

The Leaflet

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

Volume 13 • Issue 5—September-October 2010



Pushing the limits and the range
of fruit cultivation worldwide!

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THE EARLY ORCHARDIST GETS THE WORMS

—by Gary Fourer

Do you find worms in your apples? They are most likely from coddling moths. According to UCANR Pest Note 7412 on these pests, coddling moths are very difficult to manage, especially if the population has been allowed to build up over a season or two. Imagine what happens when the yards in your neighborhood are breeding grounds for the moth; there is a continual source of these pests.



Coddling moth on an apple
(approximately actual size)

Ten years ago my wife Margaret and I moved to a house in Nipomo where there were several mature dwarf apple and pear trees. Nipomo winters are a little chillier than San Luis Obispo's, and our location at the bottom of the north face of a hill gives our place enough chill hours for my favorite apple varieties. So

continued on page 6

THROUGH THE FENCE or The Passion Fruit that Took over the World

—by Sheree Brekke

We live in San Luis Obispo just below Islay Hill in the Arbors. We have 42 fruits growing in our front and back yards. This summer has been unusual in that our two varieties of grapes did not produce a single grape, our apricot did not get a single blossom or fruit and the plum tree (a Santa Rosa with Green Gage and Satsuma grafted on) only produced three Santa Rosa's, six Satsuma's and about 30 Green Gage.

We have three figs trees. The Mission, which was pruned pretty radically because it had turned into a bird feeder, does not have nearly as many figs as usual and they are very immature as of now. The Violet de Bordeaux, also pruned radically has a few figs, which are farther along. The Brown Turkey, pruned gently produced five ripe figs a few weeks ago but is also covered with hundreds of small green figs.

continued on page 5

EDITOR'S MESSAGE



The baton has been officially passed from Lynette to me with this issue of the *The Leaflet*. Lynette served as editor for seven years; that's a lot of dedication, and now I discover, a good amount of work. Keeping connected and making new contacts was Lynette's motivation and reward, and so I look forward to the same. Already,

quite a few of you have responded to my call for articles and ideas. I'll do my best to work these into the newsletter.

Credit for the new look of *The Leaflet* goes to my wife Margaret who has recently added graphic design to her list of marketing skills. We are introducing some features: Food in History, Ripe for the Picking, Book Reviews, and Recipes. All of our readers are encouraged to contribute to these departments. Show off what's ripe in your garden with a picture in Ripe for the Picking. If you've read a gardening book that you found particularly interesting and helpful, tell us about it in the book review section. Do you have a favorite

recipe for seasonal fruit? Pass it along in the recipe column.

With summer coming to a close this month, I am reminded of the twisted seasons we have here on the Central Coast of California. Coming from Philadelphia, where the unmistakable cycles in the weather announce the seasons, I mark them now by the shifting harvest of fresh fruit and veggies from the everbearing garden. Besides biting into our own juicy peaches or crispy apples, perhaps that connection to the seasons and the opportunity to anticipate something new are why we all love our edible landscapes.

Happy Harvesting,
Gary Fourer



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.

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Joe Sabol



IT IS, IN MY VIEW, THE DUTY OF AN APPLE TO BE CRISP AND CRUNCHABLE, BUT A PEAR SHOULD HAVE SUCH A TEXTURE AS LEADS TO SILENT CONSUMPTION.

~EDWARD BUNYARD

LEAFLET REVIEW

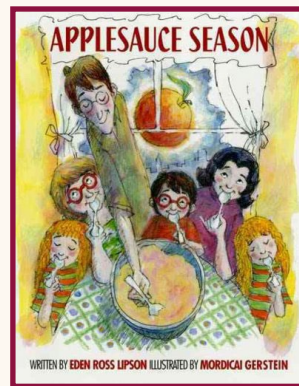
Applesauce Season

Written by Eden Ross Lipson,
Illustrated by Mordicai Gerstein

On a recent trip to the local library with my 5-year old granddaughter, we discovered a delightful children's book that illustrates the fun and wonder of transforming apples into sauce. The story is told from the perspective of the family's youngest child and highlights his relationship with his fruit-loving grandmother. Through the annual ritual of making applesauce, the author develops this nurturing family relationship. The process begins with the city dwellers selecting the first apples of the season, Ida Red and Paula Red, Twenty Ounce, McIntosh, and Ginger Gold, at a farmers'

