

the *BeeLine*

Volume 29

Winter 2009

Newsletter of the Western Cascade Fruit Society

FINDING OUR ROOTS: A Study of Vashon Island's Fruit Growing Heritage

By Sally Fox, Vashon Island Fruit Society

Fruit growing has been an important part of life on Vashon and Maury Islands for the past one hundred and fifty years. From the S'homamish Indians who processed fruit into pemmican, to the berry farms of the 1920's, to the fruit processors, to the new viticulturalists, fruit has been vital to our economy and our community.



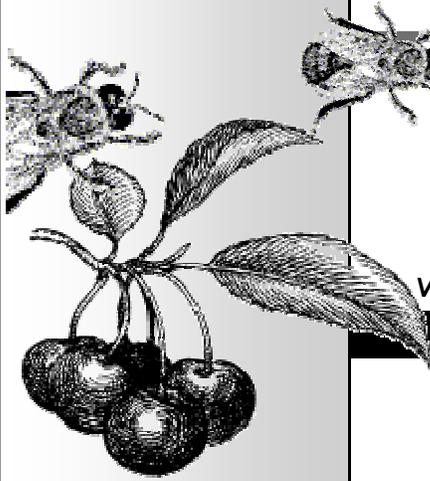
Dr. Bob Norton and I have launched a study of Vashon Island's heritage as a center for growing fruits and berries, a project we hope will lead to a book or a series of articles. We are looking for people in the Puget Sound region with ties to Vashon, who can remember the stories of a relative who grew up on the island or give us clues about what was being grown and how.

We want to know how the first fruit got here, what was grown and who grew it, and the results they had. We want to know about how fruit commerce was influenced by the availability of early transportation, ferries, canneries, competition and wars. We are searching for information about the varieties that were grown, and the pests that affected them. We are also interested in how fruit shaped our community, brought people together, and inspired innovation.

Fortunately, a few senior members of our Vashon community still remember the stories of their ancestors who came to Vashon in the early 1900's – or can remember harvesting fruit themselves prior to World War II. Much of the information they have is lively and anecdotal – and we find it important to capture it before they leave us and it is gone forever.

We have found that fruit growing went through different periods. In the beginning the natives and early settlers used fruit as part of their survival. As the forests and stumps were cleared and fields cultivated, a commerce in berries and some tree fruit quickly developed to supplement the fishing industry that sustained many island residents. Berry growing soon became one of the most important aspects of our economy in the first part of the 1900's. Vashon flourished with two canneries and many berry farms.

This flourishing period of commerce started to decline in the 20's with the challenge of pests, competition from mainland farms with better access to



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www.wcfs.org



The BeeLine is a quarterly publication of Western Cascade Fruit Society, a non-profit 501(c)3 corporation in the State of Washington.

the Puget Sound highways, depression, war and changes in labor laws. B.D. and Masa Mukai developed a very successful strawberry processing plant on the island. But sadly, World War II changed much – and the island lost many of its small berry farmers with the internment of its Japanese residents.

After the war ended, however, a new chapter began. Betsy and Robert Sestrap developed Wax Orchard Farms, a fruit processing enterprise begun by Betsy's parents. The story of their success processing fruit and developing fruitsweet is known to many Beeline Readers (Betsy was a founding member of the Western Cascade Fruit Society. Read about her in the Spring 2006 BeeLine)

We'd love to hear from anyone who remembers fruit growing on Vashon, or could help us identify sources of information on which crops were prevalent at the turn of the century. We also have some specific questions. As we approach the anniversary of the Alaska-Yukon Pacific Exposition (1909) in Seattle, we wonder which island residents rubbed shoulders with Luther Burbank? Did he visit the island? And who first brought his regrettable innovation, the Himalayan blackberry, to the island? If you have information or would like to learn more about our study, please contact me at sally@sallyjfox.com or 206 567-5027 or Bob Norton at applecorps@centurytel.net.

STOPPING BY THE APPLE TREE ON A SNOWY EVENING

Whose tree is this, I think I know
He buys his fruit at Safeways, though:
He would not mind me stopping here
To snip a twig or two in the snow.

My big Suburban must think it queer,
To stop without a gas pump near,
Between the sawmill and Slocan Lake,
The darkest evening of the year,

It gives its old exhaust a shake
To ask if there is some mistake.
The only sound's the mwowow-EEP
Of distant chip-truck's harsh airbrake.

This tree's so accessible, so tempting to reap,
But I already have scionwood by the heap,
And piles to refrigerate before I sleep,
And piles to refrigerate before I sleep.

By Wendy Courtice, Winlaw, BC,
With apologies to Robert Frost



WWFRF EVENTS

WWFRF.org



Winter Field Day
Pruning, Grafting
Pest control
March, 1st Sat
8:30 AM

Sample the Cherry Harvest
Check Website
for changes.
July, 2nd Sat
11:00 AM

Summer Fruit Festival
Lectures & Food
August, 3rd Sat
8:30 AM

Sample the Apple and Pear Harvest
Cider Tasting
Oct, 2nd Sat
11:00 AM



MESSAGE FROM OUR PRESIDENT

By Mark Youngs, Seattle Tree Fruit Society

Waiting for the rain to subside so I can continue planting the new trees in our trellis rows, I'm writing this article while thinking about the excitement of trying something new. Isn't that why we are all drawn to horticulture? Living plants don't respond to an equation and always give the same result. Instead, we constantly experiment with new varieties, new growing and pest control techniques, new fertilizers, mulches, etc.

