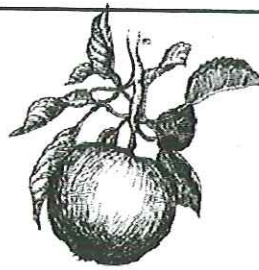


# the Bee Line



Volume 24

Fall 2004

Newsletter of the Western Cascade Fruit Society

## Fall Fruit Shows Surround the Sound - October

by Mark Lee, editor

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Three chapters of the Western Cascade Fruit Society present their version of the annual Fall Fruit Show, each scheduled for October 23. The simultaneous events held at locations around the Sound will make it easier for WCFS members and the general public to attend at least one of these celebrations of the fall harvest of apples and other fruits and nuts. Holding all the events on the same day will also make it difficult for those who really want to attend all three shows. Kind of like trying to decide which chocolate to choose in a Whitman's Sampler box if you can only pick one.

### Saturday-October 23rd



NOFC poster art announcing their fruit show in Port Townsend. Shows are also presented by STFS at Factoria Mall and Peninsula Fruit Club in Bremerton.

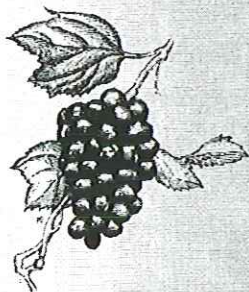
This year shows are presented by Seattle Tree Fruit Society at Factoria Mall, by Peninsula Fruit Club in Bremerton, and by North Olympic Fruit Club in Port Townsend.

The North Olympic Fall Fruit Show will take place at the Jefferson County Fairground in Port Townsend from 10am to 4pm. Admission is \$3 per person and \$5 per family. The show will include fruit displays, tasting tables, demos, local apples and

honey, and one-of-a-kind fruit trees. Friendly competition can be found in the Jefferson County Apple Pie Baking Contest. The bakers will compete for cash prizes.

The Peninsula Fruit Club is holding its Fall Fruit Show at the Country Nursery in Bremerton from 10am to 3pm. Admission is free. The nursery is located at 2075 Seabeck Hwy in Bremerton. The show will include fruit displays, fruit sampling and fruit ID. The PFC show is part of a fall harvest festival at the nursery that includes other groups. This is the first year that PFC has teamed with the nursery for their show.

The Seattle Tree Fruit Society will be holding its Fall Fruit Show at Factoria Mall located in South Bellevue. The club has been working for months on the planning of the event. This is the first time it will be held at the mall. The following press release has all the details for the show.



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

(Continued on page 2)

## Fall Fruit Shows Surround the Sound (continued from page 1)

"The Seattle Tree Fruit Society (STFS) will feature its Fall Fruit Show at Factoria Mall on Saturday October 23, 2004. The show is free and will operate in the mall's "Center Court" area and is open 10:00am to 6:00pm. Factoria Mall is located in south Bellevue at the 405, I-90 interchange. For driving directions call 425-747-7344.

Have you been thinking about planting a fruit tree or two, but are not quite sure what fruit flavors delight your taste buds? The "Fall Fruit Show" is a great opportunity to taste fruit before you plant your tree. The Fall Fruit Show offers a diverse fruit selection for sample tasting. A wide variety of locally grown tree fruits will be available for you to sample. Tasting the fruit before you plant the tree is a big advantage; you know the flavor of your fruit before you plant your tree.

At our Fall Fruit Show you can satisfy your brain's thirst for knowledge as you satisfy your tongue's taste buds. Five guest speakers will give presentations, the first beginning at 10:30am. The STFS all-star lineup of expert speakers will lecture on specific fruit horticultural topics.