market. The whole family joins in during an afternoon of peeling, cooking, and milling the fruit. The process is described by the boy from start to finish: "Mom cuts them into quarters, Grandma cuts them into sixths. I don't know why"; and "We taste till it tastes right, and then it cools some more and thickens. Then it's ready." The finished product is served on potato pancakes, gingerbread, or plain, as everyone has their preference. The tale ends in a kitchen with the boy as a grown man sharing the same ritual of making applesauce with his daughter. A recipe for applesauce is included at the book's end. Reinforcing the value of seasonal abundance, a little hard work, and a lot of togetherness, *Applesauce Season* is a sweet read for child and adult.

—Reviewed by Margaret Lange



Eden Ross Lipson was children's book editor of *The New York Times Book Review* until 2005, and is the author of the authoritative *New York Times Parent's Guide to the Best Books for Children*.

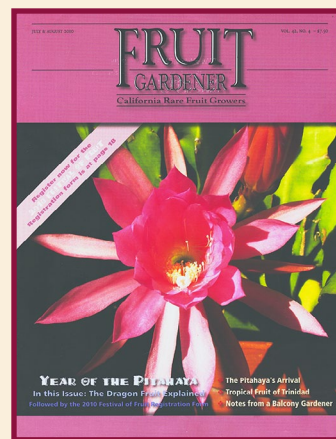
Mordicai Gerstein is the author and illustrator of some 30 books for children and is the winner of four *New York Times Best Illustrated Book of the Year Awards*.

The Fruit Gardener in Brief

The *Fruit Gardener* is published bimonthly by California Fruit Growers, Inc. (www.crfg.org). Here are highlights from the July/August 2010 issue.

- Balcony gardening in San Diego. Challenges and solutions to gardening in tight quarters, and special considerations of growing in containers.
- Sustainable orchards. The first of a two-part series about turning orchards into food forests.
- Dragon fruit. Everything you always wanted to know about the Pitahaya but didn't know to ask.
- Fruits of Trinidad. Doudouce mangos, Carambola, Canistel, Mamey sapote, and apples such as the Mammee, Pomerack, and Caimit star. The names alone are intriguing.
- Gardening and canning. The Jamlady shares her tips

on ways to manage your garden and preserve the fruits of your labor.



RIPE FOR THE PICKING



Cucumbers and tomatoes—Gary Fourer—Nipomo



Passion fruit—Sheree & Tobias Brekke—San Luis Obispo



Beverly Hills apples—Gary Fourer—Nipomo



Amaya the Proud Squash Picker (obligatory picture of grandchild)



Petit gris de Rennes melon—Gary Fourer—Nipomo



Eden's Gem melon—Gary Fourer—Nipomo



Noir de Carnes melon—Gary Fourer—Nipomo



Weighing the apples for applesauce—Gary Fourer—Nipomo

Your Pictures Here!!!

Show off your fruits and vegetables in Ripe for the Picking.

Send your pictures (high resolution), a brief description, and the location at which the item was grown to the editor at gary4r@aol.com.

FOOD IN HISTORY

Excerpt from
Home Life in Colonial Days,
Written by
Alice Morse Earle,
"Illustrated by Photographs
Gathered by the Author of
Real Things, Works, and
Happenings of Olden Times."
First published in 1898 by
the Macmillan Company.
From the chapter
"Meat and Drink"

The making of a portion of the autumn's crop of apples into dried apples, apple-sauce, and apple-butter for winter was preceded in many country homes by an apple-paring. The cheerful kitchen of a farmhouse was set

with an array of empty pans, tubs, and baskets; of sharp knives and heaped-up barrels of apples. A circle of laughing faces completed the scene, and the barrels of apples were quickly emptied by the many skillful hands. The apples intended for drying were strung on linen thread and hung on the kitchen and attic rafters. The following day the stout crane in the open fireplace was hung with brass kettles which were filled with the pared apples, sweet and sour in proper proportions, the sour at the bottom since they required more time to cook. If quinces could be had, they were added to give flavor, and molasses, or boiled-down pungent "apple-molasses," was

added for sweetening. As there was danger the sauce would burn over the roaring logs, many housewives placed clean straw at the bottom of the kettle to keep the apples from the fiercest heat. Days were spent in preparing the winter's stock of apple-sauce, but when done and placed in barrels in the cellar, it was always ready for use, and when slightly frozen was a keen relish. Apple-butter was made of the pared apples boiled down with cider.

