



San Diego Chapter Newsletter

November 2015



Friday, November 20th 2015

Guest Speaker

**Gary S. Bender Ph.D., Emeritus on Growing Avocado Trees
in San Diego County**

7:00 pm Room 101 Casa Del Prado, Balboa Park

Hello Fellow Fruit Growers,

Thanks to the cooler weather and recent rains in San Diego County my fruit trees are starting to show a seasonal change. The avocados are growing larger and my irrigation system had the opportunity to use its smarts – and keep the water turned off when it was raining.

The special dinner at the Mission Trails Visitor Center was an evening of good food and good friends, to recognize the Volunteers that put such a monumental effort into the Festival of Fruit. Our hat is off to Stephanie Murphy for planning and organizing this party, Gregg Hansen for providing drinks, Tom Del Hotal for the Marie Calendar pies and the rest of the volunteers for making the party such a successful event.

Looking ahead to 2016 there are many exciting possibilities for our Chapter. The Festival of Fruit and plant sale were financially successful, adding to our already robust financial health as a chapter. Our Mission Statement calls to enhance public interests, education and preservation of rare plant material. There are many possibilities for how that can be accomplished – do you have ideas? Some I have heard include: a shade house for education and growing year round at the Bancroft Nursery, scholarships at local Community College agriculture programs, increase the \$100 Speaker Honorarium to draw specialized speakers, and donate funds to CRFG, Inc. A newly formed Budget Committee needs your participation so your ideas, research options can be developed and recommendations made to the Board for funding projects in 2016. Please sign up at <http://goo.gl/aqrEji>

Jim Neitzel will be making nominations for board members at the November meeting and calling for a vote. Please remember, only members of CRFG, Inc. have voting rights at an election. Volunteering as co-chair has shown me to a new world of growing and fruit this year. It has been a rewarding way to learn at a pretty fast pace. You might like it too.

As the year comes to a close, plans are underway for the Holiday Party and the Scion Exchange. The Holiday Party is Friday, December 11th. The Scion Exchange is always a popular and crowded meeting in January. This year Priya Kanakha, our Chapter Secretary, has developed an on-line member sign up form to help save a tree or two - and take the place of signing up at the meetings. Andrea Fincham suggested last year that members could register from home in their jammies at midnight? What a concept. Lets all do that.

Membership this year will be different than the past few years. The Board approved to waive the \$13/\$18 Chapter dues for 2016. The new on-line form Priya has developed will serve as your renewal to be a Chapter member. Signing up will gain you access to e-mailed newsletters, e-mail notices for events and the ability to attend special functions like workshops and garden tours. You will notice, the form asks for your CRFG, Inc. member number. The cost is \$25 annually. The Standard Operating Procedures of the San Diego Chapter have always required a member to also be a member of the state organization, CRFG Inc. Almost 50 years ago the San Diego Chapter was formed. As interest grew, CRFG Inc. was developed as a coordinating hub for chapters. We thank you for supporting the organization that assisted in bringing together so much knowledge about rare fruit growing. The annual CRFG, Inc. membership is a bargain at \$25 and equates to about \$2.00 per chapter meeting, which is well worth it to help support the entire organization.

This month we are fortunate to have Dr. Gary Bender, Farm Advisor, Emeritus, speaking about Avocado growing in San Diego County. Please note, due to the Thanksgiving Holiday, the meeting date has changed to Friday, November 20, in Room 101. Yes, we will be back in our regular room! Thank you for your patience for the months we were in 102. It was definitely a cozy room.

Thank you to everyone who has brought in food to

share at the tasting table and plant material at the opportunity table. These 2 events at each meeting are very important to keep the meetings educational and lively with conversation about the offerings. Laura at the opportunity table and Elizabeth at the tasting table are both excellent at proving a nice showing on the tables and recruiting members to help prepare and clean up afterward. However, additional volunteers at the end of the meeting would be greatly appreciated. These two hard workers have been turning out the lights – they are the last to leave with the Board members. If you have not stayed til the very end.....please give it a try November 20. The more the merrier.

