



# Central Coast Chapter CRFG

October 2022 Newsletter  
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<https://www.crfg-central.org>  
[CRFG YouTube Channel](#)

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## Next CRFG Meeting    This meeting is open to the public.

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**When:** Saturday November 12, 2022    **No parking permit required**

**Where:** Cal Poly Campus  
Crops Science Unit. Rooms 101/102  
Highland Drive X Mt. Bishop Rd, San Luis Obispo

### Schedule:

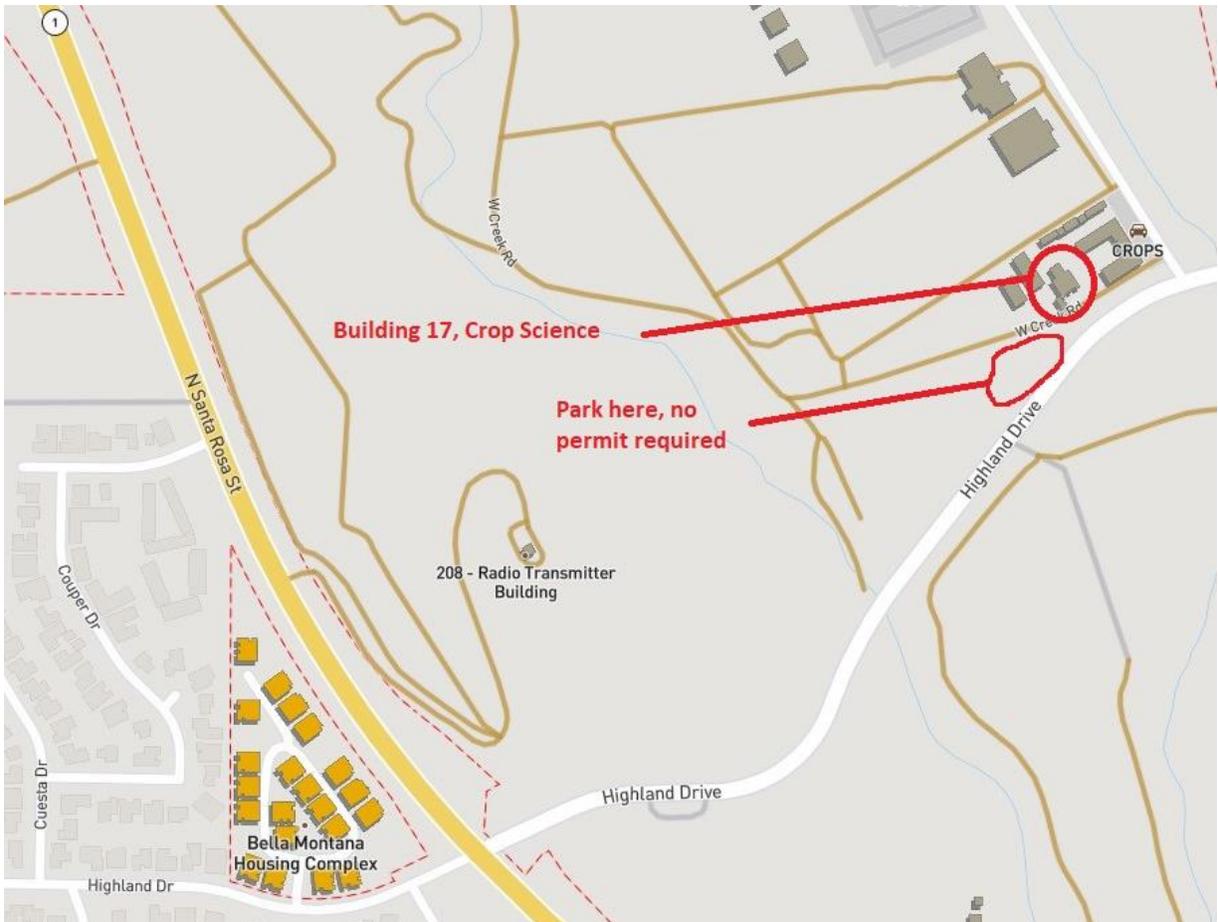
**12:30** for set up.

