



CRFG San Diego Chapter Newsletter

October 2011

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Mission Statement

"To encourage and foster public and scientific interest, research, education in and the preservation of rare fruit plants that have edible seeds, fruits, leaves, stems or roots and are not commonly grown commercially. The furtherance and encouragement of these activities shall be for the benefit of the public rather than commercial interests."

From: www.crfgsandiego.org

October 26th, 2011 General Meeting: Pomegranates and other fruits of October's bounty

Wednesday – 7 pm

Room 101 Casa Del Prado, Balboa Park

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Hello fellow Fruit Growers;

This month our Chapter meeting will feature pomegranates and also some of the other fruit that we enjoy harvesting during these next few months. In addition to pomegranates; pineapple guavas, persimmons, jujubes, Asian pears, apples, figs, ches, white sapotes and many other fruit are ripening during this season, making Fall truly a bountiful season for fruit growers. We will be having a panel of some of our Chapter members who will answer questions and will discuss their experiences growing these fruit. Bob Holzinger is also planning a trip to Bob Chamber's white sapote collection and will be bringing several varieties of white sapote fruit to the Chapter meeting for all to enjoy. If anyone has pomegranate fruit or other fruit from their trees at home, please bring some for all to share. Please bring any fruit washed and cut and ready to serve so that volunteers at the refreshment table do not have to prepare your fruit.

The Board and I are very excited to finally be able to bring the San Diego CRFG Chapter T-shirts to our members. These beautiful, full color t-shirts will be available in men's or women's styles in two colors (green or blue) for the incredible price of \$6.00 each to Chapter members. The cost for these shirts is partially being paid for by the Chapter and this price is for shirts ordered by November 1st only! Quantities are limited. See the order form attached to this newsletter and send in your orders by November 1st.

Chapter elections will be coming up next month and we still need candidates for this year's elections. This year's Board members have all volunteered to stay on board to help the newly elected Chapter officers get familiar with their duties and responsibilities as well as help on plans for the Chapter. All of the existing Board members know that taking a position can be intimidating and at times seem overwhelming and we all want to assist the new Board in every way possible. Please consider running and let the Nominating Committee know your interest for the November ballot.

In addition to the Board officers, our Chapter needs members to Chair or volunteer on Committees. The Community Outreach Committee is one of the most important Committees for our Chapter and is responsible for organizing and staffing our Chapter's educational booth at the many events that occur throughout the year. On this note, I would like to thank David Sohn, Ben Kotnick and Erik Collins for setting up and staffing our display at the Sustain La Mesa Festival this past month, Thank You guys! Erik Collins has done a great job as the Chair of this Committee for the past 18 months and is stepping down at the end of this year. Several other Committees have very few members and we desperately need greater participation from the membership to keep these committees healthy and to keep from "burning out" the few members who work so hard for our Chapter. Please volunteer and help our Chapter continue to make the great progress we have seen during the past few years. Please contact any Board member or Committee Chair if you are willing to help!

The available space for our containerized trees at Southwestern College is filled to capacity and we are hoping that some of our members would be willing to bring some of these trees and plants to their homes to care for them. It would be extremely helpful if members could "babysit" some of these trees until the Chapter needs them at future plant sales or workshops. If you could help, please contact David Yetz at (619) 981-3397.

David Yetz has been gracious in volunteering to organize a group purchase of bare root fruit trees from Dave Wilson Nursery for our Chapter again this year. This is a fantastic opportunity for our members to get some of the newest and best deciduous fruit tree varieties for our area at a significant savings over the cost of these trees from retail nurseries. The absolute deadline for ordering these trees will be November 5th and all orders must be prepaid and received by David Yetz by November 5th. Orders can be mailed to David at 2994 Wind Creek Road, Alpine, CA. 91901.

Tree availability is limited so for best selection please order ASAP. Dave will do his best to get everyone the trees that they request and if there are varieties that are sold out, refunds will be issued. See David's message in this newsletter for further details on this exciting opportunity and don't miss out on this chance to add to your fruit collection. You can contact David at (619) 659-8788 or by email at: dave@thegarden.org.