If you have any suggestions, please contact Gregg or I at the meeting. Member ideas and participation are crucial to keep our chapter vibrant. We look forward to seeing you at the next meeting.

Jennifer Fitzpatrick, Co-Chair
Gregg Hansen, Co-Chair

Board of Directors Meeting

Monday, November 30
Balboa Park, Room 104
6pm-9pm

This meeting is open to all members to attend and participate.

Fruits in season this month

feijoa, persimmon, white sapote, pomegranate, late apples, cherimoya, longan, mandarin, grapefruit

To contribute what you're harvesting or buying in season, please email editor@crfgsandiego.org

Tasting and Refreshments Table

last names beginning with **K** or **L**

Please bring fruit or other items already cut into to serving size pieces and labeled with variety.

Please label the container with your name and remember to pick up your container at the end of the meeting. Also, if you can help with Tasting Table set up before (or clean up after) the meeting it is very much appreciated. Thank you!

Meeting Program

1. Welcome
 2. Guest Introductions
 3. Announcements
 4. Gary Bender – Avocados
 5. Opportunity Drawing – 9pm
 6. Meeting Concluded – 10pm
- Next Month – Holiday Potluck

Treasurer's report by Stephanie Murphy

October Expenses

\$ 200.00 - Honorarium/mileage - Isabel & Jon Barkman (Persimmons)

\$ 7.00 - Tasting table (plates and napkins)

October Festival of Fruit Expenses

\$ 585.00 - Volunteer Appreciation Dinner (Venue Rental)

\$ 70.00 - Speaker registration and lunch reimbursement

\$ 862.00 - Total Expenses

October Income

\$ 75.00 - Opportunity Table

\$ 13.43 - Membership

\$ 12.45 - Amazon commission

\$ 1.00 - Fruit Tasting Jar

October Festival of Fruit Income

\$ 15.00 - T-shirt/Tote sales

\$ 116.88 - Total Income

If you have any questions please send an email to Treasurer@CRFGSanDiego.org

FINANCE COMMITTEE and SUGGESTIONS

To submit ideas for next (or future) years budget or join the Finance Committee, please have your CRFG, Inc. membership number available and click here:
<http://goo.gl/forms/sTp0A0cdmX>

October 7, 2015
CRFG San Diego
Board Meeting Minutes

Commence at 6:17 pm

Board Present: Ben Kotnik, Gregg Hansen, Jennifer Fitzpatrick, Priya Kanakha, Stephanie Murphy

Secretary Report: September Board and General meeting minutes were approved.

Stephanie presented the Treasurer's report for September, and was approved.

The FoF Volunteer appreciation dinner was discussed. Depending on the reservation charges Admiral Baker Park, Emiliano's, Mission Trails, and Balboa rooms were in consideration as a suitable venue. Ben and Jennifer spoke highly of the Mission Trails venue, and said it will be a unique location to host the appreciation event. Rudy's was suggested as the prospective food caterer. Stephanie agreed to follow up on the costs for hosting the event.

2015 Holiday party is to take place on December 11th. The holiday party table and decoration budget was discussed. After reviewing the annual chapter budget, and 2014 holiday party decoration expenses it was suggested a budget of \$50-\$75 was appropriate for this year.

2016 chapter membership fees and SOP&R's relating to parent organization membership were discussed. Due to the FoF success and the revenues generated, it was suggested the annual chapter member dues for 2016 be waived, and instead, the chapter members need to join the parent CRFG organization in January. Gregg will announce this recommendation to members during the general meeting, and implement membership fee changes based on member feedback.

Meeting adjourned: 8:30 pm

October 28, 2015
CRFG San Diego
General Meeting Minutes

Commence at 7:25 pm

Gregg Hansen welcomed everyone and announced the FoF Volunteer appreciation dinner is scheduled for November 1st at Mission Trails Visitor Center. He asked anyone who helped with the Festival to RSVP through the link emailed to the members. Gregg mentioned **Jim Neitzel** is heading the nomination committee, and asked anyone interested in joining the 2016 Board to speak with Jim.

