link to the 2013 Festival of Fruit website.

<http://www.crfg.org/2013FoF/default.html>

CONTACTS

Larry Hollis, co-chair, L_Hollis@hotmail.com, 704-1513
Patti Schober, co-chair, iampwolfy@charter.net, 467-5097
Art DeKleine, program chair, adeklein@calpoly.edu, 543-9455
Joe Sabol, publicity, jsabol@calpoly.edu, 544-1056
Richard K. Pottratz, treasurer, pottratz@sbcglobal.net
Gary Fourer, newsletter editor, LeafletEditor@aol.com
Central Coast chapter website: www.crfg-central.org