Last year we had a Wonderful Holiday party and The Board and I could really use help from anyone willing to give us a hand this year to make our 2011 party equally enjoyable. Please contact me at (619) 454-2628 if you would be willing to help on this year's Holiday party. To plan for the meeting topics for the start of 2012, we could REALLY use your input and would like to know what YOU would like. Please give us your ideas and help us help plan for the beginning of 2012. Please place any ideas, suggestions and comments in the "Suggestion Tree" at the monthly meetings or mail them to the Chapter's P.O. box. I hope everyone is enjoying this Fall season and I am looking forward to seeing many of you at our October meeting.

Sincerely, Tom Del Hotal

Next Board Meeting

Tuesday November 2nd 6:30 P.M. Location: The Water Conservation Garden at Cuyamaca College.
Everyone is welcome and invited to join us!

Refreshment Table

This month's meeting: If your last name falls between the letters of Alv to Dem..., please bring goodies for members to share. Elizabeth Pollard has volunteered to organize and coordinate the refreshment area so please come early or remain after the meeting to help her set up and put away the supplies for the refreshment table. If you bring fruit, please have it washed and cut and ready to place on the table for members to enjoy. Please label your goodies with your name and the name of what you bring so that everyone knows what they are enjoying.

Members, PLEASE help set up or stay after the meeting to help clean up and put away items back into our Chapter's storage locker. Cleanup is quick and easy when many work together.



Vice Chair Notes by Jim Neitzel

The cool nights of September and October signal that it's time to transition from tomatoes, squash, corn and egg-plant to the fall and winter vegetables. The short days, cooler weather and rains help make the winter garden easy. Sugar snap peas, carrots, lettuce, beets, chard and cole-crops thrive now and provide delicious healthy rewards as our orchard crops take a break. (See our last March Newsletter for garden crop planting recommendations for the different seasons.)

As I indicated in the September newsletter, the October 26th program will probably need to be expanded beyond the emphasis on pomegranates because of a reduced crop of the latter. Consequently I suggested: Pomegranates and other fruits of October's bounty as our topic. Also, Bob Holzinger and I plan to visit Bob Chamber's De Luz sapote grove to gather fruits of his best varieties for a taste-off. If members bring in sufficient pomegranates, we may still have our pomegranate taste-off.

Please bring in fruits from your yards and consider serving on a short panel for commentary and Q&A.

Also, the nominating committee should address the members on October 26 as they seek candidates for our Nov. elections.

Finally, hopefully any of our members attending the Festival of Fruit in Phoenix could bring back notes, handouts, summaries, etc., to share with us and our editor.

The November program will probably treat dormant pruning and spraying, elections, collection of interest surveys and possibly we'll have a persimmon U-pick field trip again. Please complete the interest surveys and your suggestions to Karen Lakomy at the door – or to me as we'll try to be guided by such upon designing the calendar for next year.

P.S. while I was fertilizing and soaking the banana patch at Southwestern in late September, I noticed a first blossoming. The "Sweet Vietnamese" should produce 7-8 hands of fruit. Jon Verdick predicts that they'll ripen in April! Due to the warmer weather, fertilizing and some extra watering and mulching, the clumps are growing fast.

The nominating committee is seeking to find candidates for the four offices of our chapter board. One or more members for each position would be ideal for the committee to conduct a proper election during our November chapter

meeting. A few individuals have volunteered to run, but the committee would like to find various candidates. If interested or have a recommendation, please inform a nominating committee member: Rich Oswald, Gustavo Reynoso, Jesse Prothro, Gregg Hansen, or Frank Habetler.



Committee Reports

Membership & Hospitality Committee by Karen Lakomy

Welcome to new members – **Nevin Kleege** (San Diego 92119), **Carl Phipps** (Bonita 91902) and **Lyle Kafader** (San Diego 92106).