**1:00-1:30** Refreshments and socializing.

**REFRESHMENTS:** Bring something for yourself or to share. Please bring your own water, preferably in your own container.

**1:30** CRFG Meeting (announcements, discussions, introductions)

**2:00 -3:00** Presentations. They will be inside. Chairs are provided: Cal Poly scholarship recipients are invited to give a brief Thank You talk.



*Take Highland Drive from Highway 1, go past the CRFG demonstration orchard, then pull into the parking lot at the first set of buildings on the left. No parking permit required. Go to Building 17.*

Edwin Moscoso, San Luis Obispo County Deputy Agriculture Commissioner will give a presentation about the county's Pest Exclusion program. He will tell us about the most recent and ongoing pests that the Ag. Department is dealing with...GWSS, ACP, BFF, invisible pests such as nematodes and how they burrow and diseases like HLB/Citrus Greening. Unfortunately, Asian Citrus Psyllid (ACP) has recently been found in the west side of Arroyo Grande. Edwin will cover the serious fruit flies that are in Mexico, Hawaii and Florida that we do not want in California!

**3:00-3:30** Clean up

# Announcements

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From one of the CRFG Orchard Co-Managers:

Please join us in the CRFG orchard at Cal Poly the morning of Saturday, October 22nd, from 9am - noon. We'll provide snacks!

I need help mowing and weed whacking the orchard, and we need to move our brush pile out to the lemon grove so Cal Poly can flail it. We need to continue digging out the invasive weeds. May also need help hanging tree signs.

Please wear appropriate shoes, bring water, gloves, pruners, shovels, hats... the usual.

Thank you!

Dara

From the Video guy (Tom):

I broke the video for the October 8<sup>th</sup> Meeting into 5 parts.  
Click the links below to view on the CRFG YouTube channel:

[October 2022 CRFG Central Coast Meeting Part 1 Socializing and meeting kickoff](#)

[October 2022 CRFG Central Coast Meeting Part 2 Scholarship Presentation](#)

[October 2022 CRFG Central Coast Meeting Part 3 Cider Press Update](#)

[October 2022 CRFG Central Coast Meeting Part 4 Master Gardener Presentation](#)

[October 2022 CRFG Central Coast Meeting Part 5 California Happy Nut Trees](#)

To see other CRFG YouTube videos, go to the main page:

[CRFG Central Coast YouTube Channel](#)

Message from Sharon, Program Chair

Your Board members are asking for your input moving forward with our Central Coast Chapter activities and planning. Below is the survey that we hope you can take time to complete and return. For all of you that return the survey we will have prize drawings at our December 10, 2022, holiday party. If you would like to be eligible for the raffle for completing the survey, please fill out the form at the end of the survey.

Please return your completed survey before December 1, 2022.

Submit via Survey Monkey: <https://www.surveymonkey.com/r/LJGZ5B6>

...or send paper form (printed from SurveyMonkey or obtained at next meeting) to Sharon Lovelady PO Box 3704, Paso Robles CA 93447.

Call Sharon Lovelady for more information at 805-610-2900.

For our December 10<sup>th</sup> Holiday Potluck, Edible Plant Raffle and So Much More Meeting (time and location will be on our website (crfg-central.org) once available and in November's Leaflet)

A Gentle Reminder:

*All the income from plant sales and raffles benefits the Scholarship program.*

Hopefully you've looked around your property and considered what you can do to make our December 10th plant raffle the best yet! And, as most of you know, we have some pretty amazing plants donated to the organization by a handful of members.

We're hoping to lessen the burden on these few and asking for more members to donate any edible canned plant material that already has established roots. It also needs to be labeled, have a clean container/soil and be free from pests/weeds. (*Please don't bring any Citrus plants/cuttings due to Asian Citrus Psyllid and HLB/Citrus Greening Disease.*)

If you're interested in donating cuttings and/or seeds, please have them separated into plant-able cuttings and put them all into one container that's

clearly labeled as to what's in the container.