Jennifer Fitzpatrick spoke about the Dave Wilson

Nursery's SOFT program, and asked anyone interested in purchasing trees to contact **Jim Neitzel** by November 5th. The November general meeting is scheduled for the 20th, and will move to the regular meeting room 101.

Gregg mentioned the chapter's Amazon affiliate link has started generating revenues, and encouraged all members to link via the chapter website for any of the Amazon purchases. Gregg shared the success of the FoF, and conveyed the Board recommendation to waive 2016 chapter membership fee in lieu of joining the CRFG organization parent at either \$25 or \$36 level. Most members were in agreement, and a few were not happy with the proposed changes.

Karen Lakomy brought a motion to the floor, Holiday Party Committee be given a budget of \$400 towards table settings and holiday decorations for the 2015 December Holiday party. The motion passed.

Isabel Barkman from the South Coast Research and Extension Center was the keynote speaker. Isabel is the caretaker of the persimmon and cherimoya collection at SCREC. As part of the presentation Isabel had brought several pounds of delicious persimmons for display and tasting. Isabel's colorful presentation was supported by **Jon Barkman**. The presentation was packed with information relating to history, varieties, propagation, and fertilization. The annual Persimmon tasting in SCREC is scheduled for November 20th. Here are some of the helpful suggestions from Isabel - to avoid alternate bearing heavily thin the pea sized fruits early, to improve next year's crop. Leave 5-7 buds in the branch, and allow chicken feet like growth for fruit set. Persimmons need the heat of summer and cold nights to develop full sweetness. The collection has about 53 varieties, and all propagation efforts are handled by the Wolfskill Research Center. The best time to harvest fruit is in November. Isabel says, "she likes her birds to be well informed and educated", that sheets of newspaper/magazine along with window screen effectively allows the fruits to slowly mature into delicious snacks. Did someone say snacks? Frozen Hachiya tastes like icecream. Hiragikin and Jiro are good for drying. For the propagation enthusiasts use Lotus variety seedlings as rootstock and Pique in the case of Suruga, a late fruiting chewy and crispy Fuyu. Isabel and her staff have their favorites, and some uncommon varieties as well. Fertilizing twice a year is recommended, with September being critical. No fertilizer is recommended when in bloom. To establish newly planted persimmon trees do not let the young trees set fruit for 3 years.

Meeting adjourned: 9:40 pm

Propagation Committee Notes by Jim Neitzel

Autumn weather finally arrived about a week into November, a real rain storm delivered around 1 1/2 inches of rain and ended the heat. Most deciduous trees still are holding their green leaves - some even tried to re bloom!

The recent chill should motivate us to get those fall & winter veggies planted & come December to start pruning & storing scion woods & cuttings for the big exchange in January. Those longer shoots that one should have nipped back last spring (Summer Pruning) make nice scion pieces (4-5 inches long); store with some moist paper toweling in your crisper until the exchange or later, grafting in early spring. Grape cuttings should have 4 or 5 buds. Six to ten inch fig branch tips make good cuttings. Be sure to label everything carefully & never let branches dry out. Learn how to prune & train grapes on the internet. Most of us do a poor job with grapes, thinning leaves, peaches & summer pruning. Shorten your trees by drop-crotching – not hedging!

"Soft" Fruit Tree order Update!

For those of you who were interested in participating in the "SOFT" fruit tree order this fall, unfortunately we missed the deadline. However there are several local nurseries that offer many varieties of bare root trees beginning in January. As you may have noticed from prior years, there are many unusual varieties available (stored in saw dust bins) beginning in January each year. Below is a list of some recommendations for low chill varieties that may be of interest to you. Nurseries that may carry these are Andersen's Nursery (in both San Diego & Poway), Kniffing's and Bonita Creek. Be sure to visit early for the best selection. Choose cultivars by studying www.davewilson.com or www.facebook.com/davewilsonnursery or www.youtube.com/davewilsontrees

Some recommended cultivars:**Avocados:**

'Gwen' & 'Holiday' are dwarfish. 'Reed' is a columnar grower. 'Haas', 'Pinkerton', 'Jan Boyce', 'Lamb Haas' & 'Stewart' are winners. Enjoy year around Guacamole! Seedlings may not bloom for 7 to 8 years. Learn to graft your seedlings for fruit in a year to two.