**10:30am Chris Smith, Seattle PI writer**

*Fruit Harvesting and Storage at Home*

**12:00pm Dr. Margriet Dogterom**

*Mason Bees, the best pollinators*

**1:30pm Dr. Robert Norton**

*Aspects of Young Tree Development the first three years*

**3:00pm Hollis Spitler**

*Growing Blueberries in the Puget Sound area*

**4:30pm Drew Zimmerman**

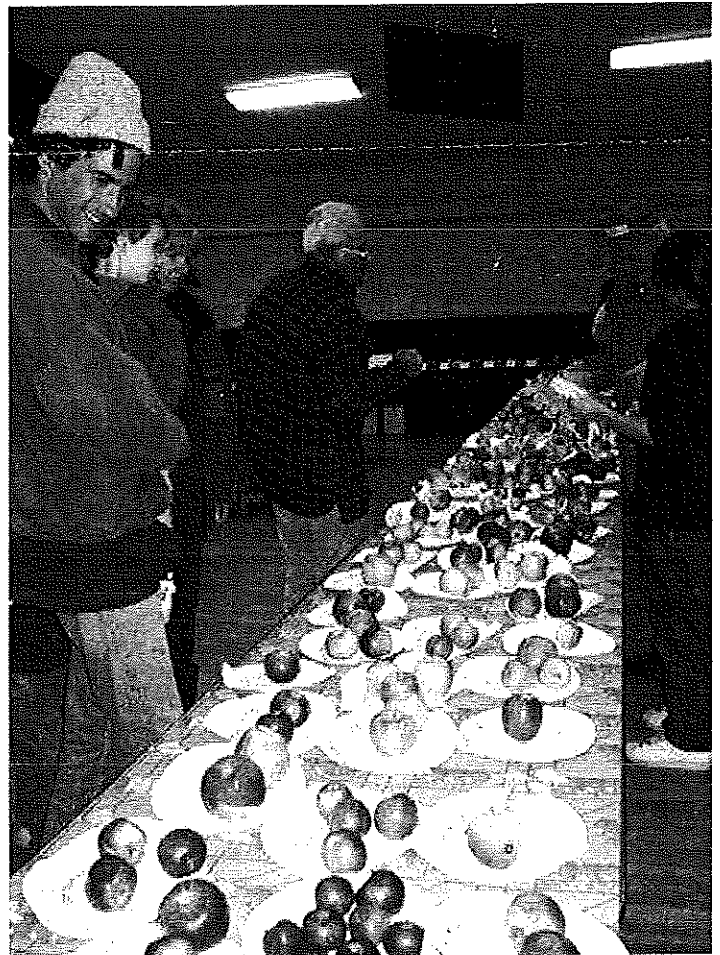
*Making Hard Cider at Home*

You may have an apple tree in your yard, but don't know the apple variety's name. Our apple ID committee is chomping at the bit to identify your apple. Bring 5 or six apples of the same variety, unwashed, stem in. The apple ID staff need the following information: Date fruit was picked, from a single or group of trees, old orchard or new planting, how long the fruit keeps, upright or spreading growth, fresh or cooking apple. This group of experienced people should be able to identify the variety of your apple. Expect a little wait in line for the apple ID. This is an extremely popular service.

This is your opportunity to win a Correll cider press,

raffle tickets are \$1.00 each and available at our show. There are only two thousand tickets being sold for this raffle, so your chances of winning the cider press are better than usual.

Vendors such as Raintree nursery, Hartman nursery and Beediverse (mason bees) will be happy to assist you with questions and supply needs. Should Raintree or Hartman Nursery fail to stock the variety of apple tree you desire, the STFS is offering to custom graft your apple tree. You choose the apple, we'll make your tree. The cost is \$15.00. Pay at the show and your custom grafted apple tree will be available to pickup at the Center of Urban Horticulture in the spring of 2005. Also, Mt Vernon Research station, an extension of WSU, will be selling their own home grown apples, come early and get them while they last. Come early, these apples will sell out."



Leonard Jessen, Lyle Knudson and friends at last year's Fall Fruit Show.





## Message from the President

by Judi Stewart, WCFS President

Greetings Fellow Members,

**T**his is a very exciting time for our organization. This is the first year that the Puget Sound region will be covered by our Fall Fruit Shows. It's also the first time Seattle Tree Fruit Society will hold its fruit show in a mall, the first time Peninsula Fruit Club's show will be at a nursery and it's the first time North Olympic Fruit Club is holding a county-wide apple pie baking contest for cash prizes. We hope that members at large and members of all chapters will attend these shows, display their fruit, lend a hand or just stop by to say hello.

I'm happy to report that our WCFS forum is up and running. It's private - only open to members of Western Cascade Fruit Society. We will now be able to communicate among chapters with the touch of a button. You can use the forum to ask for suggestions, help identify an apple, or talk about your strawberry wine results, etc. Mark Lee has listed easy sign up instructions elsewhere in this issue. You decide if you want your messages to arrive individually or in digest form.

We've also instituted a Speaker's Bureau headed by Tahoma Chapter's Renae Carnay. When your chapter's

program includes a speaker, your program chairperson will advertise the meeting in your local paper, announce the program on our website and send this information to Renae. Renae will maintain the speaker's information and make it available to other chapters. An active list will help to provide your monthly meetings with the education and information you've been looking for. Informative and lively meetings will stimulate membership and attract other interested fruit growers to our chapters.

There's a form in this issue for you to list all the fruits you grow. This is for our WCFS database and it's useful whether or not you have a computer. The lists will be by chapter and your name will not be shown. We'll be able to help you locate scionwood and the grower with the expertise to answer your questions.

Last year North Olympic Fruit Club organized an outstanding excursion to Harry Burton's Salt Spring Island's Apple Festival in B.C. NOFC will plan next year's excursion to include all WCFS chapters and I'm hoping to have more information for you in our next BeeLine issue.

Enjoy your harvests ... see you at the fall fruit shows.

*Judi Stewart*

## It's Fall - Some notes on apple maggot control

**E**veryone talks about apple maggot damage in the fall. Examine your fruit. A practiced eye can pick out the puncture where the fly laid its egg by catching the slightly depressed sting mark in the right light. Those brown streaks and the rotting flesh caused by the apple maggot fly can be curtailed. Maggots are generally found in the fruit's flesh, not in the core.

Adult apple maggot flies can be seen in late October. Apple maggots over-winter in the soil after emerging from fallen fruits. The first step to reduce their numbers is to pick up and dispose of fruit when it drops from the tree at weekly intervals through harvest. Discard the fruit in the trash. This reduces the potential for maggot injury the following year. Do not put infected fruit in the compost pile.

Leave no fallen fruit on the ground because the flies

pupate in the top inch of soil after leaving the infected fruit. They over-winter by burrowing into the ground as pupae and emerge as flies next season. Upon crawling out of host fruit, larva will enter the ground and begin to change their skin to a thick pupa casement which serves them throughout the winter as their 'puparium.' Some stay in the ground up to five years!

Cooperation among neighbors increases the effectiveness of sanitation. Management efforts will be disappointing if there are unmanaged apple trees nearby producing a significant apple maggot population. In addition, rake and clean below your tree to minimize over-wintering scab disease. Scatter ground limestone or oyster shell flour over the leaves to hinder scab reproduction and to maintain optimum soil pH.