Opportunity Table Committee by Gustavo Reynoso

Thank you to everyone who donated plants/trees to the opportunity table. Just a few things I would like to mention. If you do bring a plant/tree please do not forget to put on a piece of paper or tag the name of the plant/tree and the variety, if known. If you have spare gardening tools that you no longer use, feel free to bring them to the opportunity table as well. Also, please continue to bring in your fruit trees and gardening tools. If you have a pomegranate tree that you would like to donate, please bring them to this meeting, as the subject of the meeting will be on pomegranates. We generated a total of \$84.00 in opportunity table tickets. Please do not forget to sign in at the opportunity table if you brought in something to donate, so you can get credit for it.

Also, if you have multiple trees that you would like to donate to the opportunity table or future plant sales please call me or email me and we can coordinate a time for me to pick up the trees.

Paul and Helen Thomson Endowment Committee by David Long

Wednesday, October 19 at 6:30pm, we will be having our bimonthly committee meeting for the Paul and Helen Thomson Endowment. We meet in the Balboa Library across from our regular meeting room.

We will be going over partnering with the Cuyamaca College propagation class starting in January, ordering fruit trees for the giveaway that will occur the first of next year, and following up on projects that we have in the works.

This will be the last committee meeting until January of next year. We would love you to come and provide input on what we are doing and the directions we need to go. Please join us.

I will also ask our membership to vote on funding the tree giveaway to schools and community gardens for another year at our next meeting. Thank you for your support and I will see you soon.



Newsletter Submissions

Members are encouraged to submit content to the newsletter.

Photos, recipes are always appreciated.

Recaps of fruit-related events such as the Festival of Fruit are also welcome as well as description of interesting fruits and cultivars.

Please send your submissions to editor@crfgsandiego.org no later than the **2nd Wednesday** of the month. Thank you.

Preserving your harvest

There are several ways: salt (brine) pickles, sugar, jams and jellies, freezing, canning and dehydrating. My favorite is dehydrating the easiest of the preserving methods. I use an Excalibur dehydrator.

Wash fruit or veggie, place on trays. Cut large pieces in smaller pieces. It will take anywhere from 12 to 48 hours depending on moisture content of food to be dried. Fruit leather can be made from very ripe fruit.

Samples passed around were cherimoya leather, persimmon-pineapple, guava and peach leathers, also dried figs, strawberries, and some stone fruit. Our dried figs started Dennis and I on our way to selling figs and other dried fruits at farmers markets

Roxanne Kelley

Membrillo (quince paste) Recipe from deliciousdays.com

Prep time: 20min., cooking/drying: ~2.5 hours

Ingredients:

- 4 quinces, peeled, cored and coarsely cubed
- equal amount of white sugar (determined in step 1)
- water

1 Wash, peel, core quinces, then chop coarsely and place in a large pot. Add enough water to cover the quinces and boil covered for about 30 minutes or until fruit is very soft. Remove excess water and weight.

2 Process the fruit until very smooth either with a regular or a handheld blender. Add an equal amount (see step 1) of sugar and combine with fruit pulp in the same pot.

3 Cook, stirring over a low heat until the sugar dissolves. Continue to cook, stirring occasionally, until the quince paste thickens and has a deep orange color. This will take round about 60-90 minutes.

4 Transfer cooked paste to a parchment paper lined and lightly greased pan (mine was about 20x20cm/8x8") and spread paste flat. Place in oven at low heat (50°C/120°F) with the fan on for an hour or so to aid the drying process.

5 To serve (with cheese): Cut into small wedges or squares. To store: Wrap in foil and keep in fridge.



Local Gardening Events

Free Garden Lecture Series – Sunshine Care Assisted Living Homes

Saturday, October 22 at 10:30 a.m.

Fall and Winter Crops

Roy Wilburn Director of Horticulture, Sunshine Care Homes

Come learn the ins and outs of preparing to plant for the winter time in San Diego. We'll talk about winding down summer crops (tomatoes, bell peppers, zucchinis and cucumbers) and starting and tending fall/winter crops (broccoli, cauliflower, cabbage and lettuce). This will be part lecture, part walking tour and field demonstration.

