

the *BeeLine*

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Newsletter of the Western Cascade Fruit Society

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www.wcfs.org

Doctor Bob's Story

By Carolina Nurik, Vashon Island Fruit Club

Imagine your grocery store's produce section full of western Washington apples, pears, plums, raspberries, and other locally grown fruit, all of it high quality, beautiful, and tasty, supplied by none other than members of the Western Cascade Fruit Society! Locally and sustainably grown fruit supplied by WCFS members is a dream that Dr. Bob Norton wants to see become a reality and he has been working relentlessly toward that goal. He has led talks at numerous workshops, speeches, and gatherings of the WCFS and other fruit-related organizations. He is very modest about his background, career, and education.



Doctor Bob Norton's call to meeting

In April 2005 "Dr. Bob", as I call him, proposed that we form an island fruit club. I was skeptical because I had never met other islanders who were seriously interested in their fruit trees. In the past the island had served as a fruit-growing center for strawberry farming; in fact, Maury Island Fruit Jams and Wax Orchard companies were founded here. However, now there were hundreds of old uncared-for trees and I didn't think that I could change the mindset of the islanders.

The determined Dr. Bob convinced me to put an announcement in the local newspaper to call together islanders who had an interest in fruit growing. To my surprise, over 20 people attended the initial meeting. Many attendees were interested in learning about tree fruits, their care and culture. Through Dr. Bob's drive and the people he has inspired we launched the Vashon Fruit Club.

Background and Education

Now, almost two years later, I sat down to talk with Dr. Bob. He was born in the mining town of Hazelton, Pennsylvania. His college education started at Rensselaer Polytechnic Institute, but his studies were interrupted when he served in World War II. He had begun his academic career in chemical engineering, but his life changed when he visited a hydroponics facility and it sparked his love for plants. After the war, he went to Rutgers University and received a BA in ornamental horticulture and an MS in pomology, the study of fruit and nut trees. His master's specialization was in plant nutrition. He completed a Ph.D. in plant physiology at Michigan State University where he wrote his thesis on the uptake of calcium and phosphorous in strawberries. He has studied under and was an advisee of such horticultural "greats" as Norman Childers, H. B. Tukey, and Sylvan



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Wittwer.

In 1954, with his Ph.D. in hand and the first of his six children born, he accepted a professorship at Utah State University. In 1960, he moved to the University of California at Davis as an extension specialist. There he developed his interest and research in cherries, peaches, and plums. During the California pistachio industry's infancy, Dr. Bob was in charge of planting and experimenting with rootstocks and fruit varieties. By 1962, he had been recruited to head up the WSU Research Station at Mount Vernon. Until his retirement in 1994, he was involved with a wide variety of research projects involving small fruits, vegetable seed crops, plant lighting, and tree fruits. When he arrived at Mt. Vernon the station was dedicated to research and trials of row crops. However during his thirty-plus years at Mt. Vernon, he brought in fruit crop trials. He launched the first apple trials in 1964 hoping to find better varieties than the Gravenstein, King, and Yellow Transparent that had dominated from pioneer days. Jonagold, Spartan, Melrose, and Liberty were among the few that succeeded. When Dr. Bob was involved in trials for the original Jonagold apple, it came to Mt. Vernon as a numbered selection from the New York Fruit Testing Association. "They would let people have these selections to see how they would do in your area, and at that time there was no patent involved. Of course, that is no longer is true."

Patents

Dr. Bob has written patent applications for over 15 years. Unlike the practices of some international patenting agencies, the U.S. plant patent laws do not require field testing to prove that a variety is unique. The U.S. Patent Office does not require DNA analysis, which can distinguish among varieties or cultivars but not among mutations or strains, which may be only 'skin deep' in their genetic makeup."

When asked about companies that are involved with new varieties and if they will let them go out to agricultural testing stations such as Mt. Vernon, Dr. Bob said, "Yes, but only with very tight testing agreements. There is not a lot of that being done. Dr. Bruce Baritt, our breeder here in Washington, isn't getting selections from Minnesota, New York, Japan, or New Zealand, so he is concentrating on his own breeding." Ultimately, that may be a

disadvantage because a variety may fail to perform well in one climate, while it flourishes in another.

WCFS

Although Dr. Bob did not participate in the initial WCFS meeting, he was very much the catalyst behind it. He headed the formation of the Skagit Men's Garden Club, which is the venue where many of the WCFS founders met. When I asked him what he thought the next 25 years would bring for WCFS he replied: "Continued difficulty finding people who will step forward and take leadership positions, because people are busier and busier all the time. Possibly, a roller-coaster ride, with some chapters going down or out and others getting new members. There are no chapters north of Seattle as yet."

We then talked about locally produced fruit. "I fantasize, and it may be total fantasy, that members of the WCFS will be able to supply an increasing amount of fruit that the grocery stores sell, and I am not talking about the mom-and-pop stores. I am talking about the Thriftways and Safeways, and so forth. Those people are not averse to having local fruit; it is good public relations. The main thing they want is a steady supply of high-quality fruit. Club members could pool their individual varieties to supply the requirements of a store."

I asked him about quality issues, such as infestation problems that many of us have with our pome fruits. We have jokingly said that Dr. Bob would like to spray the area with some magical dust that would eliminate these pests. He said, "I know it isn't going to happen, but as you know, this year we have had a surprisingly low infestation. We don't know why, but it might have been because this year we had more fruits than bugs."

Western Cascade Fruit Society is fortunate to have knowledgeable members like Dr. Bob. Those who are willing to impart their fruit tree knowledge and expertise to all members are truly a gift. In his retirement, Dr. Bob continues to love bringing people together and instructing them on fruit-related subjects. I like to say that he releases this little fruit bug, and once it bites you, you become as passionate as he is in growing great fruits. *Have you been bitten by the 'insectus nortoni' – Watch out, he'll get you.*



MESSAGE FROM OUR PRESIDENT

By Ron Weston, Vashon Island Fruit Club

We had planned to post this issue of The BeeLine to a hosting web site which would allow our members to access it from any computer with internet access but because of technical difficulties we are distributing it through the same method as the last issue. Your Board of Directors decided to try the web site posting method of distribution to avoid some of the pitfalls of electronically "mailing" the newsletter to each individual member. For those without computers in their homes, this may mean a trip to the local library to view the latest issue. While this is not as convenient nor as reader-friendly as a copy mailed to each member via the U.S. Postal Service, as I explained in our last issue the cost of printing and mailing paper copies of The BeeLine was becoming prohibitively expensive. I recognize that some of our members will not be very happy with this development, and I am sympathetic to that reaction. However, the reasons for moving to an electronic newsletter seem compelling to me. While it may be possible for some Chapters to print out and distribute paper copies to those members unable or unwilling to access the electronic version, this will be up to each individual Chapter to address (at least under our current plan of action). I hope you will all bear with us as we work the "kinks" out of our new approach. I pledge to you that we will continue to try to find the most cost effective means of distributing our newsletter that is also acceptable to our membership and we will have a web site for the next issue.

In another development relating to The BeeLine, we are seeking to compile an archive of all issues. The Board is interested in making this available to our members either as a CD-ROM that could be viewed on a computer or perhaps posted in an archive file on the same web site that will have the current issue. The opportunity to "unlock" this treasure trove of fruit-growing knowledge is truly exciting, and we should thank Judy Stewart for being this project's tireless champion. Thanks also to Marilyn & Dick Tilbury, Kathy & Dave Battey, and Nancy Jo Cushman for providing the back issues that will allow us to create this archive. If any of our members are experts on scanning issues, or know someone who is, I am looking for suggestions on how to get our hard copies of The BeeLine into electronic form. We have roughly one three-ring binder worth of printed material to scan. If you or anyone you know is aware of a commercial service that they would recommend for this task, or better yet, know someone willing to volunteer scanning services to us, please contact me at ronweston@centurytel.net or 206-463-9026.