Apples:

'Anna', 'Dorsett Golden', 'Pettingill', & 'Einschmer' only require 100-200 hours chill.

Apricots: 'Goldkist' & 'Earligolden'

Cherries: 'Minnie Royal' & 'Royal Lee'

Peaches: 'Tropic Snow', 'Eva's Pride', 'Long Beach', 'Midpride', 'Maypride', 'Saturn', 'Santa Barbara'.

Nectarines: 'Panamint', 'Snow Queen', 'Desert Delight', 'Desert Dawn', 'Spice-Z-Nectaplum'. This is a triple hybrid with beautiful flowers & red leaves. The nectarine like fruit is almost purple red & tastes like a fantastic white nectarine.

Pears: 'Hood', 'Monterey', 'Flordahome', 'Kieffer'.

Plums: 'Beauty', 'Mariposa', 'Santa Rosa', 'Methley', 'Burgundy', 'Imca', 'Greengage'.

Atrium & Pluots: 'Flavor Delight' Aprium, 'Flavor Grenade', 'Splash', 'Emerald Drop' & 'Dapple Supreme' Pluots.

'Sweet Treat Pluerry' bore in 2015 in Point Loma

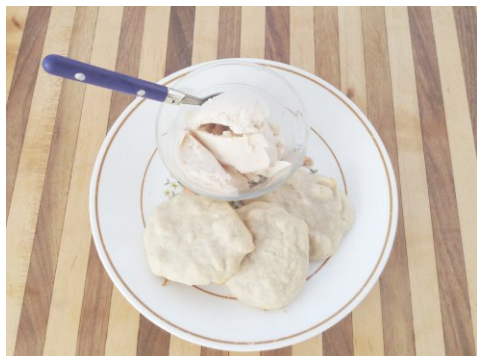
"Candy Heart" is the new 2016 Pluerry release.

Chill requirements are very low for persimmons, jujubes, pomegranates, quinces & many grapes. However, American grapes (*Vitis labrusca*) or American Grape crosses with *Vitis vinifera* are recommended as pure *vinifera* are so susceptible to diseases like mildew.

Concord, Seedless Concord, Pierce (aka California Concord), Blueberry (seedless), King's Rudy, Golden Muscat, Himrod (seedless), Niagra & Venus seedless are popular.

CHAPTER NEWSLETTER AND SPECIAL EVENT NOTIFICATIONS

Beginning in January, we will be using a new email process to send newsletters and eblasts. To continue to receive the Chapter newsletter and special event notifications via email, please have your CRFG, Inc. membership number ready and sign up at the link provided below. If you are part of a household membership, please submit information for each member (who wants to receive emails) using the same CRFG, Inc. Member ID number, found on the mailing label of your Fruit Gardener magazine, or in the email message for member receiving the Fruit Gardener electronically. <http://goo.gl/forms/M2vAKSrSCO>



Recipes by Roger Pollard

Passionfruit Gelato

Makes 1 quart

Active time 15 minutes, start to finish 3 1/2 (includes chilling & freezing)

1 1/2 cups of heavy cream

1/2 cup whole milk

3/4 cup sugar

1 1/2 tablespoon cornstarch

1/8 teaspoon of salt

1 1/4 cups of passionfruit juice

1/3 cup of orange liqueur

1 teaspoon of lemon juice

Mix together cream, milk, sugar, cornstarch, and salt in a 2 1/2 to 3 quart heavy saucepan. Bring to a boil over moderate heat, whisking, 2 minutes. Remove from heat & whisk in remaining ingredients. Transfer to a bowl or just leave in saucepan and chill uncovered, until cold, about 1 hour. Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden about two hours. Enjoy from your garden "Passionfruit Gelato"

Note: I've done this recipe also by substituting Guavas Nectar for passionfruit, and pomegranate with pomegranate liqueur as the substitute for orange liqueur.