The complete text of the book is available on line at Gutenberg and Open Library (<http://www.gutenberg.org>, and at <http://openlibrary.org>.)



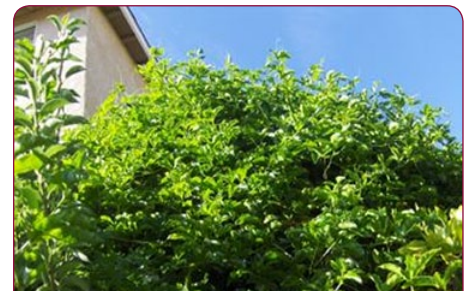
THROUGH THE FENCE continued from page 1

Our donut peach produced well. It is one branch, which is grafted onto a dwarf peach which didn't produce a single fruit. The Sweet William Almond has hundreds of almonds on it so we'll see how they turn out. Our Lapins Cherry produced 12 cherries last year and 6 this year. The Mulberry is young but gave us a handful of amazing fruit. The Cape Gooseberry, which I thought had disappeared, came up again right next to the compost bin and produced like crazy.

Tobias and I normally spend many hours a week loving and tending our plants. This year, due to a variety of reasons, we really

neglected everything and we attributed our poor crop to the lack of love our plants have felt. This may be a good explanation, however, it does not account for the Passion Fruit That Is Taking Over the World! I have clipped and snipped to keep it from engulfing everything around it and it still grows at least 4 inches a day. (I never exaggerate.) There must be 1,000 fruits on it. Truly!

Our friends on the island of Molokai take the juice of passion fruit, add sugar to taste and regular old bread making yeast. They put it in a big sparklets water type bottle with a balloon covering the top. The gas has to be released every once in a while to keep the



Passion fruit gone wild

balloon from popping. When fermentation is complete (the balloon is flat) you end up with a potent drink they call 'swipe'.

Next year we should be back to our normal routine of being urban gardeners and we'll see what happens. We'll keep you posted.

Coddling Moths continued

I began planning for the new ones that I would plant the next winter, while looking forward to the fresh fruit starting that summer. My joy soon turned circles from worry to disappointment as the trees proved to be less than fruitful. As the apples grew larger, they started falling to the ground. Examining these apples, I found that a worm or two had feasted on every single one!

After reading up on how to manage the coddling moth, I tried several methods to control the pest. First, I built a fence around my little orchard and invited my chickens to live there. I naively expected these voracious worm-eaters to cure the problem of worms in the apples. Wrong. The larvae of this pest that did overwinter in their cocoons in the soil around the trees were no doubt a tasty meal for the hens, but the larvae also live within the bark of the trees, out of reach of the chickens. Then there is the problem of moths flying in from the "Coddling Moth Club Med" of unattended trees within my community. These moths lay their eggs up in the trees where the chickens can't reach, and once hatched, the worms chew into the apples until they come out to spin their cocoons. Damage done.

Intent on tasting a mature apple from my yard the next year, I tried Method Two. I placed bags around 50 apples on each tree and removed *all* other fruit. I did not want any of these pests living in my yard. The bagged fruit matured with no worms at all!

The apples were edible, but they were not the best apples I ever ate.

The following years I did not bag the fruit, as it is very time consuming. Instead, I tried Method Three. I released tiny wasps, *Trichogramma platneri*, which proved ineffective. For Method Four, I sprayed the trees once in the spring based on degree-day calculations and appearance of moths in traps. Although pyrethrum is not recommended for coddling moth, that is what I used because it is also sold for direct application to fowl and pets for mite and flea control. Each year the worms returned in lesser numbers. I ate more and more apples, and they were becoming very tasty. But timing the spraying and the spraying itself were a hassle, and still a large number of the fruit had worms.