*Editor's note: See a related story on page 16, "Insect Virus Targets the Proverbial Worm in the Apple".*



## WCFS Forum - New Way for Members to Connect via E-mail List

by Mark Lee, editor

**O**ur WCFS Forum is up and running and it's only open to WCFS members. We're now able to "talk" with each other quickly and easily, or just listen in and hear what others are saying...

*What should I be doing in my orchard this month... How can I raise my pH?... What's our chapter's program for October?... How many inches apart should I thin the Wolf Rivers?*

Getting on is easy. Just scroll down to **subscribing to wcfs** and **enter your email address** and then hit **subscribe**. If you need help connecting or have any questions, send an email to our BeeLine editor and forum administrator Mark Lee [markl@nytec.com](mailto:markl@nytec.com).

### A note of thanks to our hosts...

The WCFS forum is not costing our group anything to operate. The list is administered by volunteers (Mark Lee to start with). The list service is hosted by an organization called **ibiblio**, a collaboration of the Center for the Public Domain and University of North Carolina - Chapel Hill. Ibiblio is also known as the "Public's Library". Corporate sponsors include IBM, Red Hat, and other promoters of the LINUX operating system.

Special thanks go to Lawrence London who is the person that had the WCFS list created by ibiblio and configured it for use. You can learn about one of Lawrence's special projects at <http://market-farming.com>.

Thanks so much Lawrence and ibiblio!

### What is an e-mail list?

An e-mail list is a list of e-mail addresses. For the WCFS Forum, this address list is private. When someone posts a message to the list, the message will only go through if that person is a member of the list. Messages posted by people outside the private address list will have their messages blocked. Messages posted by valid members of the list are bulk e-mailed to every member of the list.

### How do I receive WCFS forum messages ?

After a sign-up process you do once, you are set up to receive messages posted to the list. The messages are received and read as standard pieces of e-mail. Messages are either received immediately after they are posted to the list, or once per day in digest form. The schedule for receiving these messages can be configured at anytime. My personal preference is not to receive messages in digest form. I like to receive news as it happens.

Each message from the list will appear in your Inbox with the subject prefix [wcfs]. For example, if someone posts a message about who the speaker at the next meeting will be, you will receive a message something like

**[wcfs] Who is the speaker tonight?**

### How do I post to the list?

If you are unfamiliar with the concept of an e-mail list, let me suggest that you sign-up and then just hang out for a while watching how other people use the list. When you are ready to jump in, here is what you need to do.

Posting a message to the list is as easy as sending an e-mail. In fact posting a message to the list *is* just sending an e-mail. Instead of sending the message to one person or a handful of people, each message posted to the list goes to all subscribers on the list. Sending the e-mail to [wcfs@lists.ibiblio.org](mailto:wcfs@lists.ibiblio.org) will post the message to the list.

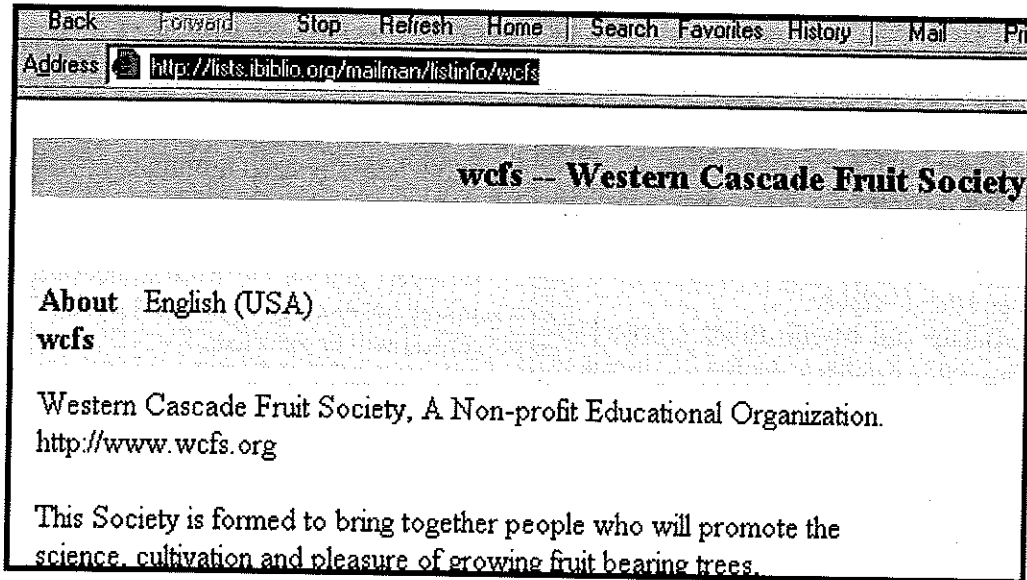
### Since the WCFS messages are just e-mail, what happens if I "Reply" to a posting?

If you use the Reply feature of e-mail, your Reply message will go out to each member of the list. Replying to a post to the list is an easy way for first time users to join in. Also be aware that it is easy to forget that your e-mail goes out to all list subscribers. Avoid embarrassing situations by checking the To address before hitting the Send button.



## How to subscribe to the WCFS Forum

1. In Internet Explorer, or equivalent web browser, go to <http://lists.ibiblio.org/mailman/listinfo/wcfs> . The screen should look similar to the image below.



2. Scroll down the page to the section entitled "Subscribing to wcfs". Fill in only the information shown below. Don't try to fill in the Admin address or view the subscriber list. Just fill-in the blanks as shown and you should have no problems. Please identify yourself in the optional "Your name" box. It makes my life as list administrator easier. After filling in the blanks, hit the subscribe button. You will receive a Welcome message from the list.

