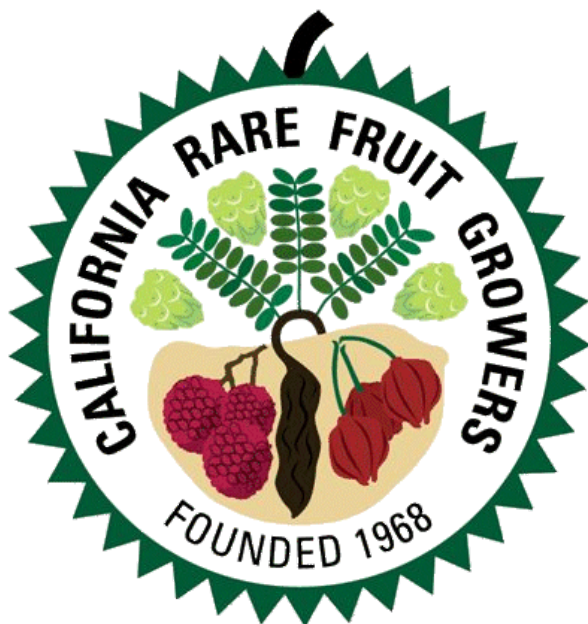


CALIFORNIA RARE FRUIT GROWERS

SAN DIEGO CHAPTER

OCTOBER 2005 NEWSLETTER



provided assorted fruit of named cultivars. These are not stratified. However, if allowed to rot on the ground their seeds may be sprouted without going through stratification. Many people also took home seed from the wild Ohio River Pawpaws from Integration Acres, operated by Chris Chmiel in Southeastern Ohio. These were the subject of the tasting.

The program, presented by your President with much help from the membership, was on growing Pawpaws. Special thanks to Nevin Kleege for contributing his insights as a southern California coastal Pawpaw grower. Nevin and other experts have had experiences that run contrary to the popular wisdom about Pawpaws. For example, Pawpaws are said to grow very slowly. But Nevin has fruited them in about three years. CRFG Pawpaw expert, Steve Boboricken, confirms that Pawpaws can take a long time to fruit from seed, but that he often encounters aggressive growers that fruit in just a few years. Graftlings generally grow slowly. And all Pawpaws seem to benefit from shade until they are about two feet high. It is also worth noting that the Pawpaw fruit falls close to the tree so to speak. That is, trees with good fruit tend to produce seedlings with good fruit.

When growing seedling Pawpaws, it is important to use a deep container to accommodate their long taproot. Early in their lives the trees do not tend to put out a lot of lateral root growth.



*NEXT MEETING is **OCTOBER 27***
PLEASE REMEMBER:

- 1. NOVEMBER MEETING IS ON NOVEMBER 15, 2005 IN ROOM 101 OF THE CASA DEL PRADO.**
- 2. THE HOLIDAY POTLUCK AND GIFT EXCHANGE WILL BE ON FRIDAY DECEMBER 16, 2005.**

Business items of note: San Diego Chapter will host the 2007 Festival of Fruit. It will be the year of the mango. **Note also that Bill Nelson of Pacific Tree Farms is having a retirement bash on the 6th of November. Details are within this document.** Finally, Pawpaw seed was distributed for experimental growout by the members and guests of the CRFG. For the record, the USDA Germplasm Repository at Corvallis Oregon supplied already stratified (chilled) Pawpaw seed of two varieties, Wilson and Pennsylvania Golden. They also

THE VIEW FROM THE CHAIR

Greetings dear friends. Another summer come and gone. Where does the time go? That is one nice thing about fruit growing. Trees grow slowly and produce over a long period of time. Something like a lawn is a static thing that just sits there and is green year after year while the people and the world around it change. A fruit tree on the other hand presents you with something that undergoes positive growth and change over the same time. It is a positive aspect of time passing. The planting and tending of fruit trees, even more than other types of gardening, is also a gesture of hope and faith in the future, and a friendly gesture to people who we will never meet.