In the past, we've taken other gardening items to raffle off. Due to not knowing where our December meeting will take place yet, I'm asking you to hold off doing it again this year. Plus, I personally would welcome having a large garden 'garage sale' held at another time, where we could focus on getting second and perhaps third lives out of garden items – and to benefit students in Ag programs. If anyone's interested in running that, please contact me. But I digress.

If you're able to donate rooted, potted plants and cuttings for the December raffle, please let me know what you will be bringing – and if you need help bringing it to the December 10<sup>th</sup> meeting. My email is nellcentralcoast@gmail.com and I look forward to 'hearing' from you.

Gratefully,  
Nell Wade  
Scholarship Chair



**Select healthy, pest-free plants like these for our plant raffle at the December 10<sup>th</sup> Holiday meeting. Please label your donations.**

## October 8th Meeting Report

*Report by Jenny Weaver*

Our meeting this month was held at Centennial Park in Paso Robles. Although it was a hot day (especially for south coasters), many members made it to meet some of the recent Cal Poly Scholarship recipients and to see the Master Gardeners Demonstration Garden.

We celebrated Risa Bass' birthday with an apple & carrot cake and attempted to sing her "Happy Birthday". Arlen and Risa live in Paso Robles and know the people who started the Demonstration Garden many years ago and maintained it until they were unable to. Risa will fill in some of the missing history for Beth Wray.



*Jenny and Risa*

Dr. Lauren Garner, a Cal Poly Pomology professor and four scholarship recipients attended the meeting. They are Aidan Inoue, Inez Keller, Jenna Keller (not related!) and Ashley Pearce. Aidan has already returned the paperwork to join CRFG central coast chapter as well as the state CRFG!

We were very happy to meet the students and learn about their goals. They each stood up and gave us a description of how the scholarship will help them and what they hope to accomplish with their Cal Poly studies.



*Scholarship recipients at the meeting.*

*From left, Inez Keller, Ashley Pearce, Aidan Inoue, and Jenna Keller*

You can watch the Scholarship Presentation video at this link:

[October 2022 CRFG Central Coast Meeting Part 2 Scholarship Presentation](#)



*Scholarship committee and scholarship recipients. From left and back row, Karen Kolba, Marv Daniels, Tucker Schmidt, Nell Wade (scholarship chair), Aidan Inoue (recipient), Inez Keller (recipient), Jenna Keller (recipient), Seth McMillan (chapter co-chair). Front row, Dr. Lauren Garner (Cal Poly Professor) and Ashley Pearce (recipient).*

Aidan Inoue had a prepared speech, so I got a copy for the newsletter.

### **Aidan Inoue's CRFG Scholarship Speech 10/8/22**

Hello Everyone,

My name is Aidan Inoue. I am a 3rd year plant sciences major with a concentration in fruit and crop science at Cal Poly and a proud recipient of this year's California Rare Fruit Growers' Scholarship. I wanted to express my gratitude to you all for helping Cal Poly students, like myself, continue their education. Today I will be sharing a bit about myself and my educational goals, so you understand the impact of your generosity.

I didn't always love fruit science the way I do today. I came to Cal Poly with minimal agricultural experience. Coming from San Jose, I had little understanding of what plant sciences entailed. So, when it came time to choose colleges, I emailed our department head, Dr. Steinmaus, for more information about the major. Strictly out of curiosity. What is plant science? What kind of things could I do with it? Did I need to have a family orchard to have any chance to succeed? It turns out that Dr. Steinmaus' parents were doctors, and he too, grew to love plant sciences. So, seeing my curiosity, he quickly rattled off a number of interesting careers available to plant scientists and the scope of their work in the powerhouse of California Agriculture. We feed people-- and a lot of them. Before taking Dr. Garner's 120 class, I didn't realize California's overwhelming involvement in global nut production, citrus, grapes, strawberries, rice, and a number of other crops. Here I was moving from Silicon Valley, the tech headquarters of the world, to join the ranks of an equally fierce agricultural industry.