Lastly, I'd like to report that this past quarter the North Olympic Chapter donated \$1,000 and the Seattle Chapter donated \$2,000 to fruit research. These generous donations should be an inspiration to the rest of us, and it also reminds us that a key part of our mission is to promote fruit research. This is a worthy cause, and one that directly benefits every fruit grower—especially our typical member in Western Washington, who is interested in backyard and small scale fruit cultivation. For those Chapters who haven't made this a key goal, I urge you to rise to the challenge set by the examples of Seattle and North Olympic.

In closing, I hope this message finds you in good spirits and that your spring blossoms set a bumper crop of fruit! While you are taking a break from your duties in the orchard, enjoy this issue of The BeeLine.

WCFS NEW MEMBERS



Olympic Orchard Society

Lora Green

Don & Loreen McMurphy

John & JoAnn Locke

Bob & Kate Larson

Pete Schneider

Peninsula Fruit Club

Eric Jensen

Dan & Kathleen Parker

Chrissy Petoff

Vashon Island .

Patrice and David Vogel

Lisa Whitley

Lee Harrison-Smith

Joe Orint

Mark Stoppel

Amanda Gaudet

Efram Wolff

Ryan and Heather Sweet

Do you live or work in Snohomish County?

The new Snohomish County chapter of WCFS is gearing up.

Are you interested?
Call or email

Judi Stewart
js@olympus.net
(360) 379-1103

BARBECUE'S BEST JULY 4 BEVERAGE

By Eric Felten

"There never was any liquor so good as rum shrub." That rather bold endorsement comes by way of William Makepeace Thackeray, in a serialized novel with the wonderful title *The Adventures of Philip on His Way Through the World: Showing Who Robbed Him, Who Helped Him, and Who Passed Him By*. Shrub pops up time and again in Thackeray's stories, perhaps most famously when a bottle of Shrub is responsible for turning schoolboy William Dobbin into the hero of *Vanity Fair* -- well, at least as much of a hero as one can get in a book subtitled *A Novel Without a Hero*.

A school bully named Cuff has sent scrawny little George Osbourne "to run a quarter of a mile; to purchase a pint of rum-shrub on credit," and to sneak the bottle back to the school playground. The poor little fellow slips coming over the wall and the bottle is shattered. "How dare you, sir, break it?" bellows the bully, "you blundering little thief. You drank the shrub, and now you pretend to have broken the bottle. Hold out your hand, sir." Cuff proceeds to thwack the trembling, moaning child's hand with a cricket stump again and again. Until Dobbin steps in. He promises to give Cuff "the worst thrashing you ever had in your life." Which is exactly what he does.

Shrub has likely not been implicated in any brawls for more than a century, so completely has it fallen out of use. But once upon a time it was as popular as it was versatile. Shrub per se refers to a style of fruit syrup born in colonial America. Usually made with vinegar, the syrup could sit on the shelf for long, unrefrigerated stretches. It could then be mixed with cold water for a refreshing summer soft drink, or -- more often than not in the boozy days of the Founding Fathers -- rum or some other spirit rounded out the glass. One of the few places you can find the drink on the menu today is Philadelphia's City Tavern, which combines waiters in breeches, mob-capped waitresses and serious colonial-style cuisine.

At the City Tavern you can get your Shrub mixed with rum, brandy or champagne. However you take it, a few sips will show why Shrub had such a long run. As late as the mid-19th century, the British Parliament was still grappling with how to regulate the booming trade in "rum-shrub" imported from the States.

Shrub comes to mind because most of us cooking at the grill this Fourth of July

RASPBERRY RUM SHRUB**1 oz raspberry Shrub syrup****2 oz dark rum****4 oz ginger ale or soda water**

Build with ice in a stemmed goblet, and stir. Garnish with fresh raspberries.

(Shrub syrups are available from Pennsylvania's Tait Farm, at www.taitfarmfoods.com. To make Shrub from scratch, however, here is a recipe courtesy of Walter Staib, chef of Philadelphia's City Tavern.)

RASPBERRY SHRUB SYRUP**1 cup sugar****1 cup water****2 pints raspberries****2 cups white-wine vinegar**

Whisk water and sugar together at a boil. Reduce heat for a few minutes and add raspberries, stirring occasionally, for 10 minutes. Add vinegar, bring to a boil for two minutes. Strain, cool and bottle. Keep refrigerated (even if the Founding Shrubbers didn't).

holiday will think to pair charbroiled meat with beer. But when Americans were fighting for the independence we celebrate on Tuesday, the common companion for barbecue was rum.

During the Revolutionary War, Spain sided with the colonies. Which is how a Venezuelan officer in the Spanish army, Francisco de Miranda, found himself in North Carolina in 1783. The townsfolk learned that British troops were bugging out, and they threw a party. "A barbecue (roast pig) was held at one o'clock, and a barrel of rum was opened," Miranda wrote in his memoirs.

"There was promiscuous eating and drinking, the principal officers and citizens mixing freely with the coarsest elements of society, all shaking hands and drinking out of the same glass."

Rum still goes with barbecue -- especially if it comes in a Shrub. To try it out, I got together with Washington-based barbecue entrepreneur John Snedden. At his Rocklands BBQ restaurants he cooks up pork the way Continentals did when celebrating British defeat, seasoning it with black pepper, cumin and garlic. He finishes the job with a tangy vinegar-based sauce inspired by



Buff Strickland



the traditional North Carolina style.

Mr. Snedden tended the grill while I mixed up some Shrubs. He had already spent hours over a smoldering grill -- ribs take as much as four hours to get just right if you're cooking "low and slow" enough. I had the easier job -- a few minutes over a bucket of ice. Into each glass I put ice, dark rum, ginger ale and Shrub syrup. A quick stir and I was done.

I could have made the syrup myself by cooking a cup of water, a cup of sugar and two pints of raspberries for 10 minutes, then adding two cups of white wine vinegar for another couple of minutes at the boil. Strain it, cool it, and bottle it: Refrigerated, the Shrub should keep for months. But why bother when Pennsylvania's Tait Farm makes luscious Shrub syrups in a variety of flavors, using their own fresh fruit vinegars. It sells raspberry, cherry, strawberry, cranberry and ginger Shrub syrups at www.taitfarmfoods.com. Though raspberry is my favorite of the bunch, they are all delicious.

The notion of putting any sort of vinegar in a drink may be counterintuitive -- or even off-putting. But remember that cocktails generally strive for a balance between sweet and tart. In most drinks the tart comes from limes, lemons or other citrus; the vinegar in the Shrub serves the same purpose.

The ribs were done and the Shrubs were ready.

Mr. Snedden and I didn't drink out of the same glass -- one takes historical re-creation only so far -- but we did shake hands at the success of eating and drinking like it was 1776.

From The Wall Street Journal

This article was submitted by Ron Weston, with the following comments: Raspberry shrub is a favorite summertime refreshment in our household, and an excellent way to preserve excess berries. We use a slightly different recipe than the one mentioned in the Wall Street Journal article. Also, we refrigerate the syrup until we're ready to use it.

Here's the recipe we follow: In a glass container crush 1 quart of raspberries, stir in 2 cups vinegar and cover with cheesecloth. Let stand 24 hours, then strain juice through sieve or cheesecloth—discarding the crushed berries. Mash an additional 1 quart of raspberries and pour vinegar from first batch over them. Cover and let stand for 24 hours. Strain and measure the juice. For each cup of juice add 1 cup of sugar. Pour mixture into a stainless steel, glass, or enamel pot; and bring to boiling. Reduce heat and simmer 10 minutes, skimming off foam. Pour into sterilized bottles and seal. Makes 5 cups of syrup.

To serve, stir 3-4 tablespoons into a tall glass of ice water. Or, mix with an equal amount of carbonated water (the addition of rum is optional!).