Growing rare fruit varieties is even more rewarding than simply planting what is currently fashionable at the time we happen to be living. Planting the rare varieties keeps them alive and available for future generations. The morning after our last meeting, I flew up to the germplasm repository at Davis to taste some Asian varieties that are just starting to fruit now. Several of the staff up there had nothing but praise and admiration for the CRFG, because the CRFG works hand in hand with the germplasm repositories to maintain and enhance the genetic diversity of fruit crops.

Speaking of pomegranate tasting, the results of my trip were that we tasted 40 varieties, including Pink Ice and Parfianka. Those are still excellent varieties. If you would like to taste these varieties, I will try to have some at the next meeting. No guarantee though. CRFG is having a tasting up there at Wolfskill on November 5th. If you feel up to some travel and you want to taste the late varieties, call Ray Sheehy for details at (530)666-7182. The notes from my September trip are below.

POMEGRANATE COLLECTION AT WOLFskill EXPERIMENTAL ORCHARD 9/30/2005. Outstanding varieties are marked with asterisks. We also tasted Pink Ice, Crab, and Wonderful for reference. Wonderful was not ripe yet.

1. DPUN 140 Seidi. White Arils. Sweet but insipid.
2. DPUN 141 Zelili. Small arils. Good flavor. But almost all of the fruit was rotten inside. It was hard to find any good arils.
3. DPUN 142 Anvari. Pink tinged arils, pretty. Nice sweet taste, but hard seed.
- *4. * DPUN 143 Sogdiana. Dark pink arils. Very soft seed. Less sweet than the sweet ones, but balance with sour and slight astringency. Very refreshing.
5. _____ Girkanskii. Soft seed, medium red arils. Somewhat sour but good.
6. DPUN 123 Saharnyi. Too tart.
- *7. * Parfianka. Still excellent fruit, and we tasted it blind. That is. First we tasted it, pronounced it a winner. Then we looked at the tag.
8. DPUN 125 Ariana very soft seed. Tart, but good.
9. DPUN _____ Girkanskii. Harder seed. Tart. Okay.
10. DPUN _____ Kemine No notes.
11. DPUN 101 Kukchirinski. Tiny elongated fruit. Solid tissue inside with a few seeds in it. An oddity. Trees also had already lost their foliage. Someone remarked at first that someone had sprayed Roundup too close. A curiosity.
12. DPUN 129 Nisa. Light pink arils light tartness. Good.
13. DPUN _____ Messarian. Good Flavor. Soft seed.
14. DPUN 131 Dahistan. Soft seed. Good flavor. More astringent than Messarian. Could use a little more sweetness.
15. DPUN 132 Sumbarski. Soft seed. Sweet. Mild. Good, but a little bit bland.
16. DPUN _____ Hvalinski. Arils pretty, white with pink tinge. Hard seed.
- *17. * DPUN _____ Myatadhy. Soft seed. Sweet nutty taste. Very good to excellent.
- *18*. DPUN _____ Azadi. Early. Many split already. Sweet soft seeded, like pink ice with a touch of astringency.
- *19*. DPUN 136 _____ Syunt. Aril almost white. Excellent. Soft seed.
20. DPUN _____ Andalib. Tartest thus far. Lemonade.
21. DPUN 139 _____ Pink /white aril. Semi sour.
22. DPUN 117 Vikusnyi. Dark red arils. Good tart flavor.
23. DPUN 71 Afganski. Tart. High seed material to pulp in each aril.
24. DPUN 113 Pamyati Rozanov. Good. Slightly tart. Seed soft, but bigger than average.
25. DPUN 115 32/30 Cherry color arils. Slightly tart. Refreshing. Large Arils. Multiple stages of fruit hanging, including blossoms.
26. DPUN _____ Ranii. Good sweet flavor, mellow. Smaller fruit. Seed slightly harder than "Wonderful".
27. DPUN _____ Schanaskii. White Aril. Very Tart. Very Hard seed.
28. DPUN _____ Podarok. Good tart flavor, but very hard seed. Name means gift. The gift here is the plant is very fruitful.
- *29*. DPUN _____ Medovyi Vhasha. Nice sweet flavor. Nice soft seeds. Very good. Very fruitful.