Early on in my freshman year, my fascination with plants grew. Dr. Garner had detailed a number of crops, their growing patterns, and control measures in her pomology course and I was fascinated. How was it that even within a single plant species, there were cultivars with different susceptibilities and resistances? What happens if you want to pair the strengths of one cultivar's roots and the fruit of another's scions? Enter grafting and my fascination with the previously unknown world of plants.

My fascination quickly drew me to begin working with Dr. Garner's graduate student, Rashaan, on his Avocado rootstock trials for *Phytophthora cinnamomi*. I fell in love with the concept of disease resistance and my interest in plant pathology soon blossomed into a position at the Cal Poly Strawberry Center. Within a year, I went from a high school kid with a lemon tree in his backyard to a research junkie collecting data on avocado plant health and working in a plant pathology lab processing strawberry grower disease samples. I soon learned what differentiated Cal Poly from many other institutions. If you work hard and demonstrate an interest in the topic at hand, you can get involved in a number of projects with professors. Many students don't have access to these kinds of opportunities until graduate school. Cal Poly professors are amazing sources of inspiration and experience and they want you to "learn by doing." This means spending time in the field, lab, or wherever your curiosity takes you. I knew I was in the right place.

Since my freshman year, I have continued working in the pathology lab, on the avocado rootstock trials, and have started to share my experiences with incoming and prospective students through the CAFES (*College of*

*Agriculture, Food & Environmental Sciences*) Ambassador program which gives tours and represents the college at outreach events. This summer, I worked on the Watsonville Strawberry breeding program at Driscoll's and reaffirmed my love of plants and goals to become a plant breeder. It did, however, make me question the notion that you could never have too many strawberries. When you've eaten and rated a couple hundred berries your stomach seems to differ. My interest in disease resistance has developed into a plan to go to graduate school as a plant breeder. With the changes to our climate, California is facing challenges to limit its water use and deal with pest pressures differently than it had in its past. Methyl Bromide is no longer a solution to pathogen and weed problems. Fungicide and herbicide resistances have formed over the last few decades and our plants have to not only survive these rebounding pressures, but also deal with the severe weather and water restrictions coming our way.

At Driscoll's, my capstone research project involved running an experiment and presentation on drought tolerance to their R&D team. Now, I am taking the Advances in plant pathology course to study the infection mechanisms of pathogens and the pathogen-host arms race relationship. In grad school, I hope to expand my breeding and pathology knowledge so I can prepare the next generation of plants to survive these severe pests and limited resource conditions. In my application for this scholarship, I mentioned HLB (*Huanglongbing*) on citrus and the American Chestnut blight. I think it's amazing we have a group dedicated to growing rare fruit in California. I'd like to preserve the biodiversity of our state's crops by breeding for drought and pathogen resistance. My hope is that I can help keep the rare crops alive and the common ones from becoming rare. Vertical farming and testing to grow food in space are emerging yet continuing to grow food on conventional acreage is what will keep our world fed for years to come. I want to dedicate my career to plant breeding for the preservation of plants and the wellbeing of humans. After all, we can never have too many strawberries.

# Scholarship Report

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By Nell Wade, Scholarship Chair

Thank you again to Dr. Lauren Garner for all you do to make these scholarships possible.

The Scholarship Fund for 2023 took in \$632 in September, thanks mainly to Tucker and his team at the Arroyo Grande Harvest Festival - they sold \$612 worth of donated plants to the public. Way to go!!! I received a \$20 bill at the September meeting to go towards Scholarships.

Some students opted to attend the October 8<sup>th</sup> or will attend the November 12<sup>th</sup> meetings. Others who couldn't attend our meetings are responding with written letters. Two of those letters are below.