Our new orchard plan is to grow apples and pears using the "Tall Spindle" technique, inspired by an orchard tour of Northern Italy led by Dr. Bob Norton. Italy's orchards are very efficient but the individual growers are told by a Coop what to grow and how to grow it. Italy has excellent experimental stations but the orchardists themselves grow by Coop instruction.

Contrast this with orchardists in our country where all growers are essentially running their own programs and are constantly fine tuning them. Help is available from our fine experimental

stations and utilized when applicable by all smart growers. America is full of entrepreneurs. Recently there was an article in Good Fruit Grower magazine about a plum orchard being grafted over to a cherry orchard!

The point I'm trying to make is that all of us growers are running individual experimental stations. We have a tremendous opportunity to share our results, positive and negative, with each other via the BeeLine. Please share your experiences with the rest of us so we can all utilize what you have learned. Write a short article, the BeeLine is a great tool for advancing all of our skills.

Currently WCFS has an opening for Secretary and we need to replace the Treasurer soon as well. Would you be interested in serving our fine organization?

By the way, recently a number of us were blessed with the procurement of an Abate Fetel pear tree. This is the favorite variety grown in Northern Italy and another orchard experiment to try. I'll let you know our future results!

Don't Miss Out

Join the WCFS Forum!

You can use the Forum to ask other members for advice, to give advice, open discussion or even find a ride to a meeting or event. The Forum is only for members of our organization and is closed to the general public. This is a benefit open to all members. Simply send me an email and tell me you'd like to join the WCFS Forum. Hope to hear from you soon.

Judi Stewart js@olympus.net

Western Cascade Fruit Society

Winter Board meeting

January 10

10 am

Northgate Library

10548 5th Ave. NE

Half our life is spent trying to find something to do with the time we have rushed through life trying to save.

Will Rogers

The Winter 2009 BeeLine was produced by Editors Marilyn Couture and Carlyn Syvanen, with input from membership.

Please contribute your articles for our next issue!

Issue Deadlines:

Spring February 15; Summer May 15; Fall August 15; Winter December 15;

Email your articles to:

Carlyn Syvanen, carlynbee@teleport.com or Marilyn Couture, couture222msn.com

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Comfortable

Two sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock.

The brunette balances their checkbook, then takes their last \$600 dollars out west to another ranch where a man has a prize bull for sale. Upon leaving, she tells her sister, "When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home."

The brunette arrives at the man's ranch, inspects the bull, and decides she does want to buy it. The man tells her that he can sell it for \$599, no less.

After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office, and says, "I want to send a telegram to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pick-up truck and drive out here so we can haul it home."

The telegraph operator explains that he'll be glad to help her, then adds, "It's just 99 cents a word." Well, with only \$1 left after paying for the bull, the brunette realizes that she'll only be able to send her sister one word.

After thinking for a few minutes, she nods, and says, "I want you to send her the word, 'comfortable.'"

The telegraph operator shakes his head. "How is she ever going to know that you want her to hitch the trailer to your pick-up truck and drive out here to haul that bull back to your ranch if you send her the word, 'comfortable?'" The brunette explains, "My sister's blonde. She'll read it slow."

An apple a day keeps the doctor
away

Apple in the morning, Doctor's
warning

Roast apple at night starves the
doctor outright

Eat an apple going to bed, knock the
doctor on the head (no wonder

we have a doctor shortage)

Three each day, seven days a week

Ruddy apple, ruddy cheek

**WCFS NEW MEMBERS****Olympic Orchard Society**

Stu Hemstreet

Sheila Kee

Leslie and John Rosaschi

Jackie Baker

Bill Bains

Mary Elizabeth Barr

Coleman Byrnes and Sue Nattinger

Richard and Joyce Dobbs

David Freed

H. Wallace Teal

Patrick Volk

Joe and Karen Zook

Peninsula Fruit Club:

Lee & Betty Bennett

Anna Blackwell

Drew & Wendy Brant

Don & Linda Burger

Winston Ching

James Dudley

John & Jeannie Lemm

Alan Lowe

Robert & Hallette Salazar

Steve & Rosalie Smith

Judy Willott

Vashon Tree Fruit Society

Gregg Andrus

Steve Austin

Judy Beggs

Sheila Brown

Diane Crawford

Jack Churchill

James Culbertson

Diane Dietz

Katrin Fletter

Cathy Fulton

Julie Gaspers

Julia Lakey

Jonathan Morse

Robert Murano

Lisbet Nilson

Richard & Linda Sedgley

Rex Stratton

Chris Woodley

Ivan Weiss

Cory Wlazcak



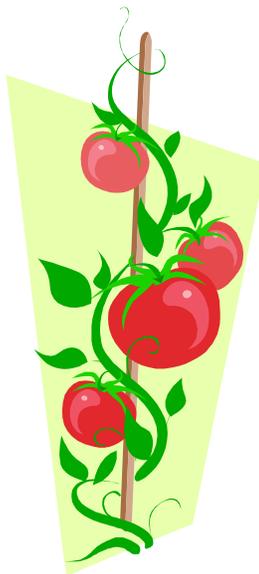
GROWING SEQUIM TOMATOES FROM A CACHE VALLEY PROCESS

By Marilyn Couture, Olympic Orchard Society

I modified my Sequim growing method based on the advice of a Northern Utah friend who grows great tomatoes. On Will Pitkin's modest acre he supplies Cache Valley Farmer's Market, restaurants and stores with tomatoes all summer long and into the fall. With an average frost free season of 140 days, and a spring freeze that can occur as late as June 21 and as early as August 22, I asked Will how he does it.