**Subscribing to wcfs**

Subscribe to wcfs by filling out the following form. You will be sent email requesting confirmation, to prevent others from gratuitously subscribing you. Once confirmation is received, your request will be held for approval by the list moderator. You will be notified of the moderator's decision by email. This is also a hidden list, which means that the list of members is available only to the list administrator.

Your email address:

Your name (optional):

You may enter a privacy password below. This provides only mild security, but should prevent others from messing with your subscription. **Do not use a valuable password** as it will occasionally be emailed back to you in cleartext.

If you choose not to enter a password, one will be automatically generated for you, and it will be sent to you once you've confirmed your subscription. You can always request a mail-back of your password when you edit your personal options. Once a month, your password will be emailed to you as a reminder.

Pick a password:

Reenter password to confirm:

Which language do you prefer to display your messages? English (USA)

Would you like to receive list mail batched in a daily digest?  No  Yes



## Chapter News

**Clallam Fruit Club**

President

Erik Simpson (360)683-6684

7pm, 2nd Tuesday each month

Clallam County Commissioner's Chambers

223 E. 4th St., Port Angeles

September meeting, Chuck Whitney talked about Madeleine Angevine wine grape, the most productive grape at Bainbridge Island Winery.

Had tour of Buddy and Myrtle Brock's organic orchard, and Ray and Kathleen DeJong's u-pick raspberries.

October meeting to feature fruit tasting.

Clallam member Jeff Carl, with Kiwibob, planting fig demo in Sequim.

November meeting to feature Kay and Lige Christian (NOFC) on blueberry farming in Chimacum.

**North Olympic Fruit Club**

President

Karen Page (360)732-4008

7pm, 1st Tuesday each month

Tri-Area Community Center

10 West Valley Rd., Chimacum

October focusing on worms and worm bins. Also discussing apple maggot traps. The judge for the NOFC pie contest will be selected.

Trip to Eastern Washington apple country - Oct 6.

Busy getting ready for Fall Fruit Show Oct 23 in Port Townsend.

**Peninsula Fruit Club**

President

Mel Armstrong (360)275-5243

7pm, 2nd Thursday each month

Eagles Nest Building

Kitsap County Fairgrounds

1200 NW Fairgrounds Rd., Bremerton

Planning for the Fall Fruit Show Oct 23 in Bremerton. Bud and slip grafting demonstrated at the August meeting.

**Seattle Tree Fruit Society**

President

Marlene Falkenbury (206)522-2273

9:30am, last Saturday of each month

(except December)

Center for Urban Horticulture

3501 NE 41st St, Seattle

Busy planning Fall Fruit Show to be held at Factoria Mall Oct 23.

**Piper Orchard Chapter**

President

Ron Schaevitz (206) 362-1227

work party time 10am-3pm, 3rd Saturday of each month (except July, August, December)

Piper Orchard

950 NW Carkeek Park Rd., Seattle

No News.

**Tahoma Chapter**

President

Valerie Chapin (253)472-6091

7pm, 1st Thursday each month

Rainier View Christian Church

12305 Spanaway Loop Rd., Spanaway

Tahoma chapter had a WCFS booth at the Puyallup Fair manned almost entirely by Tahoma chapter members. Sold hundreds of raffle tickets for an apple press at Fair. Passed out tons of literature. Got to show off new hats at the Fair.



## WCFS OFFICERS AND BOARD MEMBERS

### OFFICERS

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### BeeLine Editor

MARK LEE	markl@nytec.com	(425)776-8048	22423 98th Ave W	Edmonds	98020
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## WCFS Events Calendar

WWTFRF Fall Field Day	Oct 16, 2004	WSU/ Mt Vernon	
STFS Fall Fruit Show	Oct 23, 2004	Factoria Mall, Bellevue	See page 1
NOFC Fall Fruit Show	Oct 23, 2004	Jefferson Co. Fairgrounds	See page 1
PFC Fall Fruit Show	Oct 23, 2004	Country Nursery, Bremerton	See page 1
WCFS Board meeting	Dec 11, 10am	N.E. Branch, Seattle Library	2 miles east of Green Lake
BeeLine Winter issue deadline	Feb 1, 2005		
Rootstock Delivery	Feb 2005		See BeeLine Summer issue
Spring Meeting and Scionwood Sale	TBD		
Northwest Flower and Garden Show	Feb 9-13, 2005	Seattle Convention Center	STFS will have a booth

## Square Watermelons on sale in Japan

posted online at <http://www.cybersalt.org/cleanlaugh/yourturn/yt34.htm>

Watermelon growers in Japan can harvest square fruit by making the melon develop in a box. Square melons take up less frig space, which is one of their selling points. They sell for 12,000 yen, which is around \$100 US dollars, so people buy them for gift giving. Here are some comments posted recently on a humor website...



Square Meal Deals ain't what they used to be!

Well, looks like this crop of melons is all  
SQUARED away!

Once you get the wick started, they burn for  
hours!

This was easy, now let's make square eggs!

Alien Droppings.

I suppose this thing has a "square-root"?

"Box Lunch",

I love these "Cuben" watermelons!







