



Central Coast Chapter CRFG August 2020 Newsletter

by CRFG CC Chapter Members
Editor: Dara Manker

Dear Friends of the Fruit Tree:



Thank you to everyone who contributed articles to the August newsletter! Here are the stories and tips.

Please consider contributing. There is a good chance there will not be a September newsletter unless more articles are received. Your article can be a few sentences or span several pages. You can send your text and pictures in different emails- whatever is easiest for you. Perhaps you can follow Tom Ogren's lead in this newsletter and let us know how your fruit crops are doing this year!

We are eager to see what you've been up to! Send your story and pictures to crfgccnewsletter@gmail.com. September newsletter deadline is Sunday, Sept 20th.

Update on the Free Plants

In our last episode, Larry Hollis had provided three Angel Trumpet plants, and they were looking for good homes.

We are happy to report... they've found an excellent new home!

Without a doubt they are happy to get out of their pots and finally get their toes into the earth!



Free Garden Materials

This month Kathy Keys has a deal for you. She's giving away the following for free:

"I have some stepping stones and cement blocks that anyone can have. Call me, Kathy Keys, at (805) 547-1715 and come pick them up. I live in SLO near Costco."

- 27 grey cement stones 15" x 5 1/2" x 1 1/2"
- 15 grey cement hollow blocks 15 1/5" x 7 1/2" x 7 1/2"
- 5 blocks same dimension pale coral
- 3 cement stepping rounds 15"
- 6 hexagon stepping stones 13"
- Post 33 1/2" x 3" x3"
- 3" tree pole about 6 or 7 feet

For The Love Of Apple Pie!

Is your complexion sallow?

Are your eyes lusterless or unnaturally bright?

Kate Masterson of the 1902 New York Times has outed you! Thank you to Terri Monell for alerting us to this *Smithsonian Magazine* article by Gabriella Petrick, "[Why Americans Love Their Apple Pie.](#)"

Feijoas!

Larry Hollis notified us about this article on Feijoas in the July/August edition of the New Zealand Geographic, written by Kate Evans:

<https://www.nzgeo.com/stories/the-peoples-fruit/>

Rainfall Totals for the last 150 years

by Larry Hollis

In case you are ever looking for rainfall data for SLO, here are the totals and graphs. It would be interesting to see the data for the ten years prior when the drought that killed most of the cattle in CA occurred, an event that contributed to a breakup of the land grants and the rancho culture that existed prior:

<http://www.itrc.org/databases/precip/AnnualTotals.pdf>

Plum Season

by Tom Ogren, San Luis Obispo

We had a really good early crop of apricots on a non-grafted seedling tree. Then the plums started kicking in....loads of Santa Rosa this year & now lots of Satsuma plums.



We've eaten about half of the Dapple Dandy plums, and almost all of the Hollywood Red plums.

The cutting-grown Damson plum is making lots of extra nice little blue plums. (A reminder, these will also come true from seed.) (I got the Damson wood at the CRFG scion exchange 3-4 years ago.)

Flavor Grenade plumcots are roped up on the branches and just starting to ripen up.



A good year for plums!

Lindstrom Atemoyas

by Larry Hollis

Larry provided the following article back in May. Here it is with his latest update!



Attached are a couple of photos of ripe Lindstrom atemoyas from my orchard. I grafted the atemoya onto my cherimoya tree a few years ago, it grew vigorously and is fruiting, but not heavily yet. <https://en.wikipedia.org/wiki/Atemoya>

This is the first year that I have had atemoyas and I haven't picked one yet. Although I have eaten other anonas, I can't remember if I have had atemoyas, but I'm looking forward to tasting one soon. I think I got my original piece of scion wood from Robert Scott, but I'm not sure.

Update:

Although the Lindstrom fruit was attractive, I found them to be heavily seeded and the flesh watery and less flavorful than the various cherimoya fruit I've tasted. As a result, I pruned the Lindstrom part of the tree back heavily and will taste the fruit again this year to see if there is any improvement.



The Good, Bad & Ugly of an Insect on Goldenberry Plants

by Jenny Weaver, August 20, 2020

What's small, muck-green and looks like small blobs of bird or snail poop?!



Have you noticed something eating your Goldenberry (*Physalis peruviana*) leaves and fruit? My favorite Goldenberry plant has lots of holes in the leaves and gross looking greenish-brown blobs that look like bird poop!



Using a magnifying glass, I saw that those small blobs had dark heads and 6 legs under all that gunk! I did some research on the Internet and also took the insect samples into the SLO Agriculture Department.

My plant also has a few adult beetles that look like Striped Cucumber beetles scurrying around. But if you look up Striped Cucumber Beetles, their larvae look completely different and they prefer cucumber plants and others in the Cucurbitaceae family.

Give up?! It's an "old fashioned potato beetle". With the help of our local Agriculture Department Biologists and Entomologist, we determined it was the Three-Lined Potato Beetle (*Lema daturaphila*).



Here are the quick facts (from the University of Minnesota and New Hampshire Extensions & Wikipedia). You can Google the insect to see and learn more about it. Depending on the site, the insect looks a slightly different color.