Will starts his tomato and pepper seeds on December 21. He wrote, "As for my tomatoes and peppers, I usually get them out in April or May, but I have had such incredible success with these early starts that I plan to do my first planting on the wonderfully symbolic date of March 21. The plants in my unheated greenhouse are doing well on their germinating pad set at 75 degrees surrounded by 5-gallon buckets of water and covered with a sheet of clear plastic, this even though as of January 15, 2007, the outside temperature reached sub-zero.

"When the plants go out, they will be planted through a sheet of black plastic in sets of 24--three staggered rows, eight plants each. Each



plant has an extra-heavy cage, and each outside cage is separated from the next by a 5-gallon plastic bottle filled with water, with three bottles at each end of the set of 24. The whole planting is then covered with a 10' x 25' sheet of six-mil clear plastic, which I then tuck under the plastic bottles. The wire cages support the plastic. On clear days (when the outside temp may be 63 degrees but the temp under the plastic reaches 100 or more), I'll vent one or both ends of my little hothouses. With an April 15th planting, I had my first 80-day tomatoes by July 1."

In Sequim, following Will's advice, my composted tomato bed was covered with black plastic, and planted with 13 plants with tall wire cages, surrounded with water-filled gallon jugs. The wire cages supported the plastic covering and about 20 additional jugs held down the plastic. The fall harvested tomatoes are in a cool garage and I ripen them a few at a time in the house. As we approach the Winter Solstice, I am preparing to plant my first seeds, while we are still enjoying the fall harvest

ALTERNATIVE METHOD FOR PROPAGATING TOMATO PLANTS

By Marilyn Couture, Olympic Orchard Society

As a tomato grows, side shoots, or suckers, form in the crotches, or axils, between the leaves and the main stem. If left alone, these suckers will grow just like the main stem, producing flowers and fruit, but they affect the plant vigor. Pruning these side shoots will result in a more productive plant.

Try propagating new tomato plants by removing side shoots and placing shoots in paper cup or dark water glass. Water should

be about 1" deep, and plant should be placed on window sill or in lighted area. Within a week a nice bundle of roots should form at the base of the plant. This method will work with a small vegetative leaf sample, and is much quicker than starting from seed.



MARVELING IN THE DIVERSITY: Applefest 2008, Salt Spring Island, BC

By K.A. Curtin

On a sun-soaked fall morning, the Fulford Hall was packed with Salt Spring Island residents and visitors there for one reason: to see over three hundred varieties of organically grown apples and visit the orchards from whence they came.

The 10th annual Apple Festival has grown to be an endearing local event with fifteen local farms opening their orchard gates to apple-gazers of all ages. I am a newcomer to this island event and couldn't help but wonder, what would possess people to be so excited about such a common fruit?

To find out the answer, I made up my mind to go to every farm on my festival map, beginning at the center of operations, Fulford Hall. Upon entering, I was truly awed by the number of different kinds of apples on display. As I shuffled along with the crowd lining the tables, noting the specific details written about each specimen, I realized that the "common" apple does not apply here but to our grocery stores that stock no more than five varieties.

Those blemish free, uniform in size, and colorful under artificial lights are the types of apples we've come to expect as the norm. What we see in the grocery store is a commercialized product bred for high yields, long shelf life, resistance to disease, and long stems so that the apples can be fully doused with pesticides.

Alternatively, the old cultivars at this festival may be oblong, round, lumpy, bumpy, russeted, or scabbed. The flesh may be red, white, or cream colored. The texture and taste may be suitable for cider, cooking, or eating straight off the tree. When is the last time you saw a Cat's Head apple in the fruit section? As I try to conclude if the apple is, indeed, feline shaped, it dawns on me: the marvel is in the diversity!

Tables set up along the perimeter offered supportive information to the apple centerpiece,

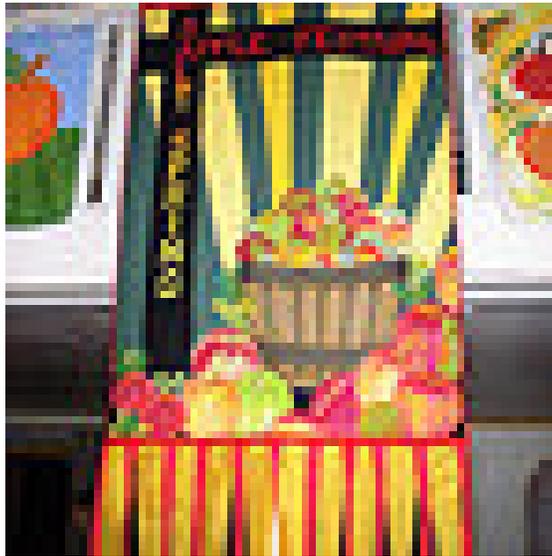
such as physical examples of bark and fruit diseases, study books for novice beekeepers, and information on genetically modified food. In the corner, oral stories of pioneer apple growers were performed to educate the audience on the time, energy, and challenges of nurturing heritage orchards in the old days. Following the brief history lessons, a masked man, who's super strength passion for heritage apples inspires him to morph into Captain Apple (even fruit needs heroes), summarized the successes and difficulties of the

2008 growing season - from what I could hear anyway. Over the din of the crowd it was difficult to hear any of the speakers, but I was also distracted by the powerful lure of the pie ladies who were swiftly dishing out slices made from several heritage varieties of Salt Spring Island apples. My biggest regret from this day is that I only ate one piece.

When I finally left the hall and began to visit each orchard, any cerebral realizations I had about fruit and economics gave way to

a new physical sense, a groundedness derived from seeing the relationship of the fruit to the tree to the farmer to the environment, and so on. I began to see that every orchard is as unique as the farmer who tends it, and I'll bet the personality of the farmer could be characterized from the types of apples he or she grows.