## News from the Board

by George Moergeli, WCFS Secretary

**W**estern Cascade Fruit Society Board meeting of September 11, 2004 at the Master Gardeners' Building, Puyallup.

Members present: Erik and Del Simpson, Paul Becker, Paul and Patti Gotz, Judi Stewart, Steve Whitcher, Renae Carnay, Mark Lee, Mel Armstrong, Ralph Rush, Gary Heaton, Bob Friese (for Valerie) and George Moergeli.

Members missing were Larry Krotzer [sent proxy via Judi], Lyle Knudson, Valerie Chapin [ill], Marlene Falkenbury, Ron Schaevitz, Ed Jones and Drew Zimmerman.

Corrections to previous minutes: Beeline costs \$1.50 per issue, not \$1.25.

Patti had computer problems and will have to update membership by hand.

Erik, Del, and Ralph visited Patti to audit books. Erik said Patti did an excellent job of reconstructing books after computer crash. No IRS filing required if income less than \$26,000.

Patti will make a generic audit form for the chapter to use in their year-end audits.

Mark said BeeLine will be limited to 24 pages. Discussion covered when deadlines for publication should be so that articles anticipate events.

Ranae distributed speakers list which should be very helpful. It was suggested that when a club has a speaker that the club evaluate that person and submit to Renae to add to her compilation.

Paul said the rootstock order went well, although only 13 orders came in. 616 rootstock were ordered all together. Judi said that she was disappointed in the small number of individual orders.

Steve reported on the WCFS website. He is searching for an interactive website.

Judi talked about the successful trip to Salt Spring Island last year. Another trip is planned for 2005 year.

The secretary was asked to get a list of newspapers and other publications where we can advertise ourselves, and share it with all club presidents.

Judi said we have been asked to participate in a fruit show in Santa Cruz, September 10, 2005. No decision was made.

Judi and Erik will attend October 3 potluck with new Vashon Island fruit club. We would like that independent group to become a WCFS chapter.

A person has expressed interest in starting a WCFS chapter in Olympia [formerly South Puget Sound chapter].

A brief discussion was held about our insurance.

The next meeting will be in Seattle December 4, with further details to be announced.

Respectfully submitted

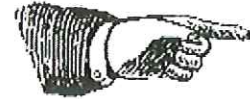
*George Moergeli*





## Western Cascade Fruit Society Fruit Inventory

by Mark Lee, editor



Our webmaster, Steve Whitcher, has taken on a new web-based project. In the future, when a WCFS member is looking for another member who grows a specific fruit variety, perhaps to obtain some scionwood, all they would need to do is perform a search on the WCFS Fruit Inventory database. In order for this to become reality, we need the help of our

members. Using the form on the next page, submit the an inventory of your own collection. This information will be available in the future on the WCFS website, [www.wcfs.org](http://www.wcfs.org).

If you have any questions, contact Steve Whitcher (listed in the directory in this newsletter).

## Laser Labeling - New technology could revolutionize fruit marking

by Greg Stiles, Mail Tribune, Jackson County, Oregon, September 19, 2004

Those troublesome stickers on fruit and vegetables that help grocery clerks distinguish between red Anjou pears and Red Delicious apples may soon go the way of rotary telephones and 8-track tapes. A former University of Florida research physicist has developed a laser device that could replace old-fashioned paper and plastic labeling machinery. Local pear growers and media representatives saw Greg Drouillard, director of laser technology for Durand-Wayland Inc., of LaGrange, Ga., run a laser coding machine through its paces Wednesday at Southern Oregon Sales. Instead of attaching labels bearing "price look-up codes" (PLUs) on produce, packers can now brand each item with a quick burst of light that cuts a few millionths of an inch — or microns — into the fruit's pigmentation. The revolution is on.

"A long time ago checkers had to know the code for celery, cucumbers and the different variety of apples and pears," says Tim Pearson, Southern Oregon Sales' quality control supervisor. "As things got more automated, the checker became less informed about produce. Basically, the stores wanted it to be a no-brainer for them and required stickers with PLU codes, automatically registered into the system."

Besides less sticky mess for packers, stores and consumers, Drouillard's laser system offers production cost-cutting that would more than pay for its annual use. Drouillard developed the system for nine years before entertaining sealed bids for his patent rights in 2002. Durand-Wayland won out.

"Labels take up an enormous amount of room and they're not cheap. Plus, you always have a couple of people maintaining them."

The inventor says the vacuum motor on current labeling

machines draws enough power to run 12 of his lasers. Each unit can blast 17 "labels" per second, or 1,200 per minute — roughly double the capability of the fastest sticker machines.

"It can run faster than any (packing) line and you can make labeling changes in real time," he says.

A grower at the local demonstration asked if there were regulatory issues involving the system. Because the laser removes pigment as opposed to adding inks or other non-natural matter, there are no Food and Drug Administration regulations.

The laser targets the flauvido, or upper skin, producing legible numbers, words or logos. If a fruit or vegetable, such as a lemon, lacks color contrast, a natural food color is added simultaneously. Sunkist, the biggest player in the citrus industry, uses green on lemons and blue (it looks almost purple) on oranges.

There are 1,373 product look-up codes — or PLUs — assigned by the Produce Electronic Identification Board, a Newark, Del.-based trade group for the produce industry. The Durand-Wayland lasers can instantly change PLU codes, language and designs — produce laser-labeled in Chinese has been delivered in New York's Chinatown.

The most difficult fruit to label was cantaloupe because of its inconsistent surface. But packing plants have developed a way to smooth part of the surface to allow the laser to work. Drouillard says fruit executives have taken samples of the laser-labeled fruit and let them rot for observation.

"Because the light cauterizes and stabilizes that area of the fruit, that's the only part that doesn't decay," he says.