ALINE'S BARBEQUED RIBS

By Marilyn Couture, Olympic Orchard Society

Two racks of pork spareribs

Cover and boil in water for 1 ¼ or 1 ½ hour until fork tender.

Cool. When cool, slice between each rib with a sharp knife (not serrated).

Refrigerate the fatty water, skim and discard the fat before pouring the water down the drain.

Mix 1 cup white sugar, 1 cup ketchup, 1 cup soy sauce (if Kikkoman, use 2/3 cup soy and 1/3 cup water). Add to the sliced ribs and refrigerate for 24-48 hours in zip lock bag, turning frequently. Be careful that the meat does not separate from the bone.

Broil ribs skin side up until brown (about 3 minutes), turn and broil meaty side up until brown. Serve heated sauce on the side.

If made ahead of time and refrigerated. Cover with foil, put in 400° oven for 30 minutes to warm.

JANICE'S BARBEQUED RIBS

Cover racked pork spare ribs with apple juice concentrate and bake for one hour at 350 degrees. Put on grill to finish cooking for about 10 minutes on each side. Toss in your favorite barbeque sauce and enjoy.

North Carolina Style Barbeque Sauce

Combine the following ingredients in a medium size saucepan. Using medium heat, bring ingredients to a slight boil and thereafter continue boiling for 5 or 6 minutes. Stir constantly until it begins to thicken.

- 1 cup apple cider vinegar
- 1/2 cup packed light brown sugar
- 2 tbs real butter
- 1 tsp salt
- 1/8 tsp cayenne pepper
- 1 tsp fresh crushed black pepper

Cherry Cultivars

Penn State College of Agricultural Sciences

Two important species of cherries are grown for commercial production: *Prunus avium*, sweet cherry, and *Prunus cerasus*, tart cherry. They can be grafted onto each other and, when cross-pollinated, produce seeds that become Duke hybrid cultivars.

Sweet cherries are more difficult to produce than tart. They bloom early, and thus are frequently caught by spring frosts. Many sweet cherry cultivars experience severe cracking if water is allowed to remain on the skin for a few hours before harvest. Rains at harvest time will often ruin a crop. Recent testing of antitranspirants has shown them to have promise in reducing cracking. Also, breeders are trying to develop more crack-resistant cultivars.

Many common cultivars were originally developed in Europe. These cultivars still grown in the United States are Black Tartarian, Napoleon, Hedelfingen, and Schmidt. Windsor, Vista, Van, Vega, Summit, and Stella were developed in Canada. Ulster and Hudson were recently introduced in New York, while Angella and Utah Giant were recently introduced in Utah.

There are four kinds of sweet cherries: light-colored hearts, dark-colored hearts, and light- and dark-colored Bigarreaus. Hearts are mostly soft-fleshed fruit best suited for home use or eating fresh. Light-colored hearts produce nearly colorless juice and have a predominantly yellow skin with or without a red blush. Dark-colored hearts have red to deep red juice, and soft fruit. Black Tartarian is the best known example.

Bigarreaus produce firmer fruit and are widely planted by the commercial industry. They also are divided into light- and dark-colored groups. The lights have yellowish skin and nearly colorless juice, and are used mainly for brining and maraschino production.

Sweet cherries are further classified based on their ability to cross-pollinate with each other. Nearly all sweet cherry cultivars appear to be self-unfruitful.

They produce viable pollen, but not all combinations are fruitful. Cultivars within a group should not be planted together without a suitable pollinizer. (See box on page 7 for some of the more common cross-incompatible groupings)

Self-fertile sweet cherry cultivars

Due to the problems associated with cross-pollination of sweet cherries, plant breeders have been developing self-fertile sweet cherry cultivars. These cultivars do not require pollen from a different cultivar to set fruit. The self-fertile cultivars can therefore be planted in solid blocks. At present there are 11 self-fertile cultivars. Some are reported to be susceptible to rain-induced fruit cracking in some places. Growers should be cautious when ordering these.

Newer sweet cherry cultivars

White or yellow-fleshed cherries (used mainly for brining)

Corum: July 8 ripening. Semifirm, but productive and hardy.

Emperor Francis: July 10 ripening. Major cultivar used in the East. Can be eaten fresh or used for brining.

Gold: July 15 ripening. Trees are hardy and productive. Flower buds more hardy than most other cultivars. Fruit is small. As part of a unique pollination group, Gold can serve as a pollinizer for many other brining cultivars.

Whitegold™: (NY 13688) Early to mid-season self-fertile cultivar released by Cornell University in 1998. Fruit can be used for fresh or processing purposes. Whitegold™ can serve as a universal pollinator for other sweet cherry cultivars. Fruits are yellow with a red blush. Reported to bloom later than other white-fleshed cherries and to have good field tolerance to bacterial canker and leaf spot.

Dark sweet cherries

Blackgold™: (NY 13791) A mid- to late-season self-fertile cultivar released by Cornell University in 1998. It is the latest blooming cultivar in the





Cornell collection, giving it a good tolerance to spring frost. The fruit, which has dark skin and flesh, can be used for both fresh and processing purposes.

Hartland™: Developed in New York, it ripens in early- to midseason productive black sweet cherry. The tree is winter hardy and disease-tolerant. Fruit are medium to large and medium firm better than Hedelfingen.

Hedelfingen: July 17 ripening. Early bearing and very productive. Reported not to crack in the Geneva area, but severe cracking occurs on the West Coast.

Hudson: July 25 ripening, making it the latest-ripening cherry commercially available. Very firm fruit of very good quality, low susceptibility of fruit to cracking in the field. Tree of medium hardiness and productivity.

Kristin: Originated in New York and widely tested in Norway, where it has performed well. Average ripening date of July 15. Fruit size averages 1 inch. Precocious and moderately productive. Moderate resistance to rain cracking.

Royalton™: (NY 11390) The exceptionally large fruit ripens midseason with Hedelfingen. Trees are vigorous with an upright growth habit. Fruit are firmer than Hedelfingen and may be a good replacement for that cultivar

Sam: July 6 ripening. Good rain-cracking resistance, but this may be related to soft fruit texture. Hardy, but only moderately productive. Late blooming. Fruit of some trees has a bitter aftertaste. Black fruit, 3/4 to 7/8 inch in size.

Somerset™: (NY6476) July 17 ripening. Developed by the Geneva Experiment Station and released in 1994. Fruit looks similar to Bing in shape but are much darker and ripen later than Bing. Fruit has a high tolerance to cracking. The tree is very precocious and produces many lateral branches.

Stella: The first named self-fruitful sweet cherry cultivar developed in British Columbia. Cracking can be a problem.

Ulster: July 14 ripening. Nearly black fruit, 3/4–7/8 inch. Medium hardiness but productive. Resembles Schmidt but more productive. Moderate resistance to rain cracking most years.

Cross Incompatible Sweet Cherries

- Bing, Lambert, Napoleon, Emperor Francis, Somerset, and Vernon
- Windsor and Abundance
- Black Tartarian, Somerset, Black Eagle, Knight's Early Black, Bedford Prolific, and Early Rivers
- Centennial and Napoleon
- Advance and Rockport
- Elton, Governor Wood, Stark's Gold, and Hartland
- Early Purple, Royalton, and Rockport
- Black Tartarian, Early Rivers, and V29023
- Sodus, Van, Venus, and Windsor
- Velvet, Victor, Gold, Merton Heart, Viva, and Vogue
- Hedelfingen, Vic, and Ulster
- Hudson, Giant, Schmidt, Ursala, Chinook, Ranier, and Viscount
- Seneca, Vega, and Vista
- Royal Purple, Lambert, Ironside, Woodring, and Bing
- Schmidt and Oreland

Valera: Introduced from Vineland, ripening a few days before Bing. Medium-sized, semifirm, good-quality fruit. More consistent cropping record than Venus. Cracking susceptibility unknown.