Passionfruit Cookies

Ingredients makes about 30 to 36 cookies

1/4 cup of butter unsalted

1 cup of sugar

2 eggs beaten lightly

2 teaspoons of vanilla

2 1/4 cups of all purpose flour, sifted

Pulp of 2 passionfruit or 1/2 cup

1. Preheat oven to 325 degrees. Line two cookie trays with baking paper.

Cream butter & sugar until light & creamy about 2 minutes.

2. Add eggs & vanilla & mix together, add in flour & passionfruit pulp, mix to a soft dough.

Spoon onto cookie tray about the size of a tablespoon or a little bigger, allow room to spread.

3. Bake for 20 minutes or till pale & golden. Cool & top with passionfruit icing

For icing, sift about 1 1/4 cups of powdered sugar in a bowl, add pulp of passionfruit, 1 tablespoon at a time, till creamy, mostly you will only need about two tablespoons. Adjust as needed.

This recipe I've done about four or five times this week.

You can adjust passionfruit up or down to your liking.

To double the recipe from 30 cookies to 60, double the ingredients. I also tried guava nectar for passionfruit.

Guava Pie

Recipe By:Snacking in the Kitchen

"Enjoy a taste of the tropics with this guava pie. Spiced with cinnamon and nutmeg, it's sweet, flavorful, and perfect for dessert."

Ingredients

3 tablespoons all-purpose flour

1/2 cup white sugar

1 lime, zested

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon salt

1 recipe pastry for a 9-inch double crust pie

4 cups peeled, seeded, and thinly sliced guavas

1 tablespoon lime juice

3 tablespoons cold butter, cut into small pieces

Directions

Preheat oven to 425 degrees F (220 degrees C).

Combine flour, sugar, lime zest, cinnamon, nutmeg, and salt in a large bowl.

Fit pie crust in a 9-inch pie plate. Arrange guava slices on the bottom of the prepared pie crust, mounding slices of guava in the center of the crust. Sprinkle guavas with flour and sugar mixture. Drizzle pie filling with lime juice and dot with butter pieces.

Cover pie filling with the second pie crust and crimp the edges together. Make several slits in the top crust to allow the steam to escape.

Bake the pie in the preheated oven for 10 minutes.

Reduce temperature to 350 degrees (175 degrees C) and bake until the filling is tender and the crust is golden, 30 to 40 minutes.

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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

Board Contact Info:**Co-Chair: Gregg Hansen**

Co-Chair@CRFGSanDiego.org
619-277-8526

Co-Chair: Jennifer Fitzpatrick

JenniferFitzpatrick@CRFGSanDiego.org
619-857-4066

Vice-Chair: Jim Neitzel

619-262-8959 (Available 7-9 am & after dark)

Treasurer: Stephanie Murphy

Treasurer@CRFGSanDiego.org

Secretary: Priya Kanakha

Secretary@CRFGSanDiego.org

Former Chair: Ben Kotnik

FormerChair@CRFGSanDiego.org
(619) 997-7440

Upcoming Events — At a Glance

See website for details <http://crfgsandiego.org/events.htm>

11/20 – 7pm Friday	San Diego Chapter Gary Bender on Avocados
11/20 – 7pm	North San Diego Chapter Dadla Ponizil - Utilizing Greywater for home gardening
11/21 3–6pm	Propagation Saturday
11/30 – 6pm	Board of Directors Meeting
12/11 – 7pm Friday	San Diego Chapter Holiday Party!!



California Rare Fruit Growers
San Diego Chapter
P.O. Box 152943
San Diego, CA 92195
USA

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