## Two Scholarship "Thank You" Letters

Letter from Colin Koubek:

I want to thank the California Rare Fruit Growers Central Coast Chapter and its members for the honor of being selected for a fruit science scholarship. I'm starting my third year at Cal Poly and this scholarship will surely help me to strive for academic excellence in my next two years at Cal Poly by taking away a portion of the financial costs of my classes.

I chose to study agriculture at Cal Poly because of its "learn by doing" philosophy and abundance of agricultural land on campus. I'm a very hands-on learner and feel that I'm able to understand concepts much better when I can actually practice the concept myself. For example, in my pomology class I was able to graft my own apple tree in the lab which made me gain a deeper understanding on how different grafts are used in the fruit tree industry. Being able to take concepts I learn in lecture and apply them in my labs has made me fall in love with studying agriculture at Cal Poly.

Studying at Cal Poly has also brought my attention to many critical problems that affect the agricultural landscape in California. Currently, I'm taking an irrigation management class that stresses how governmental decisions about the delta's water is a constant battleground between environmentalists and the agricultural communities in the valley. Knowing how to efficiently use and distribute California's water will be of utmost importance for the rising generation of workers in agriculture. Another

problem I see is that with stricter pesticide regulations at state and federal levels, growers are going to have to strategize new ways to manage pests without losing yields.

In 10 years, I see myself being an agricultural consultant that works with a variety of crops in several regions. I want to specialize in offering pest management consultation that can help growers switch to more environmentally friendly strategies without taking economic losses. Receiving this scholarship allows me to continue expanding my understanding of California's agricultural systems which is helping me move toward my goals in the future. Thank you California Rare Fruit Growers and all of its members for helping propel me toward my agricultural goals!

Sincerely,  
Colin Koubek

Letter from Sawyer Claussen:

My name is Sawyer Claussen, and I am a second-year plant sciences major with a fruit and crop concentration from Santa Cruz CA. I would like to thank the California Rare Fruit Growers association for their generous support towards my university education. This scholarship truly means a lot to my family and me.

This scholarship takes pressure off of my college expenses and allows me to devote more time and energy into my studies of agriculture in and outside of school. For instance, I spent this past summer working on a no-till market farm in Basalt, Colorado called Two Roots Farm. I received internship credit from Cal Poly for my work as a full-time field crew worker. Because this opportunity came as an internship, I was given a stipend to subsidize the majority of my living expenses, but not enough to save up for school expenses. This scholarship helps me devote time towards gaining more skills and experience in agriculture and fruit science, without having to prioritize earning a higher income in unrelated fields of work.

I realized my passion for agriculture in high school during a sustainable agriculture class. We analyzed issues in the food system including sustainable practices, farmworker justice, and product health. After that class I continued with permaculture courses and regenerative agriculture as a whole. I found an internship on a local organic, no-till farm that gave me an opportunity to work with orchards, vegetable production, and livestock. I became a member of the Monterey Bay chapter of CRFG and learned more

about grafting and fruit tree care through workshops and scion exchanges. When the time came to apply for college, I knew that I wanted to pursue a career in sustainable agriculture. I chose to attend Cal Poly because of their "learn by doing" motto, as well as their large-scale conventional focus. I am very interested in the potential of large-scale sustainable agriculture, and I want to better understand the conventional side of farming in order to implement changes and improvements in the practice.

There are many challenges in agriculture that I have come to understand. The practice of growing food in general is extremely challenging and is made more difficult when accounting for a growing population, climate change, and the quickly diminishing amount of farmland around the world. I have learned that the trade is extremely nuanced, and the issue of sustainability is very complicated. I do think that transitioning to more sustainable land management techniques will be imperative for preserving our earth, however there are many issues that will require advancement in technology and societal shifts. Protecting farmworkers and their rights is one issue that is currently much more feasible. The food system relies on farm labor, but the hardships that this labor pool faces are significant. Improvement to pay, working conditions, and resources need to be enacted for the essential workers.