Pastoral visions on a perfect fall day: from the manicured to the wild; neatly rowed trees and honey sweet fragrance in the air at Isabella farm inspired a little boy to sprawl out under the branches, a look of perfect bliss on his face; massive Wolf River apples hovering above my head at Fern Creek Farm; curious llamas guarding the gates to an extensive, open field at Bright Farm; the many lives of apple trees, grown into gnarly old trunks amidst wild gardens or fields of grass,





distributed over acres or rising up where the seed fell a generation ago; younger trees establishing themselves, acquiring character and stamina as they mature.

Having eaten pie does not deter me from lunch at Harry Burton's Apple Luscious orchard where another display of apples line a long table near the entrance. After hearing of the virtues of red-fleshed apples, I yearned to try one, but it seemed that others had the same idea. Only cores were left, dotted with happy wasps



Festival goes sampling fruit at Harry Burton's Apple Luscious Orchard.

drunk on fruit sugar. Burton has long been an outspoken proponent of cultivating heritage, organic trees, calling the red-fleshed varieties "the apple of the future" and the theme of this year's festival. He says, "It's time people quit eating with their eyes, and let their taste buds decide." As a grower of over one hundred varieties in his own whimsical orchard, Burton doesn't mind a few blemishes on his apples, calling them "troubled" if they haven't turned out quite the way he'd hoped.

A man called out a question from a small group hovering near boxes of apples for sale, "Harry, what's your favorite type of apple?"

"Whatever one I'm eating at the time" was Burton's immediate response.

The annual Apple Festival celebrates the journey back from near extinction of many of the older cultivars but also makes a statement about the implications of monoculture. Our history shows us t h e

disastrous effects of reducing diversity, whether it is in vegetation, fish, animals, or humans. There is no superior race of anything, and thank goodness for the diligence, patience, and independent minds of the farmers who know this!

The second marvel, to return again to my original question, is that the festival brings non-farmers, normally disconnected from where food comes from, into the life cycle loop of the harvest. Of course, as a wandering tourist, the brief sojourn into someone else's apple haven is an experience quite different from the farmer's who worries about the weather ruining the crop, who sees the direct results of labor

reflected in the quality and quantity of fruit the orchard produces. The festival, at the very least, inspires appreciation for the work of farmers and an interest in acquiring local, seasonal food for the dinner table.

Note: The 10th Annual Salt Spring Island Apple Festival took place on a beautiful sunny day where about 1500 people roamed the 15 orchards on the tour)

K.A. Curtin can be reached at khepp@gulfislands.net
From THE DRIFTWOOD, Salt Spring Island, BC.

Apple Festival Website:
<http://www.saltspringmarket.com/apples/>

SEE PAST APPLE FESTIVAL HIGHLIGHTS AT
www.appleluscious.com

Pictures by Lorri Bakken



2008 GRAPE GROWER'S REPORT

By David Johnson, Milton, Washington

This was not a great year for Viticulture in the Pacific Northwest. A very cold May got us off to a late start, and the summer never caught up. That late heat wave in November came along too late to do any good. Some of my late ripening grapes didn't ripen at all..

The varieties that did manage to ripen in spite of the cool weather were:

Jovan (Brandis x Don Muscat)... a copper red colored labrusca / muscat flavored grape
Richard Walden (Flame Seedless x ES 5-17)... a red seedless that tastes like the Flame Seedless
Alden (Ontario x Grosse Guillaume)... a large cluster and berry seeded muscat with purple fruit
Saint Pepin x RW Munson #1... a white fruited wine grape with a Riesling Muscat flavor
Pearl De Csaba... a very early vinifera muscat type for table or wine use
Ontario... a reliable older labrusca table grape with white fruit.

L-50s riparia x Trebbiano... A black fruited female grape looks promising for wine, early ripening

Suggestions for would be grape growers.

First of all, do not rely on the Big Box retail chains for advice. They seldom have anyone on hand who knows much about the product. A far better place to learn about good selections would be with local growers who are already successful, like myself.

A few late ripening varieties that you will *not* want to buy are Cabernet Sauvignon because of powdery mildew, Merlot because it's very sensitive to garden herbicides, White Riesling because it's sensitive to botrytis grey mold, Thompson Seedless which is very unproductive in our climate, Catawba and Black Monukka which only ripens here in a very hot summer

Secondly, do not put too much confidence in the glowing reviews provided in retail nursery catalogs. Their objective is to sell plants, not to inform. A better source of information is Oregon State University. They have conducted a trial planting in the Willamette valley of Western Oregon and in general we can grow pretty much the same ones that have done well there, with the exception of the latest ripening sorts.

Where is the best place in the yard for a grape vine?

The best place in your yard is the one with the most sunshine. Also do not plant the grape in a low lying frost pocket. If your property does lie in a 'frost pocket', grapes are not your best choice of a fruiting plant. The ideal site would have a slope to the south or southwest. North slope yards are much cooler. Again, if your yard slopes strongly to the north, consider another sort of fruit to grow.

Stay at least 20 feet away from large trees—the tree roots range far beyond the leaf canopy and will out compete the grape vine. Also, keep away from the lawn—a healthy lawn requires a lot more nitrogen fertilizer than the grape needs and if your lawn comes near the vine, you will have rank vigor develop and excessive shoot growth.

How much room does a grape vine need?

Grape vigor can vary widely, but in a trellis, the minimum spacing / vine should be 6-8 feet with the rows at least 8 feet apart. Any closer and it becomes tough to cultivate/mow between the rows. An individual vine should have at least 36 square feet for root development

What soils are the best?