30. DPUN ___ Desertnyi. Nice soft seed. Tart/Sweet. Refreshing. Good.
 31. DPUN ___ Gissarki Rozovyi Excellent. Sweet/Sour flavor soft seed.
 32. DPUN ___ Gissarski Allyi. Like Rozovyi, but more (too) sour.
 33. DPUN ___ Agat. Very soft seed, but too sour.
 34. DPUN ___ Green Globe. Fruit size not exceptional. Some already split. Flavor average with hard seed.
 35. DPUN ___ Eversweet. Mine here in San Diego was finished in late august. But bore only one fruit this year. Last year was pretty good though. I wonder if it is an alternate bearer. This tree still had lots of fruit. Flavor was very good. Seed medium soft (substantially softer than wonderful)
 36. DPUN. ___ Purple Heart. Very good taste. Hard seed, though.
 37. DPUN ___ Haku Botan. White flower ornamental. No pigment in outer skin or in arils. Very sour.

MAMA WHETTON'S ROSE APPLE PIE

2 pie crusts	1/4 tsp. ground nutmeg
1/2 c granulated sugar	1/4 tsp. salt
1/3c brown sugar	3 Tbsp. butter
2 Tbsp. all-purpose flour	3 lbs. peeled, sliced, tart apples
1/2 tsp. cinnamon	1 doz. sliced rose apples

Line pie pan with 1 crust. Mix sugars, flour, cinnamon, nutmeg & salt in a large bowl. Cut 2Tbsp butter into dry mixture to form pea-sized pieces. Place apple & rose apple slices in large bowl of dry mixture & toss to coat with mixture. Arrange apples in pie shell in tightly shingled rows. Cover with top crust, pinching edges together. Make several slits in crust & brush with last Tbsp. of butter (melted). Bake in preheated 375-degree oven for 50 minutes until crust turns golden brown.

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Oscar Butler – Librarian (858) 458-3533 mbutlar@pacbell.net	

ANNOUNCEMENTS:

You're Invited!

On Sunday, Nov. 6th, 2005, please join us in celebrating the ever wonderful Bill Nelson, of Pacific Tree Farms.

***On this day, we will be acknowledging his contributions to the horticultural industry,
 accomplishments within the community,
 and simply, the wonderful human being that he is.***

*We will gather from 2:00 pm – 4:00 pm, at the Horticulture Facility,
Landscape and Nursery Technology Department,
Southwestern College, 900 Otay Lakes Road, Chula Vista.*

A nominal fee of \$15 is requested for the catered meal and honorary gift.

*The California Association of Nurseries and Garden Centers will be presenting
him with a bronze plaque but for those of you that would like to bring your
own personal gift for Bill, it is highly encouraged.*

**RSVP with Bill Homyak or Meredith Sinclair at
421-6700, x5371, by Monday, Oct. 31st, PLEASE!**

Kniffings Nursery is offering CRFG members 10 per cent off on trees. 14940 Oak Creek Rd. El Cajon, CA 92021
(619) 561-0611

Meritt Mountain Discount Nursery (Paul Fisher) is offering 20 % off on all trees. 1266 Vista del Monte, El Cajon,
CA 92122 (619) 322-4141

Don't forget to check our website at www.crfgsandiego.org.

NEXT Meeting:

WHERE: Casa del Prado Building Room 101, Balboa Park
WHEN: OCTOBER 27, 2005 at 7:00 p.m.
MEETING TOPIC: Presentation and Discussion on Mango.

For membership, please mail your application form and check to

CRFG, San Diego Chapter
C/O Paul Fisher
1266 Vista Del Monte Dr.
El Cajon, CA 92020

CALENDAR == YEAR OF THE APPLE

Month	Meeting Topic	Event(s) For the Month
October 27 Casa del Prado 101	Mangos. Presentation and discussion on growing them. Pomegranate tasting.	
November 15 Casa del Prado 101	Back by popular demand, Terry Salmon will present Vertebrate Pest Control II, focusing this time on rats and gophers. Also, workable bird management techniques.	
FRIDAY December 16 Casa del Prado 101	Holiday Dinner, Elections and Gift Exchange	

PAWPAW RECIPES -- PROBLY GOOD WITH CHERIMOYAS AS WELL

PAWPAW ICE CREAM

Leslie Mansfield writes in "The Lewis & Clark Cookbook: Historic Recipes from the Corps of Discovery & Jefferson's America": "Pawpaws have a flavor that can best be described as a creamy tropical custard. Hence their other name -- custard apple. A favorite of the men of the Corps during their travel through Ohio, pawpaws grow wild in about 25 other states east of the Mississippi River." (That includes Pennsylvania.) This was the ice cream served at the dinner honoring Mansfield at the Pines Tavern.