Enter Dr. Joe Sabol with and Method Five. Joe has been experimenting with the use of pheromone strips in backyard orchards. Suppliers, and even the manufacturer of these devices, warn that they are ineffective for orchards of less than 5 acres. Joe is not that easily discouraged. He has been placing them in his trees and encouraging his neighbors to do the same. The results have been excellent. Word of this success has been spreading around our Central Coast chapter, and we have combined our purchasing power to buy the pheromone strips in bulk. This year, I placed two in each tree, whether it was a coddling moth host or not. So



Beverly Hills apples ripening, without worms. See pheromone strip at the upper center.

far this summer I have feasted on Beverly Hills, Gravenstein, and Pettingill apples with nary a worm to be seen. The true test will be when my real favorites, the late maturing Fuji and Pink Ladies, ripen. A second life cycle of the coddling moth occurs in the summer, and late ripening fruit are susceptible to later infestation.

My late August mornings start with letting the chickens out and picking some fresh cool fruit to enjoy with a pot of tea. Summer brings me strawberries, cantaloupes, muskmelons, and early apples. My wish is for crisp and sweet worm-free Pink Lady and Fuji apples in their autumn splendor that lasts until winter arrives.



Gravenstein bounty

LEAFLET RECIPES

Apple Crisp is a great way to use your abundance of apples as it's easier than making a pie or applesauce, and the taste can be varied by switching up the spices, nuts, and dried fruits. Have fun experimenting.

This recipe uses as little sugar as possible, just enough to bring all the flavors together. Certain purists insist on no sugar at all, but I find that too extreme. Let the sweetness level of the apples be the guide, and tailor the recipe to your taste by adding more sugar to the apples and/or the topping.

My mother (bless her heart) never gave a hoot about cooking, but her best friend and neighbor, Mrs. Tully, did. She spent many satisfied hours perched on her kitchen stool making dishes that I can almost smell to this day. This is her recipe.

—Margaret Lange

Apple Crisp

- 3 pounds large cooking apples (Gravensteins work well)
- 1/2 cup raisins
- 1/2 cup boiling water
- Juice and zest of 1 lemon
- 2 teaspoons cinnamon, divided
- 1/2 teaspoon nutmeg, divided
- 1/8 teaspoon ground cloves
- 1/2 cup of all-purpose flour
- 1/2 cup of soy flour
- 1/3 cup brown sugar, plus 2 tablespoons
- 1/8 inch salt
- 1/2 cup unsalted butter
- 1/2 cup quick cooking oatmeal
- 1/2 cup chopped nuts



Preheat oven to 325 degrees F. Place raisins in heat resistant bowl. Pour boiling water over raisins. Set aside. Peel, core, and slice (about 1/4 inch thick) the apples into a large bowl. Mix in the lemon juice and zest. Add 1 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/8 teaspoon cloves, and 2 tablespoons of brown sugar. Set aside. In a separate bowl, combine the flours, 1/2 cup brown sugar, salt, 1 teaspoon of cinnamon, and 1/4 teaspoon of nutmeg, the oatmeal and nuts. In a saucepan, melt the butter. Off the heat, stir in the dry ingredients and mix until well incorporated.

Butter a 2 quart shallow baking dish. Drain water from raisins and mix raisins into apples. Pour apple mixture into buttered baking dish. Spread the flour/butter mixture over the top of the apples. Place the dish on middle oven rack and bake for 45 minutes at 325 degrees, or until apples are tender and liquid bubbles up from the bottom. Cool for about 10 minutes. Serve with vanilla ice cream, whipped cream, crème fresh, Greek yogurt, or just by itself.

To share your favorite recipes that use seasonal fruits or vegetables, send the text and a photo of the finished dish to the editor. (gary4r@aol.com)

WHO WE ARE

We are the Central Coast chapter of the California Rare Fruit Growers, Inc.

Chapter meetings are open to all CRFG members and guests. We meet on the second Saturday of every month, including the summer months. The meetings usually start at 1:30 p.m. and rotate to different locations. We visit members' gardens and orchards, tour commercial operations, and learn from a wide variety of speakers and programs.

Although the name California Rare Fruit Growers may sound a bit exclusive, our mission is simple and inclusive. The group 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.

Are you a member of the CRFG, the parent organization of our chapter? Membership includes delivery of *Fruit Gardener*, a fantastic bimonthly magazine that alone is worth the low cost of membership—just \$36 per year, or \$100 for three years. (See page 2 for information



The early crew for the BBQ at the July 2010 meeting

on the current issue's content.) Membership dues provide funds for the daily operation of the non-profit organization. Applications are available at any of our meetings or online at www.crfg.org.