Name
Street Address
Town <span style="float:right">Zip</span>
Chapter
Email <span style="float:right">Phone</span>

### WESTERN CASCADE FRUIT SOCIETY FRUIT INVENTORY FORM

Please mail completed forms to:  
Steve Witcher, 1601 N Verde,  
Tacoma, WA 98406

Fruit & Cultivar	Rootstock	Harvest	Comments
example... Apple, Melrose	M7	Oct	good fresh and for pies

**Need more room? Bless your heart. Please copy this page and continue.**

## Planting seeds for more hard-cider business in the state

by Thomas P. Skeen, Walla Walla Union-Bulletin (Seattle Times August 11, 2004)

**T**o the uninitiated, hard apple cider can be a stealth brew. "Your nose smells one thing, your brain says something else, and your taste buds say, 'No.' "

So reacted Ann Collins to her sip of the ferment as the Everett woman made the rounds at CiderFest '04 late last month at Silver Lake Winery.

Three commercial Washington cidemakers and one each from England and France were on hand to offer samples and educate people about a beverage that — from Colonial America until Prohibition — was as common in the United States as, well, apple pie.

Collins says she expected something sweet and abundant with apple aromas. Instead, she got only hints of each, but nevertheless liked what she discovered — a dry, crisp, spritzzy quaff on a warm afternoon.

Artisan cidemakers like Ron Irvine have seen such awakenings before. President of the Northwest Cider Society, as well as a Washington winemaker, Irvine says first-time cider drinkers often expect something more in the way of carbonated fresh apple juice with a kick.

They can find those — Irvine calls them "pop ciders," often made from concentrates with added sugar and flavors — but traditional ciders are made much like white wines and Champagne. They come dry and off-dry, with citrus and tropical aromas, a beer-like sparkle and a tad more alcohol (up to 7 percent) than your average Bud.

Their taste profiles, however, are as varied as the kinds of apples used to make them.

### Interest rising

Responding to a small but growing interest in ciders, Washington State University's agriculture extension in Mount Vernon has been conducting trials on more than 60 apple varieties, about 40 of which were planted last year.

They are predominantly of English and French origin, countries with thriving cider industries and the standard bearers for modern American cidemakers.

The fruit is not bred for beauty or texture, these are blue-collar working apples that fall into four categories (sweet, bittersweet, sharp, bittersharp) in which, like wine, tannins and acidity play key roles in flavor and mouthfeel profiles.

The category of sweets, including such varieties as

Berkeley Pippin and Peau de Vache, are neutral, meaning the apples are low in acid and tannins. Bittersweets, such as Chisel Jersey and Michelin, are high in tannins but low in acids and impart astringent qualities.

Sharp apples, Bramley's Seedling and Tom Putt among them, are high in acids and low in tannins and are used for tartness. The fourth category, bittersharp, with such names as Cap of Liberty and Kingston Black, are high in both tannins and acids.

### Art of blending

Although there are some single-varietal ciders, the art of cider making is in the blending.

Richard and Susan Anderson started making their Westcott Bay Orchards cider five years ago from apples on their two acres near Friday Harbor on San Juan Island. They grow 16 varieties of cider apples and produce about 700 cases of 22-ounce bottles a year.

"We look for balance in tannins and acids, and the sugar is whatever the sugar is that year, we don't add it," says Susan Anderson. "It's what these apples produce."

Amber colored and fermented to a dry style with just a touch of natural carbonation, the cider is a summer favorite that can be used "anywhere you'd use white wine," she says.

"We usually drink wine with our meals, but have cider before with hors d'oeuvres or with lunch," Anderson says.

That would be Frenchman Marc Michelle's take as well. A Portland, Ore.-based sales representative for the Manoir du Parc apple and pear cidery in Normandy, Michelle says the drink in his native region of France is as popular as the wines of Bordeaux and Burgundy.

Besides being owner and vintner of Vashon Winery, Irvine has made small lots of Irvine's Vintage Cider. Last year, he made about 35 cases of 15-ounce bottles that retail for \$5.

"I don't think it's as complex as wine grapes," he says of the range and intensity of cider flavors and aromas.

### Slim pickings

Irvine says he's partial to ciders on the bitter side, but without an orchard and so few classic cider apples available in the state in any quantity, he has to be content with what he can find.

Though Irvine's last batch was made with apples he bought from the Mount Vernon research project, he





## Hard cider (continued from previous page)

hopes the work there will plant the seeds for a new local industry of commercial growers and cideries.

"There's a lot of interest in cider," he says, but so far his, Westcott Bay Orchards and Silver Lake's Spire Mountain — which makes 25,000 cases a year from concentrates of more common Washington dessert apples — are the only commercial producers in the state.

Indeed, of the 100 or so Washington, Oregon and British Columbia members of the society, only a few are bonded to sell to the public. The most recent is Blue Mountain Cider Co. in Milton-Freewater, Ore., a few miles south of the Washington border from Walla Walla, and Irvine says two more may be opening soon in the Puget Sound region.

Irvine, however, sees a parallel to the early years of Washington's premium wine industry in the 1960s. Then, the questions were not whether wine grapes could grow in the state but whether planting them would be economically viable, and who would be the first to risk capital in growing them.

So far the people growing cider apples are, for the most part, small-lot hobby and commercial producers who use the fruit to make their own. What's needed to grow the industry, Irvine says, are more commercial orchardists who can supply more varieties in larger quantities.



