

# The Leaflett

California Rare Fruit Growers - Central Coast Chapter Newsletter  
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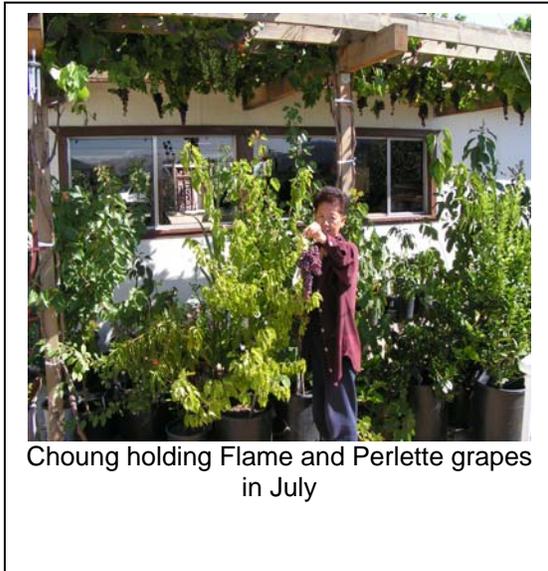
*Have a Merry Christmas  
And a  
Happy New Year!*

## **Farewell to the Year of the Grape!**

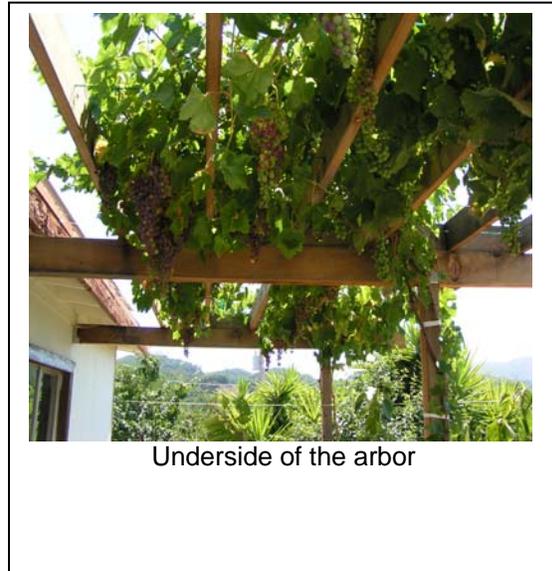
***As a “grand finale” to the year of the grape, I asked John Crowe if he would write an article on the experiences he and his lovely wife, Choung, had in planting their “experimental” grapes. The article was so good that I am printing it in its entirety. I hope you enjoy it as much as I did!***

Our grape-vine growing adventures began 6 years ago by purchasing 6 vines at a Cal Poly plant sale during a CRFG meeting. We purchased 2 plants of three varieties: Ribier Seeded, Flame Seedless, and Perlette Seedless.

I had enjoyed outside dining as a child under grape arbors in Italy and decided I needed an arbor along the south side of the garage to keep the garage cooler and to have a grape arbor for sitting beneath. I constructed the arbor with three posts and planted 2 plants at each post. The vines were pruned each winter to a single stalk until they reached the top of the 8 foot arbor. This occurred on the third year. The Ribier were the first to fruit and produce fruit consistently. The Flame vines are the most vigorous and prolific. The Perlette seem to be the most susceptible to mildew and produces the fewest fruits. These three varieties serendipitously are a good collection on the arbor as the harvest season spans several months. The Perlette and Flame are early and ripen through the summer and the Ribier are ready in October and November.