As a member, you can also subscribe to this newsletter, *The Leaflet*, delivered either by email or "snail" mail. The



A meeting at Tom Ikeda's bok choy field

cost is only \$6 per year, or \$25 for 5 years. This money will help our chapter to continue providing local community enrichment through educational and fun activities throughout the Central Coast, such as:

- Developing a small Community Orchard at Cal Poly. We all prune the orchard at our January meeting and enjoy the fruit all summer and fall!
- Conducting a unique High School Apple Grafting Project. We visit local high schools and teach the students how to graft an apple tree, with the goal of stimulating their interest in growing fruit trees.
- The annual February Grafting Party and Scion Exchange. Grafting new varieties on your fruit trees is easier than you may think! And our experts provide the training.
- Great deals. We buy gardening items in bulk which allows us to acquire high quality products and pass the savings on to our members.

In a nutshell, we are a group of friendly, dedicated, and down-right interesting folk who share a love and fascination for the sustenance of the field.

—Gary Fournier

LEAFLET CHRONICLE

July Meeting

A potluck meal with the Chapter cooking the hot dogs and hamburgers at Pioneer Park in Paso Robles. The Paso Robles weather was perfect... even had a cool breeze blowing!!! ~90 degrees. Owen counted 63 people in attendance.

Our speakers represented the "Transitions Paso Robles Food Group." We learned a lot about converting lawn to productive food gardens! The City of Paso Robles has a community demonstration garden at a city park and three of the representatives spoke on the topic of "Lawns to food gardens."

Community Orchard

What a productive "hour" we had in the CRFG orchard! The July 25 crew, Larry, Pet, Marv, Mark, Owen, Freddy, Ann, Kay, and Jeanne, mulched, pruned, repaired, watered, and weeded. Their hard work, inspiration, and your fun spirit helped get a lot of work done, like TEN HOURS worth of work!

We mulched lots of young trees, repaired irrigation lines, pruned suckers, did some summer pruning, and did a whole lot of pruning of perimeter trees. We fed, watered and "deer protected" Tom Ruehr's apple tree. We chopped weeds, and cleared mulch from base of many trees. We repaired some deer fence and we hand watered lots of young trees. We trimmed the overhead sycamore tree and tasted one nice



Larry and Bob were the Top Chefs of the BBQ



The "Transitions" group during their Lawns to Food presentation



This dedicated crew worked the Community Orchard in July

LEAFLET CHRONICLE continued

Community Orchard continued

plum!!! We examined every single micro sprinkler and marked those that need attention. We tossed "windfall fruit" over the fence and made friends with one Cal Poly Police officer. WOW! Good work crew. Thank you!

—Joe Sabol

2010 Festival of Fruits: Year of the Pitahaya

You say Pitahaya, I say Pitaya, let's call the whole thing a Dragon Fruit. This year's Festival of Fruit has come and gone. Based on a non-scientific poll of our members who attended the Festival of Fruit, here were the highlights of the weekend.

Best Workshop, by unanimous vote

The apple grafting workshop led by Joe Sable and some very capable members of the Central Coast chapter! They taught more than 70 people how to graft an apple tree, and each person left with a custom grafted tree of their own handiwork.

Most Memorable Session Presenter

Dr. Greg Partida was especially interesting and most worthy of detailed note taking. He offered many comments and solutions about fruit trees.



The Central Coast Chapter delegation at the Festival of Fruit

Best of Show

Edgar and Pat Valdivia. They did a great job both spearheading the festival and making the tour of their garden enjoyable and informative. They even provided lunch! So very interesting to see the full grown specimen plants with identification tags hanging on each tree. The Pitahaya plants were huge, in pots, and fruiting! Edgar and Pat are truly a couple of the most dedicated, generous, knowledgeable, gracious CRFG supporters that one can have the privilege of meeting.



Edgar and Pat Valdivia



Dr. Greg Partida



Edgar Valdivia with Pitahayas

JOIN US

CRFG, Inc.

Join the non-profit California Rare Fruit Growers, Inc. organization. Memberships are for individuals/couples and begin from the date dues are received. Each membership, annually, receives six bimonthly issues of the *Fruit Gardener* magazine (see page 3 for synopses of the current issue). Go to www.crfg.org for more information.