The ideal soil, for the Puget Sound region, would be a sandy gravelly loam. Heavy rich clay / organic soils hold too much moisture and remain cool through most of the season. If you can bring in a few yards of sand, it will greatly improve the vines' capacity to ripen fruit.

What about fertilizers ?

Grapes do not demand high fertility. The important thing is to keep Nitrogen rates low...."about 50 lbs/acre actual Nitrogen". This works out to roughly 4.5 ounces of 21-0-0, per vine. Apply in the early spring. Soil pH should be around 6.6 to 6.8. Kelp meal is a good source of trace minerals and can be applied at the rate of 4 ounces/vine. Boron can be applied as a foliar feed at the rate of 2 tsp boric acid in 3 gal. water around May and again in August. Do not exceed 2 tsp/ 3 gal. If a little is good, a lot is not better.

How much irrigation will my grape vine need?

Very little, but in the year of planting, starting around the July 4th weekend, a couple of inches a week would be good irrigation practice. Our soils only remain dry for about two months in late summer.

After the first year, a couple of good irrigations starting in Mid July and ending in Mid August should be enough. Grapes can tolerate a lot more moisture stress than most other garden fruits.

What are some of the major pests of grapes?

Birds, birds and birds in that order. Deer can really be a hassle out in the county and will destroy young vines entirely. Skunks go for the Native American 'labrusca' types. Yellow jackets will often be a problem on the early ripening grapes especially muscat flavored ones.

French hybrids are much more disease resistant. When buying a grape, unless you want to do a lot more spraying, select French or Geneva hybrids over the European 'Vinifera' type grapes. They can produce excellent fruit, and are a lot less trouble to care for.



AFTER THE PRESSING

By Gretchen Brewer, North Olympic Fruit Society

Part I – The Gleaners

With global economics running its course, we are reminded to look closely at ways to use local resources to help all of our neighbors. In that vein, "gleaning" groups are springing up to harvest unused local produce, and what do we in Washington have in excess if not apples? This fall, in 2008, a newly formed group of gleaners in Port Townsend went about town with orchard ladders and picking bags to collect otherwise unused fruit from local apple trees. Over several months, they delivered some 5400 pounds of fruit to the Food Banks (PT, Tri area, Quilcene and Brinnon), the senior meals program, the schools, Boiler Room, and some of the senior housing facilities.

A side benefit was a nice supply of apples for the people whose trees were plucked, as well as some of the undeliverable ones for the pickers.

In early November, about fifteen Port Townsend gleaners borrowed cider presses and held a celebratory all-afternoon pressing at the Dundee Hill Community Center in Port Townsend.

The result? Everyone from age five on up washed, chopped, and with an electric and a manual cider press, squeezed around 30 gallons of superb cider, and then gathered indoors to snack and watch the highly apropos Agnes Vardes movie, "The Gleaners."

Seth Rolland, who has been instrumental in this effort, said that the knowledge of WCFS members has been a great help, and welcomes any WCFS members (and others) who might have knowledge or guidance to contribute, an excess of fruit or a desire to help pick. Contact him at sethrolland@gmail.com or (360) 379-0414.

Part II – Pomace – A Truckload of Apple Squashings

After the Port Townsend gleaners' apple cider pressing, in addition to our 30 gallons of cider to share, we had nearly a truckload of leftover squashed and juiced apples – pomace or pumice, as it's called. With lots of apple goodness left in it, is it more than compost? In exploring I learned quite a bit.

The main uses I found online for pomace are: Pectin, vinegar, applejack brandy, apple butter, and apple butter's precursor, apple sauce. We'll get back to composting.

Apple sauce is easy: plunk a lot of the pomace in a big pan with a little water, sweeten or spice as you like, cook until soft, and run it through a Foley food mill. I could have canned some, but just made a big pot to enjoy over the next two weeks. It's a more subdued flavor than applesauce from whole apples, but mine was pretty nice, and it's quite nutritious. I think that it would be stellar in apple breads, pancakes and so on. So you could make a lot and put it to good use.

The next step is apple butter. At the apple pressing, one of our group gave apple butter advice, the main point of which is to make a whole lot of applesauce, sweeten and spice it a lot, and then

cook it down over very low heat for as much as a full 24 hours! One website says to stir it "once around and across" every time you pass by. I'm new to canning and used maybe a three-gallon bucketful of pomace to make a nice small batch of about eight 8-oz jars.

Did you know that you can make your own fruit pectin for jams and jellies, and that

it's extremely healthful? "The main raw-materials for pectin production are dried citrus peel or apple pomace, both by-products of juice production. Pomace from sugar-beet is also used to a small extent." Most recipes have you start with under-ripe apples which have the highest levels of pectin. One recipe gives 3 pounds of apples and 6 cups of water for 3-4 cups of pectin, so I would guess maybe twice that volume of pomace for the same amount because the apples are riper and the pectin level will be lower. I've missed it for this year, but after the turn of the year, I'll try making some from citrus peel that I save over the holidays.

See the sidebar for a recipe and websites that also tell more. Apparently pectin is good on its own as jelly, as a tart glaze or to add body to a nice holiday beverage. However it's used, it's extremely healthful. I turned up scientific studies that explore how and why pectin is such a healthy food. It's good for skin, bones, hair and nails, and is reported to have some benefits in treating cancer.



Apple cider vinegar, also touted as a near-miracle food, can be made from the juice or the pomace. From comments on The Intentional Agrarian website, "One traditional way to make vinegar was not to use 'first pressing' cider, but to pour boiling water over the dry pomace cake after pressing. Stir it up and let it cool. After it has cooled to body temperature, add some fresh pomace or grapes to reintroduce the yeast and bacteria. Also, if you add some of the mother from a good batch to help start a new batch, you'll be less likely to get a bad batch. That happens once in a while."