Vandalay: (V690618) Developed at the Vineland Research station in Canada from a Van x Stella cross. Trees are self-fertile. Cracking may be a problem.

Viscount: Another introduction from Vineland. Medium to large, firm, good-quality, dark glossy red cherries that ripen with Bing. Productive, with good resistance to cracking.

Viva: July 4 ripening. Dark red, 3/4 inch, semifirm fruit. Good cracking resistance, but this may be due to its soft

Note: Several cultivars that are not recommended or that have problems with rain cracking: Napoleon (known as Royal Ann on the West Coast), Ranier, Bing, Chinook, Compact Lambert, Lambert, Schmidt, and Summit.

Tart cherry cultivars

Tart or sour cherries are a different species from sweet cherries. As a group, tart cherries are probably as hardy as any other fruit. Their ability to adapt to various soils and climates is much greater

than that of sweet cherries. Tart cherries are self-fruitful and will produce heavy commercial crops when planted in solid blocks. They do not have severe cracking problems or as much brown rot as sweet cherries.

Montmorency: This is the most widely grown tart cherry cultivar. Some nurseries offer spur-bearing Montmorency types.

Balaton™: A new tart cherry from Hungary that was released through Michigan State University. Fruit are red-fleshed and the juice is red. It has a higher sugar content than Montmorency, but is still classified as a tart cherry.

Danube™: Released from Michigan State, this new tart cherry is dark red and sweeter than Montmorency. Fruit juice is very dark red,

indicating high levels of anthocyanins. Fruit ripen a few days before Montmorency. This cultivar produces the largest of the three new tart cherries.



Jubileum™: A second dark red skin, flesh, and juice released from Michigan State. Has very high sugar levels (18 to 19 Brix). Fruit average 5.5 to 6 grams each. Fruit ripen early mid-season. Suitable for fresh-market sales.

For information on maraschino cherries go to:

<http://whatscookingamerica.net/History/MaraschinoCherry.htm>

CHERRY COBBLER

Ingredients:

1 1/4 cups sugar
3 tablespoons cornstarch
4 cups pitted fresh tart cherries
1/4 teaspoon almond extract
1 cup flour
1 tablespoon sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons shortening
1/2 cup milk

PREPARATION:

Preheat oven to 400°. Blend 1 1/4 cups sugar, cornstarch, cherries, and almond extract in a medium saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Continue to boil and stir for 1 minute. Pour fruit mixture into an ungreased 2-quart casserole. Place in oven while preparing dough. Measure flour, 1 tablespoon sugar, baking powder, and salt into a mixing bowl. Add shortening and milk. Cut shortening in several times then stir until dough forms a ball. Drop dough in about 6 spoonfuls onto hot fruit. Bake 25 to 30 minutes, or until topping is golden brown. Serve warm with cream, if desired, or cool slightly and serve with vanilla ice cream.

Cherry Compote from Emeril

- 1 pound sweet cherries, washed, pitted and halved
- 3/4 cup water
- 1/4 cup lime juice
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1 tablespoon kirsch, or orange flavored-liqueur

- 1 cup sweetened whipped cream
- In a medium saucepan, combine the cherries, water, lime juice, and sugar. Bring to a boil. Reduce the heat to medium-low and simmer for 15 minutes, stirring occasionally. In a small bowl, combine the cornstarch and kirsch and add to the cherry mixture. Return to a boil and cook for 1 minute, stirring. Reduce the heat to low and simmer until thickened, about 4

*Find your place on the planet.
Dig in, and take responsibility from there.*

Gary Snyder



The Buzz on Spinosad By Allison Kennedy, Vashon Island

Spinosad (pronounced: spin OH sid) is a new chemical class of insecticide that is beginning to gain attention by gardeners who want a safer and stronger way of dealing with garden pests.

A Rare Bacteria

Its active ingredient comes from a naturally occurring soil-dwelling bacterium called *Saccharopolyspora spinosa*. In Latin, "saccharopolyspora" means "sugar-loving, with many spores", and "spinosa" refers to the spiny appearance of the spores. The bacterium is a rare actinomycete. Actinomycetes are a form of fungi-like bacteria that create long branching strands that can be seen stretching through compost. They are the primary decomposers of tough plant materials.

The discovery of the bacterium, somewhat mysteriously, occurred in 1982. It was found in a soil sample taken on a Caribbean Island at an abandoned rum distillery by vacationing scientist. Since then, it has not been found in nature and subsequently is now considered a new species. The bacterium produces compounds (metabolites) while it ferments. In 1988, the first unique fermentation-derived compound was formulated. And, since then Spinosad has been formulated into insecticides that combine the effectiveness of a synthetic insecticide with the benefits of a biological pest control organism. In 2003, spinosad was granted organic status by the USDA National Organic Program (NOP). Spinosad products are nearly odorless. Its soil absorption is moderately strong and it degrades rapidly in the environment primarily through photolysis.

Effectiveness on Pests

Spinosad is a fermented product, much like the well known *Bacillus thuringiensis*, "Bt", but it lasts more than twice as long as the best B.t. on the market. For example, compared to Bt's one or two days of action, spinosad works for up to four weeks. It sets into action relatively quickly and insects die within one to two days after ingesting the active ingredient. In addition, spinosad kills thrips, which Bt can't handle and it can travel through the leaf cuticle to reach leafminer larvae.

In order for it to work, Spinosad must be ingested by an insect. Therefore it has little effect on sucking insects and non-target predatory insects. Spinosad is effective against some of the toughest garden pests such as caterpillars, flies, thrips and beetles. However, it spares the most beneficial critters such as lady beetles, spiders, predatory mites and bugs.

So, it is not necessary to spray very often if spinosad is used because it lets the natural enemies help moderate pest populations later in the season. To avoid possible insect pesticide resistance, Spinosad should not be used more than 10 times in a 12 month period inside a greenhouse. Unfortunately, it is toxic to bees when it is wet, but is relatively safe for them when it has dried. It should not be used when pollinators are actively foraging.

Toxicity

According to *Spinosad: The First Selective, Broad-Spectrum Insecticide* by T. Jude Boucher, "This insecticide has extremely low toxicity to mammals (LD50 oral and dermal > 5,000 mg/kg), birds, and many aquatic invertebrates, is moderately to slightly toxic to fish, but is highly toxic to marine mollusks (shellfish). In the environment, its solubility is low (above pH 5), tends to bind to soil particles/organic matter, does not persist in the soil, and ultimately breaks down to CO₂ and H₂O, so it is unlikely to leach to groundwater. It is a general use product and was registered under EPA's fast-track reduced-risk program. So, in most states it does not require posting of pesticide warnings after applications. It has only a 4-hour reentry interval (REI) for worker protection and a one day-to-harvest (dh) restriction, so it won't disrupt harvesting schedules."

Products

Spinosad has been made into two commercial products for use in commercial agriculture, including DowAgros' Conserve® SC, and Entrust®. Entrust® is approved for use on USDA certified organic produce.

There are several home garden product manufactured for use in the United States including Monterey Garden Insect Spray® manufactured by Lawn and Garden Products, Inc. and 'Borer, Bagworm, Tent Caterpillar & Leafminer Spray' manufactured by Ferti-Lome®.

Resources used in this article:

<http://en.wikipedia.org/wiki/Spinosad>

<http://www.hort.uconn.edu/ipm/general/htms/spinosad.htm>

<http://www.digitalseed.com/composter/biology/actinomycetes.html>

http://www.epa.gov/greenchemistry/pubs/docs/award_entries_and_recipients1999.pdf

<http://www.homestead.com/ipmofalaska/files/spinosad.html>
<http://www.dowagro.com/turf/prod/spinosad.htm>

HOW DOES ORGANIC FERTILIZER WORK?