Central Coast Chapter

Central Coast Chapter Newsletter Request for Individuals/Couples

- NEW RENEWAL
- \$6 per year \$25 for five years
- print version email version
- 2 free issues of the Chapter newsletter.

Make checks payable to: CRFG, Central Coast Chapter. Send to:
CRFG, Central Coast Chapter
C/O DICK POTTRATZ
2430 LEONA AVENUE, SAN LUIS OBISPO, CA 93401

NAME: _____

STREET: _____

CITY: _____ ZIP CODE: _____

PHONE: (_____) _____

EMAIL ADDRESS: _____

Areas of Interest: _____

(Optional) Willing to help as:

- Guest Speaker Officer
 Tour of your fruit activities Host a meeting

CONTACTS

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Central Coast chapter website: www.crfg-central.org

LEAFLET CALENDAR

CRFG Central Coast Chapter Meetings

September 11, 2010

1:00 p.m. Sale of bird netting begins (50 cents a foot, cut to order)

1:00 p.m. (food and socializing)

1:30 p.m. (speaker, Melinda Forbes)

The Garden of Melinda Forbes
17100 Walnut,
Atascadero
(Garden Farms)

October 9, 2010

The Pumpkin Farm of Manuel and Mary Reis on Los Osos Valley Road. Check the website for more details.
www.crfg-central.org

November 13, 2010

Templeton High School with Erin Thompson. Check the website for more details.
www.crfg-central.org

December 11, 2010

Annual Potluck and Raffle Extravaganza. Check the website for more details.
www.crfg-central.org

Information regarding the September meeting:

Melinda Forbes spent two years in Costa Rica involved in Small Farmer Cropping Systems Research. She has a B.S. in Crops Science, an M.S. in International Agriculture, and she has over 30 years teaching experience in gardening, herbal studies, cooking, and art classes. A lifelong gardener, Ms. Forbes has lived on 1.5 acres in Garden Farms since the mid 1980s and her garden was included in the San Luis Obispo Botanical Society's annual garden tour fundraiser, focusing on North County gardens. She will have fruits, ground fruits, vegetables, and flowers to show and taste. Book sharing is planned. Please bring gardening related books for a book swap.

Refreshments will be provided by the "A to G" team.

The community of Garden Farms, between Santa Margarita and Atascadero, has a gardening tradition that has carried on since EG Lewis designated it as a food production area for the 'idealistic city' of Atascadero in the early 1900s. The area still produces fruits,

berries, veggies, herbs, flowers, eggs, goat's milk and cheese..

Glenn and Melinda's garden is diverse, eclectic, and productive. Come wander through the organic garden that has been designed (and designed itself) for arid conditions and stability during the hot days and cold nights of summer and the very cold nights of winter in the north county. The garden has been influenced by Melinda's experience living and working in Central America, where many plants in the landscape are edible. She has included some weird varieties of ground fruits while working from the permaculture principle that "Diversity Supports Stability."

Directions:

The Garden Farms community is located 2 miles north of Santa Margarita (SM) off El Camino Real, between SM and Atascadero.

From the south, take Highway 101 to the SM Exit, which becomes El Camino Real. Drive for 2 miles, through the town of SM and beyond. There is a pumping station on the right side of the road and, just a bit further, there is a street sign on

the left side of the road. That is Linden. Turn left (your only option) on to Linden and follow it to Walnut. Turn right on Walnut. Keep going down the long block to 17100 Walnut (pinkish house, white picket fence, painted mailbox, GREAT BIG walnut tree out front, on the left side of the road).

From the north, take Highway 101 to the Santa Barbara exit (the last exit into south Atascadero). Turn left at the stop sign and drive over the freeway. Follow that road to El Camino Real. Turn right on El Camino Real. There will be a little bridge and, soon after, Walnut Ave will be on the right. Stay on El Camino Real to Pine. Turn right on Pine. Follow Pine to Walnut. Turn left, go over a little bridge. There will be a church on the left. Three houses from the corner on the right side of the street - 17100 Walnut.

You may park on the street or in the church parking lot. Sounds tricky but it isn't. If you get lost call 438-5077.