Modern agriculture faces many challenges, but I am also inspired by new developments and movements in the industry. Recently there has been a growing awareness among both producers and consumers to support a more sustainable industry. In ten years, I hope to be starting a farm of my own. One that balances fruit, vegetables, and animal products in a holistic system. I want to produce food for my local community and provide my team members with the support and rights that all farm workers deserve.

Thank you again for helping me achieve this goal.

Sawyer Claussen

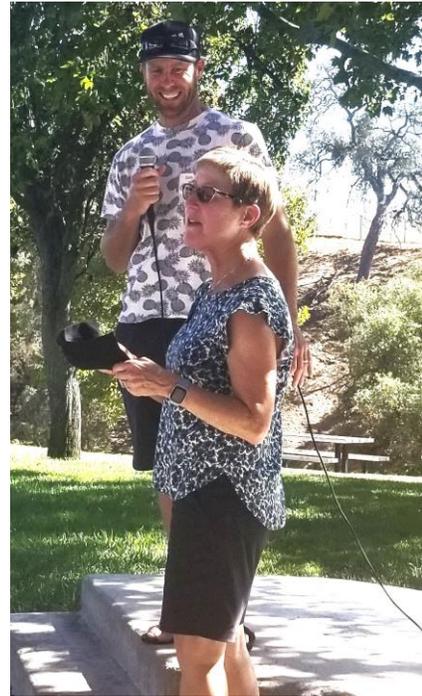
## October 8<sup>th</sup> Master Gardener Presentations

This month's presentations were given by Beth Wray and Jutta Thoerner.

Beth Wray, a Master Gardener gave us a presentation about the history and the plans of the Centennial Park Demonstration Garden (CPDG). Below are her notes which are much more complete than mine!

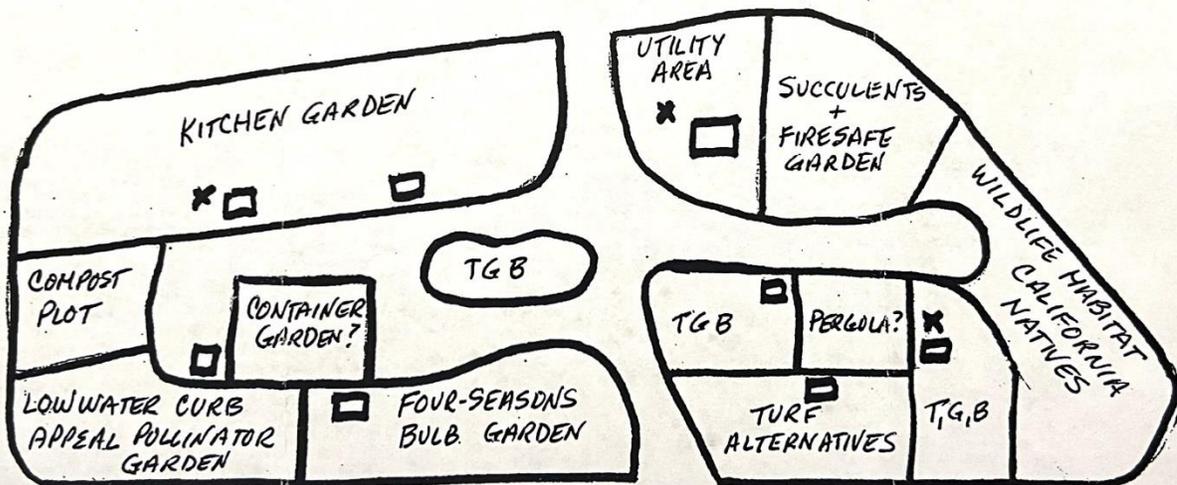
Beth Wray's Presentation – YouTube video:

[October 2022 CRFG Central Coast Meeting Part 4 Master Gardener Presentation](#)



### Centennial Park Demonstration Garden Plot Map as Installed 8/2/22

B. Wray



Jutta Thoerner is also a Master Gardener. She talked to us about nut trees and gave us some interesting statistics about California nuts, or “California-Happy” nuts as she calls them.