By Dr. Barry Commoner, Center for the Biology of Natural Systems, Queens College, CUNY

To begin with, let us recall some basic facts about plant nutrition. Green plants obtain raw materials for their biosynthetic processes in rather simple forms: carbon dioxide, water, nitrate, phosphate, and ionic forms of potassium, calcium, and other essential elements. Nitrogen, to choose a particularly contentious example, almost always enters the roots as nitrate, becoming assimilated by the plant's biochemistry into organic compounds such as amino acids and nucleotides. There is no doubt, then, that nitrate is a "natural" plant nutrient. Nevertheless, a strict organic farmer does not wittingly fertilize his crops with nitrate - or with ammonium salts, which are quickly converted to nitrate by soil bacteria.

Why should a natural plant nutrient such as nitrate be regarded as unnatural when added to the soil as fertilizer? To appreciate this argument, we need to go back into soil ecology beyond the immediate entry of nitrogen into the roots. In a natural system, nitrate in the soil is derived from the gradual breakdown of humus, the dark, complex, polymeric material that gives the soil its "filth." Nitrogen is integrally bound to the carbon atoms that make up the organic structure of humus, which is itself the end product of a complex chain of events that carries nitrogen into the soil. The main path of entry begins with the deposition of organic nitrogenous compounds on the soil in the form of animal feces and urine and the dead remains of animals and plants. These largely organic materials are subjected to hydrolytic and oxidative degradation by decay microorganisms, yielding organic low-molecular-weight products that support the growth of microbial flora. These processes finally yield a mass of microbial cells, which on their death, together with some other remains, become humus. The other source of soil nitrogen is nitrogen fixation, which also delivers the element to the soil system in organic form. In a natural soil system, untouched by human technology, nitrogen enters into the system in organic combination with carbon, largely as the nutrient for microorganisms that eventually produce humus.

A grower who wishes to add nitrogen fertilizer to



the soil to support crop nutrition has two main alternatives. Nitrogen can be added in a natural, organic form - as plant residues, manure, sewage, food wastes, or for that matter, in the form of any nitrogenous organic compound that can be metabolized by the soil's microbial flora and thereby yield humus. Alternatively, nitrogen can be added in an equally natural, but inorganic form, such as nitrate or ammonia. The first choice is the one made by the organic farmer; the second is the conventional route of modern agriculture technology. The strict devotee of natural foods is likely to reject grain grown with inorganic fertilizer in favor of that grown "organically" with manure or compost, sometimes claiming that the nutritional value and keeping qualities are superior - a claim that at this point can neither be confirmed or denied.

Is there any point in differentiating between the two ways of supplying fertilizer nitrogen? Indeed there is. Considering the soil as an integrated system, there is a vast difference in the outcomes of the two methods. Because nutrient uptake is a working-requiring process, it must be driven by the root's oxygen-dependent energetic metabolism. Humus is much more than a store of nutrients; it is also the chief source of the soil's porosity, hence of its oxygen content, and therefore of the efficiency



(Organic Fertilizer Continued from page 10)

with which nutrients, such as nitrate, are taken up by the crop.

Therefore, the critical difference between the alternative means of supplying nitrogen fertilizer is that the organic form leads to the production of humus, while the inorganic form does not. The use of synthetic urea as a fertilizer provides an informative test of this distinction. Urea is, of course, an authentic organic compound and is, in fact, an ordinary constituent of a clearly natural source of nitrogen - urine. The scientific agronomist may often cite the organic farmer's objection to pure urea as a fertilizer - it is a fairly common one in modern agriculture - as evidence of the irrational basis of organic farming. But is it?

While urea is, indeed, an organic compound, it will not support the bacterial growth that is essential for the formation of humus. When urea is metabolized, the products are ammonia and carbon dioxide. Thus, urea yields carbon in a form that will not support the oxidative metabolism of solid bacteria. To accomplish that, carbon must be in the reduced state, combined with hydrogen, as it is in the nearly all more complex organic compounds. Although urea is an organic compound, by failing to support the growth of soil bacteria, and therefore the formation of humus, it does not qualify as an "organic fertilizer."

The intensive use of inorganic nitrogen fertilizer (or urea) may so overload a humus-depleted soil with nitrate as to cause it to leach into surface waters when nitrate levels may readily exceed public health standards. Leached nitrate also wastes expensive fertilizer synthesized from an increasingly diminished supply of natural gas. Apart from any other possible and yet to be established virtues, the use of organic fertilizer (as defined above) avoid these difficulties and holds the promise of restoring the natural source of soil fertility - humus. While it remains to be seen whether food grown in such naturally fertile soil contributes distinctively to the health of people, the practice can, it seems to me, contribute significantly to the health of the soil and the economy.



SALT SPRING ISLAND APPLE FESTIVAL

By Harry Burton, Member at Large

The Salt Spring Island Apple Festival is unique in North America. We keep it simple, non-commercial, fun and connected to the farm. We don't call Salt Spring, APPLE HEAVEN, without good reason.

The 9th Annual Salt Spring Island Apple Festival
MARVELLING AT MOTHER NATURE'S BOUNTY
Featuring over 350 varieties of apples organically
grown

Sunday, Sept 30, 2007

9 AM to 5 PM

Take advantage of this chance to visit Apple Heaven while still on earth!

<http://www.saltspringmarket.com/apples/>

You can:

- Meet Captain Apple
- View about 300 apple varieties all grown organically on Salt Spring Island.
- Taste about 200 apple varieties.
- Sample apple pies baked by locals using a dozen apple varieties
- Visit 15 farms open to the public
- Learn apple history back to 1860
- Watch actors bringing to life old historical characters.
- Talk with apple growing experts
- Bring your apples for experts to ID
- Consult pollination experts
- Appreciate apple art
- Eat great food



Captain Apple

WCFS
Board Meeting Highlights

The March 31, 2007 board meeting was held in the Ballard High School Library, Seattle

Meeting called to order by President Ron Weston at 2:20pm.

Board members present were: Olympic Orchard Society, Steve Vause, Marilyn Couture, Carlyn Syvanen, Del Simpson, and Erik Simpson; North Olympic Fruit Club, Dan Ackerman, Judi Stewart, Bob Hickman, Lyle Knudson, and Roger Eichman; Peninsula Fruit Club, Mike Shannon, Jean Williams, and George Moergeli; Seattle tree Fruit Society, Patti Gotz, Hildegard Hendrickson, and David Conners; Vashon Fruit Club, Ron Weston, and Carolina Nurik; South Sound Fruit Society: Loretta Murphy and Phil Vogel; Tahoma Club: Bill Horn

The Treasurer displayed and reviewed the financial reports for 2007 and 2008. We have about 639 members.

The audit report is in order. Each chapter will be provided with a common form to use. Each individual club treasurer will determine when memberships are due.

Old Business--BEELINE

Carlyn and Marilyn said that they intend to put out the Beeline via PDF file. The editor is a member of the Board and will only have one vote. Clubs reported their experience downloading, printing and/or distributing Beeline.

There will be a search for missing copies and an investigation of the cost of hiring a pro to scan past issues, thereby making them available to members.

New Business

There was a consensus that the Beeline will contain one article from each club plus club news. Education is an important component, and scientific and special articles will be included. The size of print will be reduced.

Carlyn asked that chapter news be limited to 300 words and articles to 1000 words.