Damaged young fruit husk

The fairly GOOD news is:

1. This beetle feeds on plants in the nightshade family (Solanaceae). They love *Datura*, hence their name *daturaphila*. They are very common on tomatillo (*Physalis ixocarpa*), uncommon on potato and rare on tomato.
2. It is active from May through August and my Goldenberries produce year-round.
3. This beetle is usually found in low numbers and is NOT considered a pest.
4. So far I have only found it on one Goldenberry plant. My 3 plants elsewhere are unaffected.

How to identify three-lined potato beetles:

The three-lined potato beetle is a little larger than ¼ inch long. It has cream colored to reddish yellow wing covers with 3 black stripes running down its back. It has a reddish orange prothorax (the area behind the head) with 2 small black dots on it. Don't confuse it with a Striped Cucumber Beetle.

In southern California the insects overwinter as adults. In the spring and early summer, the adults move to host plants to feed on leaves and lay eggs. The orange-yellow eggs are laid in groups, usually on the undersides of leaves by the veins. Once larvae hatch, they also feed on foliage.

Larvae transform into pupae in mid to late summer, with most adults emerging in August. It is unclear whether this insect has one or two generations per year.

The BAD news is if you don't notice the beetles, they can defoliate the plant and start chewing through the Goldenberry husks. I have found husks empty except for a pile of beetle frass (that's the entomologically polite term for poop)!



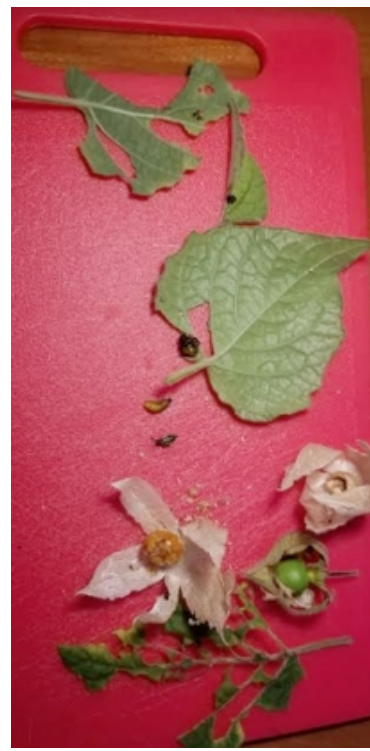
*Adult Three Lined
Potato Beetle*



*Damaged goldenberry
fruit*



Skeletonized leaf



*Leaf & fruit damage,
larva & adult*

If you find these beetles in your garden and want to get rid of them, handpick them and throw them into a pail of soapy water. A friend throws them into the chicken pen. Her chickens avoid the Striped Cucumber Beetle but will eat the Three-lined Potato Beetle. I am just wondering how they tell the difference between these two similar beetles?! Most predators avoid the Three-Lined Potato Beetle because it contains toxins from the Solanaceae (Nightshade family) plants.

THE UGLY!!

The larvae protect themselves by cementing their own excrement on their back! They LOOK like POOP because they ARE COVERED IN THEIR OWN POOP!!



Poop encrusted larva!!

Since goldenberries are in the same family as tomatoes, you can easily substitute them in salads and cooked dishes. But they are a different genus, so while I am allergic to raw tomatoes, I can thankfully eat raw goldenberries! There are lots of recipes calling for cherry tomatoes. I recently made a dish of Seared Scallops with my homegrown goldenberries and tomatillos instead. Here is one to inspire you.



recipes

Sautéed Scallops with Golden berries, Tomatillos ^{and/or} **Cherry Tomatoes,** **Green Onions, and Parsley**

2 Ratings
Published

Ingredients

- 1 1/2 pounds large sea scallops, side muscles removed
- Fleur de sel or coarse kosher salt
- 4 tablespoons extra-virgin olive oil, divided
- 4 large green onions, chopped, white and green parts separated
- 1 12-ounce container cherry tomatoes or grape tomatoes or goldenberries + Tomatillos
- 4 tablespoons coarsely chopped fresh Italian parsley, divided
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon mild Spanish paprika (pimentón dulce) or Hungarian sweet paprika

Recipe Preparation

- Rinse and drain scallops; pat dry with paper towels. Sprinkle with fleur de sel and pepper. Heat 2 tablespoons oil in large skillet over medium-high heat. Add scallops; sauté until browned outside and just opaque in center, about 2 minutes per side. Transfer scallops to plate; cover. Add 1 tablespoon oil to same skillet; add white parts of green onions and sauté until almost tender, about 1 minute. Add tomatoes and green parts of onions and sauté until tomatoes begin to burst and release juices, about 5 minutes. Stir in 3 tablespoons parsley, lemon juice, and paprika. Return scallops and any accumulated juices to skillet and stir just until heated through, about 1 minute. Season with salt and pepper. Transfer scallop mixture to platter. Drizzle with 1 tablespoon oil and sprinkle with 1 tablespoon chopped fresh parsley.

Keep safe and stay well.