12695 Monte Vista Road, Poway, CA 92064 **RSVP/More Details:** 858/752-8197

Free Workshops in Urban Forestry

November 3, 2011 - 5:30 to 7:30 pm.

Integrating CA Native Plants into Urban Landscapes

Mike Evans, owner of the famous Tree of Life Native Nursery in San Juan Capistrano presents a workshop on the best native plants for use in sustainable urban gardens. This class will discuss the best cultivars of native trees, shrubs, perennials and groundcovers, especially targeting ones that tolerate integration with non-native, but low water use garden plans.

Register at www.energycenter.org/forestry or Contact Robin Rivet: 858.634.4741 robin.rivet@energycenter.org



Home & Garden Show table



Pitahaya field day varieties



Wampee fruits ripening



Sept. speaker Roxanne Kelley



Members brought pitahaya cuttings to the meeting

To participate or volunteer in any of committees, or for more information about the committees or committee projects contact:

Botanical Garden Development Committee (Joint w/N County)

David Yetz

FormerChair@CRFGSanDiego.org

Chapter Bylaws / SOP Review & Revision Committee

Community Outreach & Education Committee (Joint w/N County)

Erik Collins 619-303-5353

Sonicpig@hotmail.com

Library Committee

David Yetz 619-981-3397

Librarian@CRFGSanDiego.org

Membership & Hospitality Committee

Karen Lakomy 619-579-6366

Membership@CRFGSanDiego.org

Newsletter Committee

Fang Liu 858-866-9674

Editor@CRFGSanDiego.org

Opportunity Table/Drawing Committee

Gustavo Reynoso 619-861-7821

OpportunityTable@CRFGSanDiego.org

Paul and Helen Thomson Endowment Committee

David Long

858-748-2398

ThomsonEndowment@CRFGSanDiego.org

Propagation Committee

Jim Neitzel 619-262-8959

Available 7-9 am & after dark

Publicity Committee

David Silverstein 619-226-6469

bentleye@cox.net

José Gallego

619-261-3610

Webmaster@CRFGSanDiego.org

Refreshment Committee

Special Events Committee

Vendor's Contact

Ways & Means Committee

Website Committee

José Gallego

619-261-3610

Webmaster@CRFGSanDiego.org

The following committees need volunteers to lead them:

Refreshment Committee – Special Events Committee – Vendor's Contact – Ways & Means Committee

Save a Tree! Go Paperless! If you're still receiving your newsletter by postal mail and you have an email address, please consider receiving it electronically. In addition to receiving it a lot earlier than postal delivery, you will also receive time-sensitive information on special events that is usually too late to post in the newsletter. Past issues of the newsletters are also posted on our website. Let the membership committee know if you would like to try it. Thanks to those members who have decided to go paperless.

San Diego CRFG Board Contact Info:

Chair: Tom Del Hotal

Chair@CRFGSanDiego.org

(619) 454-2628

Vice-Chair: Jim Neitzel

(619) 262-8959

(generally from 7-9 am & after dark)

Treasurer: Erik Collins

Treasurer@CRFGSanDiego.org

(619) 303-5353

Secretary: Mark Bendixen

Secretary@CRFGSanDiego.org

Former Chair: David Yetz

FormerChair@CRFGSanDiego.org

(619) 981-3397

Upcoming Events – at a Glance

10/19 – 6:30pm	Endowment Meeting at Casa del Prado 104
10/21 – 7pm	North SD County Chapter Meeting: Organic growing techniques with Dan Kinnard
10/26 – 7pm	San Diego Chapter Meeting: Pomegranates and other fruits of October's bounty
11/1 – 6:30pm	Board Meeting at WC Garden
11/3 – 11/6	2011 Festival of Fruit at Arizona State University: Year of the Pomegranate
11/12 – 8:30am	Work Party at SD Botanic Garden
11/16 – 7pm	San Diego Chapter Meeting: Deciduous winter pruning and spraying

California Rare Fruit Growers

San Diego Chapter

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USA

ADDRESS CORRECTION REQUESTED