We intend to establish a link to e-mail the BeeLine

My Cherry Tree

I sat watching the birds in my cherry tree
There were so many they out-numbered the leaves
They would flit and flutter and fly all about
Stuffing my cherries in their little mouths

There were bluebirds and redbirds and sparrows
They had come to my tree for the fruit to borrow
They made a lot of noise and were happy as can be
I began to doubt if there would be any left for me

I planted that tree and nurtured it from seed
I watered and pruned it as often was the need
I toiled and labored to protect it from the cold
I was raising prized cherries, or so I was told

But these feathered friends thought not of me
They kept nibbling and gobbling on my cherries
"Stop", I shouted, "and leave that tree"
"You have taken more cherries than you need"

My pleading cries went unheeded
Then I realized just what I needed
I rush to my neighbor's house for a chat
And returned to my cherry tree and sat
With my new found friend, the neighbor's cat
By Ellen Bailly

and the chapters will e-mail the link to their members. Patti volunteered to find a website. WCSF would reimburse STFS for any extraordinary costs for sending copies to its members not having e-mail capability.

Budget

Patti distributed and reviewed the 2007 budget.

Election of Officers:

A slate of officers was given: Bob Fergeson for vice president, Hildegard Hendrickson as Treasurer. Bob Hickman and Erik Simpson will continue as directors. President Ron will continue as President, and George will continue as Secretary.

All of the above was passed unanimously.

The next meeting will be hosted by NOFC on June 23.

Respectfully submitted,

George Moergeli, Secretary

Members find that a mailing list is the best way to communicate between meetings. Please subscribe to the **WCFS Forum** in order to keep current with any information. Go to our website, www.wcfs.org and click the link that says **New Fruit Forum** or send an email to js@olympus.net with the word **subscribe**.



French Coil Dowsing Method Controls Fruit Tree Pests

Extracted from an article by Marcel Triau, American Society of Dowzers

Of all the systems of insect control in use today, the majority are artificial. However, nature is very precariously balanced and the least tampering can bring about disastrous results - as evidenced by indiscriminate use of insecticides and upsetting the prey predator ratio.

For the past 18 years I have used and researched a safe and simple system of pest control which takes advantage of some little known and little understood laws of nature. Because we cannot scientifically define and analyze these laws many people disbelieve them. However, nature is full of mystery and even the working of our own bodies is not fully understood.

This particular system is called the "French Coil" because it originated in France in the 1930's and consists of a coil of wire. The equipment needed is a long piece of copper wire (# 10 for small trees, # 8 for larger trees), sticks for support, rubber for insulation, and of course, an infested tree.

One end of the wire is buried in the earth at the base of the tree to provide a ground and prevent short circuits. The wire is then coiled around the tree trunk several items with the free end left pointing into the air - to act as an antenna. The coil can be held in position by wooden stakes with insulation to prevent grounding the wire to the stakes.

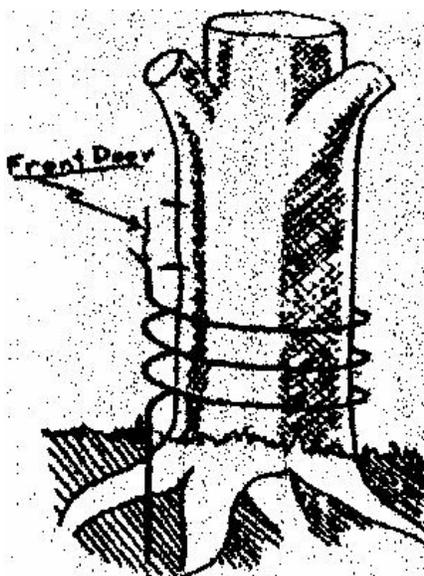
Perhaps the minute amounts of electricity in the air flows into the wire and the tree and creates a magnetic field around the tree, giving the tree more health and strength and weakening the pests resulting in their destruction. You should install the French Coil before the sap starts to run.

A tree has a front door - a certain place on the trunk, about 6 to 18 inches long, where this energy enters the tree. It usually faces northwest but varies slightly from tree to tree. On the opposite side of the trunk is the back door which acts as a safety valve allowing the release of electricity should the tree become overcharged. The front door demonstrates its affinity for electricity following the path of

an electrical storm; it returns to its original position when the storm is over.

However, the front door and back door are undetectable to the eye as is the atmospheric electricity - except when it manifests itself as lightning or static electricity. The front door and back door must be detected by a dowser, who must supervise the entire set up.

Note: To find the front door, use your index finger of one hand as a pointer, and ask your Pendulum (held in your other hand) to indicate the location and the top (or bottom) position.



The wire must be wound around the tree in a right hand spiral starting from the front door, three to five inches away from the surface of the bark. The dowser will determine the number of coils needed and the distance between the loops. The free end of the wire must be within the limits of the front door. The height of the first coil is unimportant but it must be below the level of the front door.

Now the system is ready to work and there is absolutely no danger to anyone who comes near or touches the tree or wire. I have used the Coil on many types of trees and types of pests.

It has killed caterpillars in apple trees in New England and snails in grapefruit trees in the Bahamas. While I have not been able to methodically test its effectiveness against every common tree and pest, there are no known reasons to doubt its effectiveness on any tree or pest.

Editor's Note: The Mad Scientist is taking a break this issue. Look for him in the Fall 2007 BeeLine.



Disappearing Bees

By Marilyn Couture, Olympic Orchard Society

USDA's Kevin Hackett reports that "With more dead and weakened colonies, the odds are building up for real problems." " ... The \$15-billion-a-year honeybee industry is about more than honey: The nimble insects pollinate 90 to 100 percent of at least 19 kinds of fruits, vegetables and nuts nationwide, from almonds and apples to onions and broccoli. "Basically, everything fun and nutritious on your table, fruits, nuts, berries, everything except grains, require bee pollinators," Hackett says.

More than a quarter of the country's 2.4 million bee colonies have been lost, according to an estimate from the Apiary Inspectors of America, a national group that tracks beekeeping. Twenty-six percent of beekeepers in thirteen states had lost half of their bee colonies between September and March. This leaves the dubious explanation for the sudden die off -- that all these hives more or less simultaneously hit their cumulative stress limit and collapsed all at once, though much of the country had a fairly mild winter.

So far, no one can say what is causing the bees to become disoriented and fail to return to their hives. The colony collapse disorder differs from past outbreaks:

- Instead of dying in place, the bees abandon the hives, leaving behind the queen and young bees.
- Remaining bees eat sparsely and suffer the symptoms — high levels of bacteria, viruses and fungi in the guts — seen by Hackenberg.

- Collapses can occur within two days, Hackett says.
- Parasites wait unusually long to invade abandoned hives.

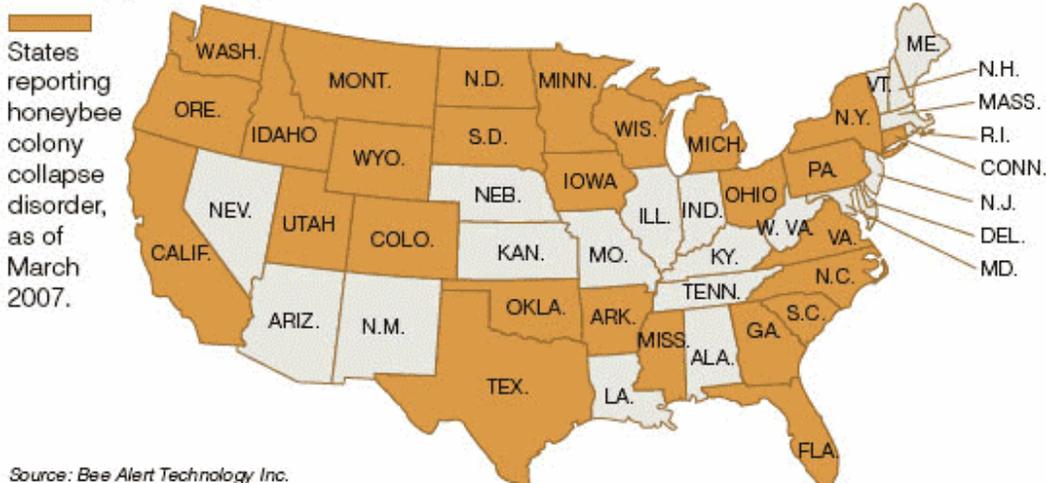
Although many theories abound for this phenomenon, i.e. blaming genetically modified crops, cellular phone towers and high-voltage transmission lines for the disappearances, scientists are focusing on the most likely suspects: *a virus, a fungus or a pesticide*. There is concern about the speed at which adult bees are disappearing from their hives; some colonies have collapsed in as little as two days, and world-wide losses may or may not be linked.