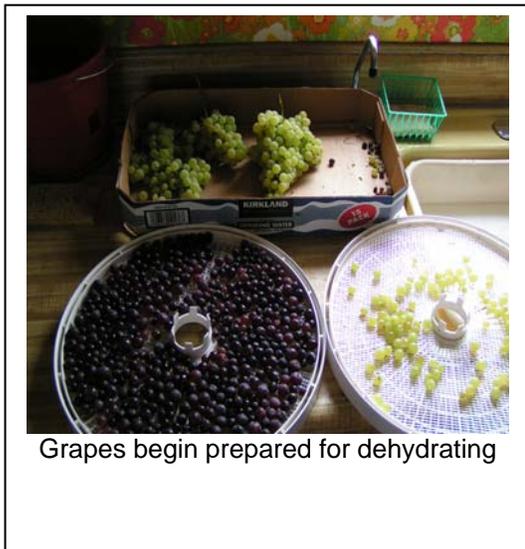


Choung holding Flame and Perlette grapes  
in July

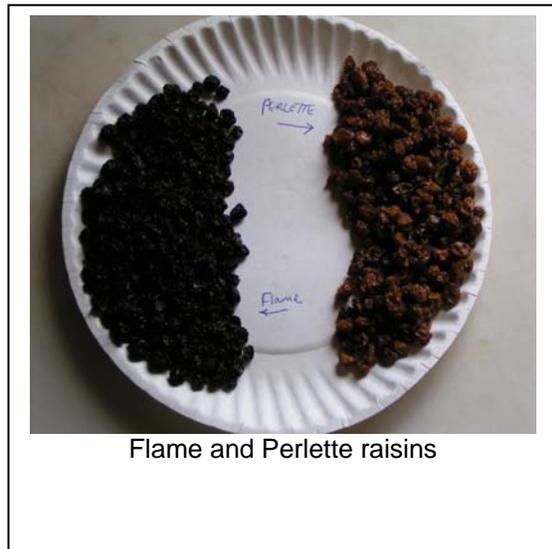


Underside of the arbor

By the fourth year the 6 vines were producing more grapes than we could eat fresh. The extra grapes are either dried into raisins or frozen and used in smoothies. If we ever get a large surplus of grapes I'll try making wine. All our producing varieties so far are considered "table grapes" but I figure if used for wine and the bottle is on the table then the grapes are still table grapes.



Grapes begin prepared for dehydrating



Flame and Perlette raisins

After the success with the purchased grapes I collected scions from 19 more varieties from CRFG members. The scions were rooted in potting soil on a heating coil in a cold frame (a poultry cage with painter's plastic covering) and placed along a south facing wall (under the arbor). Once the plants rooted and began leafing, the pots were moved outside.

The vines were then planted on a west facing hill on temporary terraces. The terraces were constructed using pier cut-offs and rebar driven into the hill and as is the case with many temporary projects, the pier cut-offs have yet to be replaced with something more substantial. T-posts with wire have since been added for the grapes to grow up and along.



Temporary terraces



"Temporary terraces" newly planted

The west side vines have been in the ground for three years now and this year had a small crop. We ate a few, the quail ate a few and the foxes took their fill (they eat a lot more than their size would indicate).

The grape vines have been fairly pest free. I have only observed three methods of pest attacks on our vines: subterranean, by land, and by air. Pocket gophers tenaciously tunnel the west slope and constant vigilance is required to discover and get the gophers. I used to think that the foxes loitering around the vines were looking for gophers but a closer evaluation of evidence left behind indicates grape consumption (photo omitted for decency).

The preeminent land attacks were by deer prior to being thwarted by an 8 foot fence. The foxes are the new primary grape predator. Vines planted near a woodpile have been subject to defoliating by packrats. Finally ants chew on the grapes but have been more of an annoyance than a threat to the harvest. Ant bait stations as describe in the *Leaflett* work well.



Are the grapes ripe?



This stuff is better than grape juice!

Air attacks are used by a number of pests. Birds are the quickest and most successful at decimating the grape harvest. The grapes slowly ripen in the summer sun until one day large flocks of birds descend and eat them all. The main culprits are Steller's and Western Scrub Jays. I'd never seen jays

flock before I had ripe grapes. Netting works well if it is setup at the beginning of the season. Insects have been an issue on the fruit, mainly wasps/yellow jackets, and are controlled by homemade traps made from plastic water bottles. Mildew was a problem last year for the first time. It was not an issue this year but will likely need to be addressed in the future.

So far the vines have not required fertilizer or other amendments to produce decent crops.

Each year we collect more scions and vines and now have grape vines all around the yard. This year we're adding some traditional wine variety vines. Our current vines are:

Aleatico	Moscato Pappo	New varieties collected this year: Cabernet Franc Cabernet Sauvignon Concord NY 65479.1 Zinfandel / Primitivo
Autumn Seedless	NY 47616	
Black Corinth	Palomino	
Black Monukka	Perlette	
Delight	Princess	
Emperor	Ribier Seeded	
Flame Seedless	Rose of Peru	
Gold Muscat	Thompson Seedless	
Golden Muscat	White Malaga	
Marroo Seedless	White Malvoisie	
Moscato d' Adda		

## November Meeting

The November meeting, held at the Crops Unit Classroom, was another well attended event with over 80 people braving the first rain of the year to attend! The program, presented by Alice Hamrick and Nancy Hardwick of the Master Gardener's Program, was well received. If you missed out on their slide presentation on how to control weeds the IPM way, you can visit the University of California Integrated Pest Management website at: <http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7441.html>

If you don't have access to a computer at home, your friendly librarian will be happy to assist you in locating this site. Make some copies of the pages so you can refer to them often. You really will be happier about weed control and will be pulling them out instead of your hair!