Jutta Thoerner’s presentation, YouTube video:

[October 2022 CRFG Central Coast Meeting Part 5 California Happy Nut Trees](#)



### **Presentation Notes provided by Beth Wray**

CA Rare Fruit Growers Association, October 8, 2022

Intro:

Master Gardeners (MG) History 1973 Washington State U. 50 states, 100,000 active, 5M hours annually

UCMG: 1980 established in CA, over 6,000 statewide, 138 active in SLO

- Teach food and ornamental gardening best practices (research-based, chemicals, etc)
- Improve monitoring for weeds, insects and diseases
- Encourage people to get outside and connect with nature

Long and beneficial relationship with CRFG: Grafting class important!

MG Demonstration Gardens:

The SLO County MG Demonstration Gardens serve as a model for the benefits of using research-based practices. They are teaching gardens to supplement the classroom instruction for the trainees going through the UC ANR Master Gardener Certification program. What grows in the garden is carefully planned to support this important educational function.

We do not use the Community Gardens model. The gardens are open to the public for specific community education events that include demonstrations on sustainable garden practices. Examples from the SLO garden include the Advice to Grow By monthly workshops, plant sales, Lunch in the Garden events, etc. We

hope to have a similar range of offerings in the garden in Paso Robles.

The Centennial Park Demonstration Garden (CPDG) is a partnership between University of California Agriculture and Natural Resources (UCANR), SLO County MGs, and City of Paso Robles.

The 3500sf plot was converted to gardens in 2009 when Transitions Paso Robles Food Group partnered with the city to create a community garden to demonstrate Lawn to Food conversion. In 2010, another organization took over, Common Ground Worldwide, with added goals of demonstrating water-wise landscaping. In August 2020 CGW contacted Maria about the Master Gardener's interest in taking over the garden. CGW had been unable to maintain the garden for some time and wished to step away from the commitment. It was a natural next step for the program because we needed more community outreach in the NC and were facing significant growth in new MGs from the North County who wanted local volunteer opportunities. After much negotiation, we signed the Memorandum of Understanding (MOU) in December 2021. It was overgrown, under-tended, and filled with junk.

The MOU commits the MGs to

1. Demonstrating water conservation,
2. Growing food and donating 70% of it to local Paso food pantries,
3. Developing community interaction and
4. Exemplifying environmental stewardship.

The first half of 2022:

- Removing trash & junk, including two picnic tables on the concrete pads
- Weeding and removing failed and invasive plants
- Replacing irrigation system & preparing it for plots
- Identifying North County educational priorities and designing teaching plots that align
- Marking those plots in the garden
- Recruiting potential plot leaders

9 PLOTS:

1. Kitchen Garden
2. Compost Plot
3. Curb Appeal Pollinator Garden
4. Four Seasons Bulb Garden
5. Trees, Grapes & Berries
6. Turf Alternatives
7. California Natives Wildlife Habitat
8. Succulents & Fire Safe Garden

## 9. Utility Beautification

Rest of 2022:

- Reviewing and approving proposed plot designs and plant lists
- Further infrastructure improvements: raised beds, water features, stepping stones
- Soil, Mulch and compost
- Plot leaders recruiting volunteers for their plots
- Starting planting where appropriate
- General maintenance & upkeep
- Building community outreach through Kiosk, Festival.

Already made first donation to Loaves & Fishes  
Beginning to plan first workshop: Winter pruning

2023:

- Getting all the plots up and running
- Open house
- Information booths on weekends
- Collaborative outreach with City
- Present to City Council



*Centennial Park Demonstration Garden, February 2022 (before cleanup)*

## Arroyo Grande Harvest Festival

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Tucker Schmidt volunteered to be team leader for our chapter booth at the September 24<sup>th</sup> Harvest Festival. We had previously attended the festival in the years before the Covid Pandemic. This year there were fewer participant booths than in previous years. But that didn't stop us from having fun, selling lots of fruiting plants and getting a few new CRFG central coast chapter members.