Frenchman Marc Michelle, president of Normandie Import of Portland, Ore., pours a sample of the Manoir du Parc hard cider for a visitor at CiderFest '04 in Woodinville last month.

## Greetings to our New Members

We appreciate all the new members that have joined our Society recently. With this issue of the BeeLine, we begin a new section called "Greetings to our New Members". Since this is the first time we have tried to compile this information, there may be a few errors. Let the editor know of any corrections that need to be made.

Welcome to all of our new members!

### Member-at-Large

Marvin Braun, Rochester;  
 Jenette Croft, Lk Stevens;  
 Katy Fraser, Cinebar;  
 Mary Jo Torgeson, Kent.

### Clallam Fruit Club

Robert & Sheryl Bronsink, Pt. Angeles;  
 Jeff Carl, Sequim;  
 Patricia Caver, Pt. Angeles;  
 Caroline Chaney, Sequim;  
 Ray & Kathleen DeJong, Sequim;  
 Joan Ethier, Pt. Angeles;  
 Ronald Gill, Sequim;  
 Frank Grein, Sequim;  
 Alan & Jan Hare, Pt. Angeles;  
 James & Sarah Henderson, Joyce;  
 Bill & Helen Kuznek, Sequim;  
 Lois Schildknecht & Bob Moe, Pt. Angeles;  
 Odetta Vachon, Sequim;  
 Harold & Virginia Vadset, Carlsborg;  
 Steve Vause & Carlyn Syvanen, Sequim;  
 Charles & Darlene Whitney, Pt. Angeles.

### North Olympic Fruit Club

(P.T. = Port Townsend)  
 James Bendell, P.T.  
 Jimbo Buickerood & Missy Miller, P.T.;  
 Dennis & Carol Burk, Nordland;  
 Suzanne DeMasso, P.T.;  
 Melissa & Skip Denny, Pt. Ludlow;  
 Jill Fortun, P.T.  
 Susan Garthwaites, P.T.;  
 Jan Kitson, P.T.;  
 Larry Krotzer, Pt. Ludlow;  
 Ron Lorbin, Chimacum;  
 David MacNeil, Quilcene;  
 Barb Maxwell, Nordland;  
 Mary & Jung Mok, Pt. Hadlock;  
 Michael Murillo, Pt. Ludlow;  
 Dick Owsley, P.T.;  
 Valerie & Ron Parker, P.T.;  
 Jennifer Patterson, Pt. Hadlock;  
 Mark & Jerry Reitz, Pt. Hadlock;  
 Steve Richards, P.T.;  
 Claire & Bill Roney, P.T.;  
 David & Carol Self, Pt. Hadlock;  
 David & Carol Self, Pt. Hadlock.

### Peninsula Fruit Club

Maureen Ballard, Pt. Orchard;  
 Jean Black, Kingston;  
 Clair & Sandra Bolender, Gig Harbor;  
 Maxine Bowlby, Bremerton;  
 Jerry & Sharon Crosby, Belfair;  
 Gretel Ingersoll, Bremerton;  
 Darren Murphy, Bainbridge Island.

### Seattle Tree Fruit Society

Larry Arndt, Lake Forest Park;  
 Mike Ball, Duvall;  
 Lorine Brakken, Lake Forest Pk;  
 Amy & Forrest Carroll, Seattle;  
 Jan Cranfield, Seattle;  
 Terry Go, Seattle;  
 Georgina Greenleaf, Tukwila;  
 Frank R. Jackman, Bellevue;  
 Mike King, Seattle;  
 Peter Lawrence, Seattle;  
 Brenda Matter, Seattle;  
 Ken & Joyce O'Keefe, Bellevue;  
 Ron Polasek, Bellevue;  
 John J Quest, Edmonds;  
 Canfield Smith, Normandy Pk;  
 Alexis Stevens, Woodinville;  
 Bill Walker, Bothell.

### Tahoma Chapter

Andy & Peggy Anderson, Tacoma;  
 Pattye & Robert Brown, Tacoma;  
 Dixie Harris, University Place;  
 Jerry Hopper, Tacoma;  
 Steven Knowles, Puyallup;  
 Alvin Perkins, Tacoma;  
 Keith Underwood, Olympia.





## Member Profile: Life Member Tom Thornton

by Linda Kendall Scott, Bellingham Herald, September 28, 2004

*This article originally appeared under the title "Getting to know Tom Thornton, Wine grapes add to annual fruit festival". Tom is a Life Member of the WCFS*

Cloud Mountain Farm co-owner Tom Thornton says he's no expert in the matter of growing grapes or making wine, but he's learning fast.

Three years ago, Thornton agreed to be part of a wine grape trial initiated by Gary Moulton at the Northwestern Washington Research Center in Mount Vernon.

"We're looking for varieties in the very early ripening category," Thornton said. "Only these will ripen in our shorter growing period."

This Saturday, at the farm's 15th annual fruit festival, people will be able to join the trial by tasting and evaluating wines made last year from some of the grapes.

**Question:** Where do you hope this research will lead?

**Answer:** We're trying to increase the options for small-scale agriculture, which is predominantly the agriculture we have in Western Washington these days. It's increasingly difficult for limited-acreage farms to make a living. People are looking for value-added crops.

**Q:** What does "value-added" mean?

**A:** People in this area will best understand the concept if you put it in a dairy context. Taking raw milk and making cheese is adding value.