Another highlight of the meeting was a special commemoration of Veterans—quite appropriate as our meeting was held on Veteran's Day! After a brief speech of thanks to both Veterans and those currently serving in the military by our co-chair, Bob Tullock, he asked all Veterans to please stand. The crowd gave them all a huge ovation. Then everyone stood and the flag salute was led by Dave Christie. (The photo on left, which was taken by Joe Sabol, features Kathy, Bob, Chuck, and Dave.)

## Rare Fruit of the Month—Green Fig

By *Pet Daniels*

Last Christmas at the CRFG annual Christmas party plant exchange/raffle/auction we were the lucky recipients of one of our own Dr. Bob Tullock's green fig trees.

Living only a block and a half from the ocean in Pismo Beach, my husband, Marv, and I were uncertain of the success of this tree ever having edible fruit. Yes, we can grow anything, but producing a crop is a different matter! Sometimes we can grow a crop and the fruit does not taste good. In other words, it is a waste of our time and water to try to grow plants that need hot weather or winter chill. We are in a very temperate microclimate. But, we are “dyed in the wool” CRFG members and have been for long enough to call our landscape 'Survival of the Tastiest' and enjoy a good challenge.

So, we planted this little green fig tree in the warmest location on our small property and tenderly cared for it for almost 11 months before the one fig on the tree bent its neck and told us it was ready to be picked! November 6, 2006 was that fateful day! Marv and I shared the small fig and let me tell you, dear reader, this was one FINE FIG! The skin is pale green and the flesh is dark purple! Colorful and also very tasty! No open eye for bugs to crawl into, sweet and juicy! It is a fig fit for a king!

The name of this Fine Fig you ask? We call it **BOB**--not only for the donor, but also for Beautiful Offspring of Bob.

## A CRFG Christmas Gift to Iraq!!

By  
Joe Sabol

A group of U.S. Army soldiers stationed in Iraq had a great idea. They wanted to plant some olive trees on and around their base to leave the place better than they found it and to give a gift, a living gift, of fruit trees to the people of Iraq.

They contacted the California Rare Fruit Growers and asked for 164 olive trees. Why 164 trees? Their Unit is the 164th Corps Support Group and is stationed at the huge Camp Anaconda located just north of Baghdad. We thought this request would be a fun challenge and decided to see what we could do to help.

We called Tom Burchell, Burchell Nursery in Oakdale, to see if he had some olive trees he could sell. He quickly jumped on this project and made us a very sweet deal for 200 small olive trees. He gave us a significant discount and agreed to sell us the trees for only \$2.50 each. He would also donate the shipping containers and even bring the trees to a mid-way meeting place! The olive trees are rooted cuttings of known varieties so, no budding or grafting would be required. They are small trees, currently in 4 inch containers and should ship without difficulty. (The photo of the little trees was taken by Tom Burchell.)



We needed to raise \$500 to pay for the trees. Many of our members immediately agreed to help with a donation. We came up with a plan to have an "adopt two trees" program where 100 members or families would chip in \$5 each and adopt two trees. That would give us the \$500. The word got out quickly and donations were going to come as soon as we gave the word. Then, an anonymous donor came forth from Southern California, not a member of the Central Coast Chapter, but a Life Member in CRFG. This generous donor was very serious about helping with the project and insisted on covering the entire cost of the trees!

The next challenge was to get the olive trees to the March Air Force Base in Riverside. Why Riverside? That is where the DHL plane was to fly our trees to Iraq, at no charge! Yes, DHL was all set to ship our trees for free on Friday, December 8. They would be part of another big shipment of "Christmas Gifts" going to Iraq. This is plan one. We needed two plans.

Plan two is to ship them via DHL on **another** plane. The top management of DHL is considering making a special deal out of our "Olive Tree Project" and would put them on a different plane a few days or weeks later, perhaps with some media attention. This is plan two.

Finally, we are seeking full approval by the United States Army. We want to be sure that the trees do not end up sitting on a loading dock for a few weeks. We want to follow all the "rules" regarding shipping of live plants into a war zone! We are working with the "military commanders" who all need to say GO...and say it aloud!