The investigation is now entering a critical phase. Bee autopsies from collected samples and genetic analysis indicate that known enemies of the bee world, like the varroa mite, do not appear to be responsible for the unusually high losses. Genetic testing at Columbia University has revealed the presence of multiple micro-organisms in bees from hives or colonies that are in decline, suggesting that something is weakening their immune system. The researchers have found some fungi in the affected bees that are found in humans whose immune systems have been suppressed by the Acquired Immune Deficiency Syndrome or cancer.

Screening samples for 117 chemicals has placed suspicion on a particular pesticide, the neonicotinoids group, according to Dr. Chris Mullin, a Pennsylvania State University professor and insect toxicologist. This group of compounds is used to

treat corn and other seeds against pests. One of the neonicotinoids, imidacloprid, is commonly used in Europe and the United States to treat seeds, to protect residential foundations against termites and to help keep golf courses and home lawns green.

The scientists say that definitive answers for the colony collapses could be months away. But recent advances in biology and genetic sequencing are speeding the search. Computers can decipher

Disappearing Bees

Source: Bee Alert Technology, Inc.



information from DNA and match pieces of genetic code with particular organisms. Fortunately, the sequencing of some 11,000 genes of the honeybee was completed late last year at Baylor College of Medicine in Houston, giving scientists a huge head start on identifying any unknown pathogens in the bee tissue.

Another clue: On May 12 The London Observer broke a story that links the CCD and the frightening decline in bee populations to genetically modified rapeseed. From the article:



"A leading zoologist has found evidence that genes used to modify crops can jump the species barrier and cause bacteria to mutate, prompting fears that GM

technology could pose serious health risks. "A four-year study by Professor Hans-Hinrich Kaatz, a respected German zoologist, found that the alien gene used to modify oilseed rape had transferred to bacteria living inside the guts of honey bees. "The research which has yet to be published and has not been reviewed by fellow scientists is highly significant because it suggests that all types of bacteria could become contaminated by genes used in genetically modified technology, including those that live inside the human digestive system. If this happened, it could have an impact on the bacteria's vital role in helping the human body fight disease, aid digestion and facilitate blood circulation. Agriculture Minister Nick Brown advised farmers who have accidentally grown contaminated GM rapeseed (canola) in Britain to rip up their crops, and confirmed the potential significance of Kaatz's research. He said: If this is true, then it would be very serious.

If we have selected the bees so they have lost enough genetic diversity then the species would become more vulnerable.

Also, See From the May 2007 Idaho Observer: The "mysterious bee killer"

Compiled by The IO, The Bee Research Lab at the U.S. Department of Agriculture (USDA) is referring to whatever is decimating honey bee populations worldwide as an "unknown pathogen," stating that studies are pointing "to some kind of a disease or parasite," The Associated Press reported recently.

Also, see Loretta Murphy, Monday, May 28, 2007, wdfs@lists.ibiblio.org, message -

WCFS OFFICERS AND BOARD MEMBERS

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Vashon Island	Ron Weston

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June 9, 2007 Oregon State University held their Bee and Pollination Field Seminar at their Outdoor Bee Lab in Corvallis. The Seminar was facilitated by Dr. Michael Burgett, world renowned Bee Authority and Emeritus Prof. Of Entomology/Apiculture for OSU.

Article exerpted from "What is happening to the bees?" New York Times, April 24, 2007, By Alexei Barrionuevo (NYT); Science Desk

WCFS**CHAPTER NEWS**

Olympic Orchard Society monthly meetings have hosted Dr. Curtis Beus on soil fertility and heat requirements for growing fruit; Dr. Paul Moore on small fruit cultivation; Dan and Kathy Ackerman on growing tomatoes and figs; Deborah and Dan Heaton on blueberries with an instructional pruning video; Nash Huber, organic farmer, on conservation easement programs, composting and cover crops; and Dr. Robert Norton on history, techniques and cultivation of 80 apple varieties. We toured Jeff Carl's fig collection.

Members also participated in Workshops co-sponsored by the Extension Office and Sequim Family Farms on Pruning, Spraying Dormant Fruit Trees; and, Grafting. Chris Austin talked about pruning at the Clallam Co-op followed by a demonstration at Charles Parkman's orchard. Chris Beus spoke on dormant spraying. At the grafting workshop Paul Moore spoke on the principals of grafting and OOS members were on hand with scions and rootstock to graft trees for participants. The workshop was held in the barn at Sequim Family Farms where participants had the opportunity to tour the pie baking enterprise.

Our association lost friends and devoted members Buddy and Myrtle Brock. The Brock's place was featured in our fall farm tour. They will be remembered for their enthusiasm and willingness to help and share their great wealth of knowledge and techniques through a lifetime of growing organic fruit.

Our summer picnic will be held on Sunday, July 15 at the farm of Harley and Maria Oien. For information call Steve Vause 360-683-8407.

Peninsula Fruit Club brushed up on our fruit tree pruning skills by watching a couple of videos, one by Gary Moulton and another put out by the University of Kentucky. At our May meeting we talked about problems we've had so far this year and also held our annual plant sale amongst ourselves. With many varieties of fruits, vegetables, and ornamentals brought in by our members, it's a fun time to pick out something new. We will be expanding our outreach program this year by having an information booth at the Bainbridge-in-Bloom event on July 14 and 15. For two days we will be on a farm on the garden tour and plan to bring lots of pictures and printed information on fruit growing ideas and

problems and their solutions. It's a great opportunity to teach the public and try to answer all their questions. We are also planning our booth at the Kitsap County Fair, which runs for five days in August. We bring in samples of early fruit and samples of diseases and other problems. A lot of people are amazed at what can be grown here. Others look at the examples of problems and say, "So that's what's wrong with my tree!" We have a lot of fun trying to provide solutions to help them improve their harvests.

Seattle Tree Fruit Society has been trying to respond to over 250 inquiries and orders for Maggot Barriers. There is an immense public interest in protecting our fruits, i.e. apples, pears, Asian pears, plums, etc. from apple maggot flies and codling moths because of several articles in local papers by leading gardening experts in the area such as Ciscoe Morris, Valerie Easton, Chris Smith and Debra Smith. *Sunset* magazine intends to run a small article on Maggot Barriers in their July issue. While last year we sold Maggot Barriers only throughout Western Washington, this season, inquiries and orders have arrived from Eastern Washington, Oregon, California, Idaho, Montana, British Columbia, Minnesota, Wisconsin, Michigan, Illinois, Indiana, Missouri, Georgia, Virginia, Pennsylvania, and New York. Through an agreement with the national manufacturer of the Maggot Barriers we are now the only national wholesaler of Maggot Barriers. In this new role of wholesaler, we are also selling them to Oregon's Home Orchard Society. Also, we have established four of our STFS members as regional distributors: Carolina Nurik, Vashon Island; Terry Larsen, Bothell; Linda Sartnurak, Renton; and David Conners, downtown Seattle. This year, we are experimenting with two alternative versions of the Maggot Barriers. We will try all-white Maggot Barriers which ought to reflect solar energy, and perhaps protect fruits from sun-scald. Also, we will try a heavier denier nylon which may hold more heat next to the maturing fruit to make it possible to grow fruit in our orchards that would otherwise need a longer growing season. Potential buyers are informed that they may obtain the "members only" price of \$15 per package if they choose to become a STFS member at the time of their order. This has resulted in two dozen new STFS members.