A technical website suggests mixing pomace "extract" and molasses 2:1 for vinegar.

Since I didn't know about using pomace for vinegar, with 1/2 gallon of the juice I added some "mother," the goopy stuff in the bottom of the jar of natural apple cider vinegar, capped it loosely and have put it away for six months for it to turn into vinegar. Apparently I didn't clean this year's bottle quite well enough, because the top began to get mold. So I took a length of food-safe plastic tubing from the hardware store and siphoned the vinegar off into another clean bottle. All is well so far.

Applejack brandy from pomace is highly regarded, but recipes are hard to find. The process seems to involve stills and running from the Revenooers. If any of you have wisdom on the subject, I'm certain you'll find interested ears.

Pets can get a treat as well. I saw no specific reci-

pes, but popular formulations for horse and other livestock treats list for ingredients: Dried Apple Pomace, Oat Groats, Cane Molasses, Rolled Oats, Brewers Dried Yeast, Ground Corn, Dehydrated Alfalfa Meal, Flax Seed Meal. Frankly, I think that could be a good human treat.

Finally, this brings us to what's really, really leftover, or the bad spots that are cut out of the original apples. Much of it from our pressing was taken for hog and chicken food. My next door chickens got a big bucketful every day for a week and loved it.

The watchword for composting raw apple leftovers is "Apple Maggots," so be careful. Correspondents on the WCFS Forum report apple maggots after a single application of raw apple pomace in the compost: One person "had never had apple maggot in her apples at her place before. The next year after the apple squeeze her apples were full of apple maggot. If your apple trees already have apple maggot it probably won't make any difference. But this is a warning..."

A cider pressing such as we did is not about profit. It was a ton of fun, a relaxed way to celebrate and you can't get fresher or better apple juice. My ample two gallons of cider quickly became sparkling, and I've finished it off, so will have to wait until next year to try hard cider. It was completely worthwhile. I hope that some of you experiment with the pomace from your pressings and report back to us.

MAKE YOUR OWN PECTIN

Apple pectin jelly is very easy to make and has many other uses. It makes a spiffy glaze for fruit tarts- especially apple ones. Add a branch of rosemary, tarragon or thyme, and you will have an herb jelly to eat with roasted meats, and chicken. Add some cinnamon, nutmeg, or vanilla and spread it on an english muffin

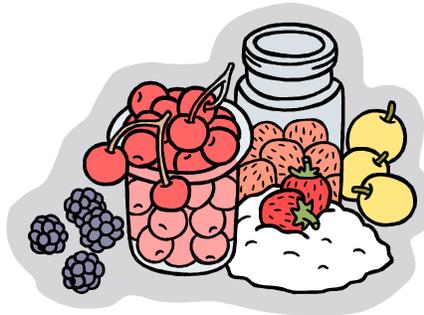
To make 4-5 eight ounce jars

3 to 4 pounds of unripe apples (windfalls are okay)

3 cups of sugar

1 lemon.

In cold water, wash about 4 pounds of the least ripe apples you can find. Remove stems, but do not peel or core them. Cut them in quarters, and put them in a big heavy pan. Cover with water, bring to a boil, and cook for about 45 minutes, until very soft. Pour, water and all, into jelly bag over a large bowl. Press on the top a bit, to release some juice, but don't mash it vigorously.



Let it drain through until you're sure you have pretty much all of the juices. It should measure a little over a quart.

Line a colander with cheesecloth, and pour the juices through again. Combine them with the rest of the ingredients in a non-reactive pot. Bring to a boil, and skim off

the foam as it collects on top. Boil for about 20 minutes, until it reaches 212F on a candy thermometer, or jells when dropped in a little blob onto a cool saucer. Pour into sterilized 1 cup canning jars, and seal with 2 piece lids. Cool, and tap to test for sealing. Refrigerate any jar that doesn't seal properly, to use first.

Each of these jars will be the right amount to make preserves from about 3

pounds of a low pectin fruit- for example, pears, or cantaloupe. Or, of course, you could just enjoy your lovely, clean tasting apple jelly. If you reheat a bit, and pour it thinly over the fruit on a tart, or on a fruit garnish on top of a cake the top of a cake, it will go shiny when it cools.



GRAVENSTEIN APPLE COBBLER CAKE

From Jim Mraz, Olympic Orchard Society

6 cups peeled and sliced apples, ¼ inch slices (5-6 medium apples)

½ teaspoon cinnamon

¾ cup apple cider

1 lemon

2 cups sugar, divided (1 cup for apple mixture, 1 cup for cobbler cake)

½ cup butter

1 ½ cups self rising flour

1 ½ cups whole milk

Preheat oven to 350 degrees

Fruit: Combine the sliced apples, cinnamon, sugar, juice of lemon and apple cider in a saucepan. Mix well, coating apples with the syrup base. Bring to a boil, turn heat down and simmer for about 8 to 10 minutes.

Prepare baking dish: melt butter in a class 9X13-baking dish. (Butter may be melted in microwave or in a saucepan over stove and poured in baking dish)

Cobbler cake: Whisk remaining cup of sugar, flour and milk together slowly to prevent clumping.

Incorporate: Gently pour flour mixture over melted butter. Spoon apples over top of batter. Batter will start to rise up between apples to the top. Pour remaining syrup over top of cobbler cake.

Bake at 350 for about 45 minutes, until top is crisp and a golden brown.

From the Relish website

You don't stop laughing just because you grow old. You grow old because you stop laughing.