In summary, we are very proud of our soldiers in Iraq for developing a plan to leave their military base in better shape than when they found it. We are honored to be asked to be part of this special gift going from California to Iraq. Our prayer is that the people of Iraq will stop the senseless killing of each other and our soldiers. We hope that they will catch the spirit of the olive tree...a traditional symbol of peace.

### Are You Here?

If your name is listed below, it is because your annual chapter newsletter fees are **due in January**. For a mere pittance of **\$6** per year, you are kept informed of chapter activities and you receive this fabulous newsletter! Where else can you get that kind of return for just over **1 ½** cents a day? To make it an even better value, you could pay \$25, get the newsletter for **five** years, and not have to search for your name for a long time! So check it out! Please send in your choice of payment to: **Richard Pottratz, Treasurer, 2430 Leona Avenue, San Luis Obispo, CA 93401.**

Sande Adkins, Robert L. Asbell, Richard Beltran, Paul & Becky Bestwick, Elfrieda Blond, Bernard Diggins, Chester A. Gibbs, Eric Grandin, Art & Doris Henzgen, Carolyn & Mike Jones, Joe Maletesta, Dan Mourani, Liese Rego, Esther Rigoni, Charles & Dolores Roady, Eunice W. Scarbouough, Wally & Dorothy Seelos, Bob Simola, Jim & Kathy Trask, and Suedene Walker.

### Nutritional Chart

Someone sent Joe Sabol a very good nutritional chart on Healing Foods and he shared it with me. I wanted to print it in this newsletter, so I tracked down the source of the chart and found the original creators. It was at a website created by the **students** of John F. Kennedy High School, Bronx New York under the supervision of their coach Steve Feld. I asked for and got permission to use the chart below as long as I gave credit where credit was due. The whole site is amazing and interesting. Go there! <http://www.tgnyc.org/NYC063364/>

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<b>apples</b>	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
<b>apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
<b>artichokes</b>	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>avocadoes</b>	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
<b>bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>beans</b>	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
<b>beets</b>	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
<b>blueberries</b>	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
<b>broccoli</b>	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
<b>cabbage</b>	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
<b>cantaloupe</b>	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
<b>carrots</b>	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
<b>cauliflower</b>	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
<b>cherries</b>	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
<b>chestnuts</b>	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>chili peppers</b>	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
<b>figs</b>	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>fish</b>	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
<b>flax</b>	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
<b>garlic</b>	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
<b>grapefruit</b>	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
<b>grapes</b>	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
<b>green tea</b>	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
<b>honey</b>	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies

<b>lemons</b>	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
<b>limes</b>	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
<b>mangoes</b>	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
<b>mushrooms</b>	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
<b>oats</b>	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
<b>olive oil</b>	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
<b>onions</b>	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
<b>oranges</b>	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	
<b>peaches</b>	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
<b>peanuts</b>	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates <u>diverticulitis</u>
<b>pineapple</b>	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
<b>prunes</b>	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
<b>rice</b>	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
<b>strawberries</b>	Combats cancer	Protects your heart	boosts memory	Calms stress	
<b>sweet potatoes</b>	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
<b>tomatoes</b>	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
<b>walnuts</b>	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
<b>water</b>	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
<b>watermelon</b>	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
<b>wheat germ</b>	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
<b>wheat bran</b>	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
<b>yogurt</b>	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

## Olive Picking Old World Style

By Pet Daniels

Sunday, November 12, Marv and Pet Daniels, and Nancy Lehman went to an Olive Picking Party! This function was organized by Will and Chris of Tiber Canyon Olive Ranch (where our October meeting was located). It was a beautiful day and we wondered what the day would bring.

The picking of the olives was split into two shifts, morning and afternoon. Twenty-five of us picked about 30 trees at the farm, which is located west of the San Luis Obispo Airport. The trees were loaded with 80% ripe and 20% green, but ripe enough to pick, fruit. After arriving at the farm we strapped picking buckets on and with a few instructions, began to pick. These folks were all volunteers and did a great job stripping the olives from most of the trees by 12:00 noon. We were served a delicious lunch and left the farm before 1:00 PM when the second crew of 25 more volunteers was to arrive.

This was a wonderful experience, not a difficult task, but a real social event as there were conversations and laughter flowing around the trees with faceless companions while we were stripping the fruit from the branches of the mid-sized Olive trees.