*Harvest Festival early-setup volunteers.  
From left, Dara, Mark, Marv, Tom, Jenny, Seth, Tucker.*

A few people donated fruit plants, including potted loquat, grape, feijoa, avocado, fig, banana, goldenberry, apple, sapote, cherimoya, and dragonfruit cuttings. Thanks to Seth McMillan, Tucker Schmidt, Marv Daniels and whoever else donated plants. Fruit samples and branches of edible roots and leaves were provided by Jenny Weaver, Marv Daniels, Robert & Carol Scott and Pat Moudakis.



Set up time was 6:30 a.m. so the early birds arrived in the dark to unload tables, canopy, potted plants, fruit samples, posters and pamphlets. Reminds me of Robin Williams' saying in Good Morning Vietnam "Good morning, it's O600. What does the O mean? OHHH my god it's early!"

After setting up at the best location on Bridge Street, we dispersed for much needed coffee and breakfast.

After the Harvest Parade, the Agricultural Pavilion officially opened around 11:30 and went to 3:45. We were out of there by 4:00. Lots of volunteers showed up throughout the day to help with selling plants and talking to visitors.

We noticed these volunteers. Perhaps some others showed up when we weren't there.

Dara  
Manny  
Marv  
Mark  
Tucker and Keri  
Tom and Jenny  
Seth and Kerri  
Elaine  
Trudi  
Jim and Bridget  
Pat  
Gabrielle

Tucker reported that our group took in \$612 in plant sales. Nell thinks that's the most our booth has brought in from an event like this.

We could have sold many more feijoa plants after people sampled the fruit.



*From left, Trudi, Elaine, and Keri*



*Gabrielle came all the way from Solvang*



*Marv and Pat*

We had a lot of fun. Make sure to start planning for the next Harvest Festival!! It's Saturday September 23, 2023. It's always the last weekend in September.

Our biggest meeting is the February 2023 Scion Exchange and Rootstock Sale Meeting. It will be the *third or fourth* Saturday in February. The exact date is still to be determined. Check for it on our website calendar. You can get lots of free scions and buy rootstocks. Then you can learn to graft your scions onto them. You can also get lots of cuttings that root well on their own such as fig, grape, mulberry and pomegranate. Start some goldenberry plants from seed. Start some Feijoas or pineapples. Divide rhubarb or strawberry plants. Then take good care of them until next year! Be sure to label them well. If they are deciduous fruit trees, indicate if they have low chill or high chill hour requirements. That helps novices choose the best plant for their growing location and have success.

## Articles and Videos of Interest

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This is from THE WEEK magazine, September 2, 2022

### **Eat your grapes**

British visitors tend to bring patients in the hospital grapes instead of flowers—and that may be hugely beneficial, reports *The Independent* (U.K.). Eating the fruit could extend human life by five years and reduce the risk of Alzheimer's. A new study of mice has found that the specific antioxidants in grapes improve neuron function, protecting the brain from developing dementia. Researchers put female mice on high-fat diets, with half of the group also receiving grape supplements. When they compared the liver, brain, and metabolic health of the mice, they saw that the group that ate grapes had higher metabolism, a longer life span, and a reduced risk of fatty liver disease. The grapes even changed the expression of the mice's genes, which co-author John Pezzuto, from Western New England University in Massachusetts, calls "truly remarkable." The study contributes to a field of research investigating how people can switch their genes on and off to more effectively control their body's development. The results, Pezzuto says, "add an entirely new dimension to the saying 'You are what you eat.'"

For more grape information, articles and yummy recipes like Grape Cheese Pizza, Grape Sorbet, Lamb Chops & Grape Sauce... check out this website.

California Table Grape Commission <https://www.grapesfromcalifornia.com>

I need to go snack on some grapes! The End!