Michael Pritchard

CHERRY CRANBERRY SAUCE

By Del Simpson, Olympic Orchard Society

1-1/2 Cups Sugar

1-1/2 Cups Water

4 Cups Fresh or Frozen Cranberries (1 Pound)

1 Can (14-1/2 Ounces) Pitted Tart Cherries, drained)

In a large saucepan, cook sugar and water over medium heat until sugar is dissolved. Add cranberries and cherries. Bring to a boil. Cook, uncovered, until cranberries begin to pop, about 6 minutes. Reduce heat; cook 20 minutes longer or until thickened. Pour into a serving dish. Cover and chill for at least 2 hours. Yield: 3-1/2 cups.

P.S. I use frozen sour cherries from our orchard. Also you might want to cook longer than the 20 minutes as it may take longer to thicken.

FRUIT PECTIN IN DRINKS

Fruit pectin is an all natural compound found in many fruits, and is the gelling agent used to make jams. If you take certain fruit, and boil it, with the skins and cores, you'll extract a lot of pectin. When you boil high pectin fruit for a short time, you'll make a thick, jam like concoction. But, if you boil it for 20 minutes, you'll break down the pectin chains and the pectin will have less thickening / gelling power which is good for drinks.



Pectin in a drink seems to contribute to a very smooth mouthfeel that makes the drink unique because increasing viscosity creates the perception of a sweeter drink and also reduces the "alcohol" flavor. Adding pectin thickened juice to a cocktail will give a silky texture to the drink.

<http://www.artofdrink.com/2008/09/fruit-pectin.php>

Darcy O'Neil :: September 20, 2008 8:39 PM

MAD SCIENTIST

By Roger Eichmann, North Olympic Fruit Society

Lois Twelves just gave me a new apple to taste. "Aroma" is a good flavored 3-inch apple, with red stripes over yellow. It has a nice balance of sweet, flavors, mildly acid and juicy. But it is not as crisp as I would like, so doubt if it will have much storage life. On a scale of 1 to 10, I'd give it a 7. As for an aroma, it has no more than any other apple.

It may not be anything other than a coincidence, but I have been getting skin lesions over the areas where mosquito repellent was used for years: face, neck, arms, and hands. Mostly precancerous actinic keratosis but two skin cancers have been removed and around two dozen areas were present with more occurring all the time. Dr. Mixson recommends a caffeine lotion and there is "Curaderm" from New Zealand that sounded interesting. It is an extract of eggplant with a little aspirin and ureic acid in a vanishing cream. Turns out a chemical (BEC 5) in eggplant is toxic, but it can't enter normal cells but will enter abnormal skin cells. Thus, when applied to skin, it kills the bad guys leaving the normal cells unaffected. Dabbing on a small amount will cause a callus to form if abnormal cells are present and you can feel it working. Actinic keratosis is treated in a few days, while more extensive lesions can take up to a month. It may take longer for the skin color to return to normal after the callus/scab is removed).

So far, I am very impressed, thus if anyone would like to try it on their own, my suggested directions are: one cup chopped eggplant (can also use leaves), one aspirin, a few drops of lemon juice, & vanishing cream. Boil eggplant until well cooked, strain out solids, add aspirin and lemon juice to the water. Evaporate to a small amount but still liquid, add to a good vanishing cream.

To use: Place a small amount over the area to be treated and cover so it doesn't dry out. Scotch tape works well. Hold on for several minutes.

Or you can just get a doctor's prescription, have it sent from New Zealand and pay \$140 for the "Curaderm BEC5 topical cream" plus the doctor's prescription.

I have been spending a lot of time studying economics and weather cycles. At this point, the similarity of the graphs of percent changes of the current markets and 1929 is downright spooky. If what I am seeing holds, then we are moving into a deflationary depression and will soon be whipped into an inflationary depression. In other words,

Housing, real estate, stocks, banking, insurance and manufacturing will all fall until the printing presses run overtime. Then bonds, savings, retirement funds and dollars will all go to nearly zero. What will be left is a bit troubling.

Regardless of how all this plays out, all debts (including \$800 trillion in derivatives) will be closed out one way or another. So adding more debt to the fire won't help. This is not a fiscal but rather physical problem. One thing you can be sure about is the bottom of the Obama depression won't occur until the shackles of debts and preponderance of economic restraints or burdens are lifted. Since government rarely frees up controls willingly, such times as these usually start with high debts,

move to wealth destruction, and end in ten years by war.

In ten years, society will laugh at global warming, peak oil, more parks, growth management, shutting down the coal industry, mining, timber/social security/ zoning/ building codes/ the Americans with Disability Act/ income tax/ etc. etc. At present, society isn't ready to even think about any of this so we are in for a bit of a spanking.

In the meantime, get out of debt, don't get caught in the suckers' rally, don't put any long term faith in any government entity such as the dollar. Invest in your health, education, independence, ability to produce and items you can use or trade, i.e., tools, food, etc. Don't overlook the worth of good friends, family and a security net. A bigger or more productive orchard or garden will always be an asset.

Happy New Year.





BEEDIVERSE: THE MASON BEE PEOPLE

Marilyn Couture, Olympic Orchard Society

Mason bee, *Osmia lignaria*, also known as the blue orchard bee, is friendly and an efficient pollinator for fruit such as apple, cherry, almond and blueberry. Beediverse houses are an excellent way to encourage these pollinators into your garden.



Mason bee nests at Beediverse are based on the stacked tray-system that consists of stacked pieces of wood or plastic quicklock trays with grooves. These create nesting tunnels when stacked. The nests are designed to be taken apart in the fall for easy cleaning and to rid of any harmful pests. They can be reused year after year.

Olympic Orchard Society members support the use of Beediverse products. There is a DVD video "All About Mason Bees" and a How-to information book "Pollination with Mason Bees". There is also an online Learn-at-Home Mason Bee Course.