- 2 cups pawpaw puree, thawed if frozen
- 2 cups heavy cream
- 1/2 cup milk
- 1 cup sugar

Place the pawpaw puree in a bowl and set aside. In a heavy saucepan, stir together the cream, milk and sugar. Bring the mixture to a simmer over medium heat. Slowly pour the cream mixture into the pawpaw puree, whisking to blend. Cover with plastic wrap and completely chill in the refrigerator. Pour the cold mixture into an ice cream maker and process according to manufacturer's instructions.

Makes about 1 1/2 quarts.

PAWPAW CREAM CAKE

- 1 two-layer white cake mix, prepared according to package directions
- 2 3-ounce packages cream cheese, softened
- 1 cup butter-flavored Crisco
- 2 teaspoons vanilla
- 1/4 to 1/2 cup pawpaw pulp
- 2 cups confectioners' sugar
- 1 slightly beaten egg white (see note)
- Dash salt
- 1 recipe Belle's Diner Meringue (recipe follows)
- 2 large bags black walnut pieces (about 1 pound)

Belle's Diner Meringue:

- 5 egg whites
- 2 heaping tablespoons cornstarch
- 1/4 cup granulated sugar

For meringue: Beat egg whites in electric mixer until soft peaks form. Add cornstarch and sugar until stiff peaks form. Spread meringue on top of one baked cake layer. Bake in 350-degree oven for 5 minutes. Remove from oven; cool.

Prepare frosting: Mix cream cheese, shortening, vanilla, pawpaw pulp, egg white, confectioners' sugar and salt. Whip well.

Place remaining layer of baked cake on plate.

Spread 1/3 of frosting on cake layer. Sprinkle 1/3 of black walnuts on top of frosting. Place meringue-topped layer on top of frosted layer. Spread rest of frosting on outside of cake, leaving meringue topping as is. Press walnuts into frosting.

Note: Because of the danger of salmonella in uncooked eggs, you can reduce risk for the very young, very old or those with weakened immune systems by using pasteurized egg whites.

Sharon Phillips, Little Hocking, Ohio

PAWPAW MUFFINS

This is an example of how to use pawpaw puree as a fat-reducer in a recipe.

- 2 cups flour
- 3/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup 2-percent milk
- 2 egg whites
- 1 teaspoon vanilla
- 1 tablespoon soy oil
- 1/2 cup pawpaw puree

Mix flour, sugar, baking powder and salt. In a separate bowl, mix milk, egg whites, vanilla, soy oil and pawpaw puree.

Add the wet ingredients to the dry ingredients and hand-mix for 17 strokes using a wooden spoon.

Lightly coat air-bake muffin tins with vegetable oil and scoop the batter into the pans.

Bake the muffins at 400 degrees for 20 minutes.

Meleni W. Duffrin, Ohio University

PAWPAW PECAN PIE

This pie was made by Annette Chmiel, the mother of Ohio Pawpaw Festival organizer Chris Chmiel, whose wife, the former Michelle Gorman, grew up in Regent Square.

- 1 unbaked pie shell
- Bottom layer:
- 1 cup pawpaw puree
- 1 egg
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice

Beat egg with pawpaw puree. Add other ingredients. Spread into pie shell.

Top layer:

- 2 eggs
- 2/3 cup corn syrup
- 1/2 cup sugar
- 3 tablespoons unsalted butter, melted
- 1/2 teaspoon vanilla
- 1 cup pecan halves

Beat eggs until frothy. Add corn syrup, sugar and melted butter. Mix lightly. Stir in vanilla and pecan halves. Pour over pawpaw layer.

Bake in 350-degree oven for 50 minutes. Cool.