Upcoming events June 16 -- Fruit-tree Pruning Workshop: STFS has agreed to assist Plant Amnesty's fruit-tree pruning workshop (10 am - 2:30 pm) at the



VINTNERS LOOK FOR RIGHT GRAPES TO GROW IN RAINY PUGET SOUND REGION

From The Associated Press

People who wandered into the Olympic Cellars winery on the northern tip of the Olympic Peninsula typically had two questions for its owners. Where are the bathrooms? And where are the grapes?

"We finally got smart and put up a sign for the restrooms," said owner Kathy Charlton.

For the second question, they commissioned a study. Like the vast majority of the 400-plus wineries in the state, Olympic Cellars had always obtained its grapes from vineyards in hot, dry Eastern Washington, which has gained a reputation as some of the nation's best wine country.

The study is one of two aimed at refuting the notion that good wine grapes - in particular, red wine grapes - can't be grown on the wet side of the Cascade Range, and also finding a valuable crop to preserve farm land under increasing development pressure.

"Western Washington is the great untapped vineyard resource," said Keith Love, a spokesman for the state's most prominent winery, Chateau Ste. Michelle. "The potential is there, but there hasn't been enough research done. We are glad somebody's able to do it."

Washington is the nation's second-biggest wine producer, behind California. More than 30,000 acres are devoted to wine-grape growing in the state, but less than 1 percent of that is in Western

Washington. At Charlton's request, Southern Oregon University professor Greg Jones is studying the climate and soils of the Olympic Peninsula, hoping to identify the best spots to grow grapes.

Meanwhile in Mount Vernon, 60 miles north of Seattle, researchers from Washington State University are searching for grapes that can be grown throughout Western Washington's many micro-climates, with promising results. The broad, flat valley near the mouth of the Skagit River is one of the coolest spots around Puget Sound, so if grapes can grow well there, they should be able to grow well in other parts, such as the warmer, south-facing slopes of the Cascade foothills.

"The interest is just getting going," said Gary Moulton, the lead researcher. "As people start moving from hobby winemaking to cottage industry, you're going to see a lot of boutique-type wineries."

The Puget Sound region west of the Cascades is cooler and gets about 48 inches of rain a year - six times more than Eastern Washington. For decades, that led to a perception that it was hardly worth growing wine grapes here. Even the grapes at Chateau Ste. Michelle's suburban Seattle winery were planted only for decoration. To the contrary, Moulton said Puget Sound compares favorably to some of the best growing regions in France and Germany. WSU's research has shown a lot of potential for cool-weather grapes, including sauvignon blanc and pinot noir precose, as well as lesser known varieties such as the red agria.

Much of Oregon's best wine country is on the west side of the Cascades, and though it's a bit warmer than Western Washington - especially in the Willamette Valley - the climate isn't that different, Moulton said. A handful of Western Washington vineyards have grown white wine grapes - semillon and siegerebbe, among others - for years, but more have recently started planting reds based on the research. Up the Skagit River from Moulton's 1.5-acre test plot, the Glacier Peak Winery has planted agria on his recommendation.

Just across the road, Drew Zimmerman, Carl Engebret and Ector DeLeon have planted several varieties, but mostly pinot noir, at the 73-acre farm where they also make hard cider. Moulton comes over on Fridays for tastings.

"Ultimately, we want to be a Puget Sound winery," Zimmerman said. "We want to be among the pioneers of west-side grape growing."

(Club News continued from page 16)

Good Shepherd Center. For more information go to www.plantamnesty.org, or call (206) 783-9813.

June 16 -- Field Trip #1: To the garden and orchard of STFS member, Kiwi Bob Glanzman (3 pm to ?). Location: 1220 NE 90th St., Seattle, WA. You are strongly encouraged to bring a sack lunch.

July 28 -- Field Trip #2: To the WSU fruit research station in Mt. Vernon (10:30 am to ?). Focus: Primarily blueberries (but other fruits and berries as well). Guest speaker and tour leader: Thomas Walters. You are strongly encouraged to bring a sack lunch. De Arbogast will lead a walking tour of the fruit research in progress. You may also visit Drew Zimmerman's nearby cidery.

August 25 -- Field Trip #3: To the garden and orchard of STFS member, Betty Wade (1 pm to ?). Location: 19186 - 130th Ave. NE, Bothell, WA 98011. Betty grows a wide variety of vegetables, berries, and fruits. Her goal is to be self-sustaining.

GOOD ENOUGH TO EAT: SOCK IT TO APPLE MAGGOTS

By Chris Smith

Since arriving in Western Washington roughly 25 years ago, apple maggots have given orchardists fits. They often ruin the crop, riddling the insides of the fruits with mushy, brown tunnels. So we've fought back with an arsenal of controls -- traditional pesticides, sticky traps (with and without scent lures), clay sprays and protective bags.

There have been drawbacks to all of these controls. Increasingly, it's hard for home orchardists to find traditional pesticides legitimate for maggot control. Sticky traps don't provide 100 percent control and clay sprays require a daunting number of applications. And fastening on protective bags, though it provides excellent control, is a time-consuming practice.

Last year many members of the Seattle Tree Fruit Society (STFS) gave footies a try. One member found he could attach six footies a minute, compared with one or two per minute for bags of other styles.

According to STFS president David Connors, the results were very encouraging. "Based on results from the 2005 and 2006 growing seasons, they appear to be highly effective: essentially 100 percent effective against apple maggots ..."

STFS members Dick and Marilyn Tilbury, among the most apple-maggot-savvy people in our area, are similarly upbeat about the socks. "They provided 100 percent control against apple maggots," Dick told me recently.

Last year in their Mercer Island orchard, Hal and Gerry Fardal footied 4,700 fruits. "We had essentially no apple maggot damage," Hal declared.

Though testimonials aren't science, I trust the ones cited above. And we already know that bags

of various styles have a long and successful record of protecting fruits from maggot damage.

Finally, there's the following experience cited by David Connors: "Perhaps the best single testimonial came from an experience at the Bellevue Demonstration Gardens concerning a Freyberg apple tree, which had been thoroughly infested with apple maggots in prior seasons.

Out of desperation, they tried the nylon footies this past growing season (but also used a lure -- a Delicious apple covered with Tangletrap bait to monitor how many apple maggot flies actually came to this particular tree).

"The results? The footie-covered apples were 100 percent free of apple maggots, whereas the lure had over 200 apple maggot flies on it before it was replaced by a new lure."

Here are a few tips from David Connors and Dick Tilbury. David advises that the keys to success with socks are to get them on early, when the fruit is between a dime and a quarter in size, and to secure the open ends of the socks around the stems of the fruits. To cover fruits properly, barely stretch the sock's open end over the tiny fruit, leaving 2-plus inches of slack to twist around the stem. Dick suggests you spray scab-susceptible apple varieties before applying footies since the socks might create an inviting microclimate for that fungus disease.

Sporting a new name -- Maggot Barriers -- they're available from STFS in packets of 300 at a cost of \$15 for members or \$20 for non-members, plus shipping. If you join STFS at the time you buy the barriers, the member discount applies. For more information and to order barriers, contact David Connors at applesandmore@hotmail.com.

Alternatively, you may order directly from one of three "distributors" this season.

They include Terry Larson in Bothell, (425) 398-3650 or bt.larson@verizon.net; Linda Sartnurak in Renton, (425) 271-6264 or noilinda@yahoo.com; and, Carolina Nurik on Vashon Island, (206) 463-7216 or carolinanurik@comcast.net.

Chris Smith is a Master Gardener who lives in Port Orchard, and is retired from the WSU Cooperative Extension. This reprint is based on an article that appeared in the Seattle P-I, May 4, 2007, NW Gardens.





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Write or email your article, comment, suggestion, or question to:

Carlyn Syvanen at: **carlynbee@teleport.com**

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