Contact information for Beediverse products:

Olympic Peninsula, at Airport Garden Center, 2200 W Edgewood Drive

Port Angeles, 360 457 8462.

Stanwood, at WBC

Snohomish, at Beez Neez.

Margriet Dogterom Phd. Is the owner operator of Beediverse Products of CPC Ltd. Toll Free 1-800-457-8462. [http://](http://www.beediverse.com)



www.beediverse.com

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WCFS**BOARD MEETING HIGHLIGHTS**

The Sept. 13, 2008 board meeting was held at Silverdale Fire Station.

Vice President George Moergeli brought the meeting to order at 10:15am and President Mark Youngs assumed the Chair at 10:35am.

Board members present were:

Mark Youngs and Leonard Fuller, STFS; Mike Shannon, Jean Williams and George Moergeli, PFC; Roger Eichman, Sharon Hall and Bob Hickman, NOFC; Del Simpson, Erik Simpson, Carlyn Syvanen and Steve Vause, OOS; Ron Weston and Jerry Gehrke, VIFC; Bill Horn, Tahoma; Phil Vogel and Jeb Thurow, SSFS; Patti Gotz, STFS, OOS.

Ron Weston volunteered to take the minutes. It was moved and seconded to accept the minutes of the June 14, 2008 Board Meeting with changes submitted by Ron. Changes also reflect the election of Jerry Gehrke VFC as a WCFS Director. WCFS financial report was sent to the Board by Treasurer, Hildegard Hendrickson, who was unable to attend. The report does not reflect pending reimbursement of web site expenses.

Website and Beeline

Leonard Fuller inquired about the relationship WCFS has with its individual members via the Beeline. Patti said the web site data reflect that approx. 200 "hits" are recorded around the time of Beeline publication and about 80 "hits" per month are recorded at other times.

Chapter Reports

OOS Fall Fruit Show will take place Oct. 25. Meeting Speakers included "Kiwi Bob" Glanzman and a Forest Service expert on the impact of climate change upon trees.

Tahoma is focusing on the Washington State Fair in Puyallup.

STFS The STFS Board recently dropped 40 members who had refused to pay the WCFS share of their dues—which were not subject to the dues holiday the Board had previously enacted. Currently membership is at 205.

Peninsula won first place at Kitsap County Fair for nonprofit club horticultural display. They will participate in the Vashon Fall Fruit Show. Their Fall

Fruit Show is Oct. 12. In Jan. they will select an orchard in which to conduct their field events throughout the year.

NOFC had a presentation from Sakuma Brothers on their tea plantation. Their Fall Fruit Show is scheduled for Oct. 18 and it may be televised.

SSFS South Sound is now at 47 members. This summer they concentrated on public education and pruning at the Evergreen State College organic farm orchard. Recent speakers include a blueberry expert, and Phil Hartman & Seed Savers.

Vashon The Fruit Show is Oct. 4. Summer picnic was in August.

Discussion regarding Speakers' Bureau list - Carlyn Syvanen suggested loading the list onto the website. Patti Gotz added that she'd like to have all of the Chapters' Fruit Shows listed on the web site. Discussion digressed to the topic of Health Dept rules regarding cider pressing—which apparently vary markedly among the different counties.

Old Business:

Two-for-One Memberships. Ron moved, and Roger Eichman seconded, to approve Judy Stewart's deferred proposal which would be optional for the Chapters. Proposal was for a one year trial of the program. Lapsed members would not be eligible for the gift membership since it is aimed at introducing people who have not previously been members of WCFS. Motion was approved with 2 dissents.

Discussion of Conference Calls for WCFS Board Meetings. Some Board Members expressed a preference for in person meetings. Erik moved, and Roger seconded, that each Chapter investigate what is available for teleconferencing in their area. Motion was approved. WSU extension offices may have facilities for teleconferencing.

WCFS Secretary Nominations. No nominations were offered.

Thank you Patti Gotz for archiving the Beeline and for the improvements to the web site. If anyone knows of any missing issues, they should contact Patti. Over the period 1987 – 2007 a total of 85 issues are now in the archive. As none of these Beelines are indexed or "tagged", this is a project that could be undertaken, should anyone be interested in tackling it. The web site currently costs us \$5.95 monthly.

New Business:



Board meeting Highlights cont.

Insurance Agent. Some members are discouraged with the service we are getting from our current insurance agent. Bob moved that Hildegard seek out another Safeco agent. Patti moved that Hildegard should speak with our current agent first. Phil seconded the motion. Motion was approved.

New Director. Phil Vogel, SSFS President, resigned his directorship as he will still sit on the WCFS Board as a Chapter President. Phil nominated Jeb Thurow to fill the vacant directorship. George moved, and Erik seconded, this nomination. Motion was approved.

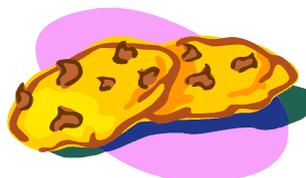
Lifetime Membership Fee. Erik asked about the fee for a lifetime membership. George thought it might be around \$250.

Winter meeting is proposed for Seattle at the Northgate Library, Sat. Jan. 10, at 10 am.

Respectfully submitted,
Ron Weston

APPLES AND COOKIES

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted it on the apple tray: "Take only ONE. God is watching."



Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

2008 WASHINGTON STATE FAIR



Alan Perkins, Tahoma Chapter member, took these pictures of the WCFS booth at the Washington State Fair. This year's ticket sales for the Corell built Apple Press brought in a substantial amount for the club. It is a nice fund raiser for the Tahoma Chapter!