After the fruit was picked and placed into containers holding 40 pounds each, it was to be hauled to the Olive Oil Press located in Hollister the following morning. The pressing had to be done as soon as possible as the olives deteriorate if they are held too long after picking.

If this is something you think you would like to do, keep this event in mind and watch for a reminder and a telephone number to call next fall. Lennette will post it in the newsletter.

### Announcements

**Welcome New Members:** June Gelling, Lora Bourdon-Snow, Shirley Beaumont, and Emily and Nancy Belot.

**Lost Watch:** Barbara Tucker lost her watch at the November meeting at the Cal Poly Crops Unit Classroom and hopes someone found it! If **you** are that someone, please call her at **937-2374** and make her day!

**Additional Thanks:** Marv Daniels forgot to include **Mark Woelfle** on the list of helpers at the Santa Maria Home Show, but he didn't forget the help! Pet and Marv are so grateful for all the wonderful volunteers in our group! (And we're thankful for you two!)

**Join the Parent Organization:** Many of our chapter subscribers are members of the Parent association and, for those of you who aren't, perhaps you **should** consider joining. With parent organization membership you receive a wonderful **color** magazine, **The Fruit Gardener**, filled with great articles on fruit growing, news, many chapter activities and contacts. Dues are **\$30 annually** or **3 years for \$87**. Membership applications are available from **Joe Sabol**. Call him at **544-1056** if you can't locate him at a meeting.

**Fruit Display Day:** A date has been set for the 2006 Fruit Display Day at UC Lindcove. The Grower's Day will be **December 15** and the Homeowner's Day will be **December 16**. Both events will begin at 9:00 am and go until noon and there will be no formal presentations, so you may arrive anytime between those hours to taste over 100 varieties of citrus fruit. The facility is located at 22963

Carson Avenue (which is the corner of Road 228 and Ave 315), Exeter, CA Phone (559) 592-2408 for further information or directions to the event. (Joe Sabol says if you are going, take a little wagon to haul the fruit you will taste, some handy wipes, paper towels, and a bottle of extra-strength anti-acid tablets! This event doesn't interfere with our regular meeting and Joe says it is well worth the drive of about 2 ½ hours.)

## Calendar of Meetings – 2006/2007

Meetings are held the **second Saturday** of the month and begin at **1:30 PM** unless otherwise indicated. Bring a friend, car pool, and, for most meetings, **bring a chair** for all in your party. Pet Daniels suggests we bring our own bottled water to drink, too. What fun it is to be a member of CRFG!

**December 9—Annual Holiday Potluck and Plant Raffle—PG&E Community Center—San Luis Obispo: This meeting begins at 12 Noon.** Bring your favorite festive dish to share (enough for 15-20 others). Wear your holiday outfit—anything red is good! Our guest speaker, Ms. Christine Lancaster, Floriculture Teacher at Paso Robles High School, will conduct a short and spirited demonstration on how to make a unique holiday centerpiece for your dinner table or to brighten your living room! Bring your best fruit/vegetable plants for the plant swap and big raffle! Thanks to Marv Daniels for again arranging for us to use the space. **Directions:** From **Highway 101**, take the **San Luis Bay Drive** exit and go **west**. Turn left onto the frontage road, which is **Ontario Road**. The Community Center is located about half a block from there at **6588 Ontario Road**.

**January 6—Annual Pruning Meeting—Cal Poly Crops Unit Classroom and Community Orchard:** Please note that this is not our usual meeting day! Our guest pruner is so busy, this is the only time he was available. Bring your neighbors to this meeting—they will learn to prune their own trees! Bring clippers or loppers—remember this is a “hands on” meeting. This meeting is mostly outdoors and will be held rain or shine, so dress accordingly! **Refreshments group A-G please—we have many visitors at this meeting!**

**Central Coast Chapter CRFG Contact Information:** Art DeKleine, co-chair, [adeklein@calpoly.edu](mailto:adeklein@calpoly.edu) or 543-9455; Bob Tullock, co-chair, [tullock@tcsn.net](mailto:tullock@tcsn.net) or 238-2868; Joe Sabol, program chair, [jsabol@calpoly.edu](mailto:jsabol@calpoly.edu) or 544-1056; Dick Pottratz, treasurer, [pottratz@sbcglobal.net](mailto:pottratz@sbcglobal.net); or Lennette Horton, newsletter editor, [handynana@gmail.com](mailto:handynana@gmail.com) or 474-6501.