**Q:** How does the research fit in with your business?

**A:** We are a nursery, predominantly. We have been selling some wine grape plants to home growers, and we sell volumes of wine grape plants to wineries in Eastern and Western Washington. In our study, we want to find out if there are some good red wine grapes that will grow in Western

Washington and are suitable for home wine making as well as for commercial products.

**Q:** How do you help in the research?

**A:** I do rootstock trials. I graft varieties on different rootstocks. My interest is in evaluating how productive and grower-friendly these varieties are. If they are not disease-resistant, they won't make it here. If they're too vigorous, the farmer spends too much time pruning. The rootstock can reduce vigor, so you get less vine and more fruit. It can increase ripening, so the fruit ripens sooner, and it can change the character or flavor of the grapes.

The most important thing is the quality of the wine. Getting a balance between how many tons can be harvested from an acre and the quality of the resulting wine is complicated.

**Q:** What is the quality of the wine being made from grapes in this project?

**A:** How do you describe flavor? I might think something tastes good, but others may not agree. The wine-tasting trial this Saturday will provide a preliminary evaluation of the quality. There will be a simple questionnaire to fill out and one of the scientists

from Mount Vernon will be here to answer questions and talk about the project. We only have room for 120, so people have to make reservations. We're asking for a donation of \$5 per person that will go to the research project.

**Q:** And this will be in addition to your usual fruit sampling?

**A:** Yes, we have over 200 varieties of fruit for people to taste this weekend, including some that people have never seen or tasted before.



**GRAPE RESEARCH:** Tom Thornton, co-owner of Cloud Mountain Farm on Goodwin Road, holds a wine grape called Agria at the farm Wednesday. Wines made from some of last year's grapes will be available to taste at the farm's annual fruit festival this weekend. RACHEL E. BAYNE HERALD PHOTO





## What's more American than apple pie?

by Brenda Moore, Monterey County Herald, June 30, 2004

**W**hat's more American than apple pie? OK, lots of things, if you want to get technical.

Despite the well-entrenched saying "as American as apple pie," the dessert is really an import, its origin traced as far back as 14th century England. The first fruit pies were a variation on meat pies, baked in a thick, unappetizing crust called a "coffyn" that was meant to hold the fruit in, not to be eaten.

They were, says the U.S. Apple Association, a far cry from the "deep-dished extravaganza" we consider apple pies today.

"Leave it to Americans to do the right thing and rescue this doomed concept with lots of sugar, spices and a rich short-crust pastry," Elaine Corn said in her cookbook, "As American As Apple Pie," published in 2002.

Corn's research concluded that the saying "as American as apple pie" was probably some early-day product positioning, with apple supporters trying to cast the fruit in a patriotic light. They had already preached its medicinal purposes, she said, spreading Ben Franklin's version of an old English saying: An apple a day keeps the doctor away.

No matter its origin, America has adopted apple pie as one of its favorite desserts and helped transform those early versions into dozens and dozens of delectable variations. Apple pie with a slice of cheddar cheese. Apple pie with a crumb topping. Upside-down apple pie.

There's even a "mock apple pie," a concoction made with Ritz crackers instead of apples. Don't laugh -- Kraft Foods Inc. says it's by far the company's most-requested recipe. The origin is a little fuzzy, but it's thought the fake pie cropped up during the Depression, when apples were expensive or in short supply.

Corn's favorite take on the classic is a recipe passed down from her grandmother, called "Washington Apple Pie." She thinks Washington refers to the state, prime apple-growing territory, rather than the nation's first president.

"The reason for its perfection," she said, is that the apples are cooked before they're baked in the pie.

"Whoever developed this recipe taught me that no great apple pie can possibly be made using raw apples," Corn said. "Who likes to cut into an apple pie and have your

fork get stuck mid-stab into a hard apple? It helps the consistency a lot."

### Washington apple pie

Double golden pie crust  
2 cups all-purpose flour  
½ tsp. salt  
1 tsp. sugar  
11 T. very cold butter, in pats  
3 T. very cold solid shortening  
5 T. ice water

### Filling

10-12 med. apples (Granny Smith, Pippin or Gravenstein)  
1 cup sugar  
1 cup unsweetened pineapple juice  
2 tsp. cinnamon  
2 T. butter  
1½ tsp. vanilla  
1 T. cornstarch dissolved in ¼ cup water  
1 egg yolk mixed with 3 T. milk

**Steps:** Prepare crust first. Place flour, salt and sugar in a food processor. Top with butter and shortening. Pulse until consistency of coarse meal. With machine running, pour in ice water. Process just until dough forms a ball. Halve the dough and flatten into two disks with a rolling pin. Line pie plate with bottom crust. Wrap top crust in plastic. Put both in refrigerator.

Preheat oven to 450 degrees. Peel and core apples; cut into eighths. In a large pot, bring sugar and pineapple juice to a boil until sugar dissolves. Add apples; lower heat and simmer until apples are barely tender but not soft, about eight minutes. Stir occasionally, taking care not to break apple pieces. With a slotted spoon or strainer, remove apples to a cookie sheet to cool, then transfer to the chilled pastry. To the juices in the pot, add cinnamon, butter and vanilla. Bring to a boil. Add the cornstarch mixture. Boil while stirring constantly until thick, about 30 seconds. Remove from heat and spoon sauce over apples. Cut remaining crust into ¾-inch wide strips and weave a lattice top. Around the circumference, tuck the overhang of dough underneath itself, then crimp. Brush with egg yolk/milk wash. Place pie on a cookie sheet. Bake for 20 minutes. Reduce heat to 350 degrees; bake 35 minutes more, until crust is golden brown and apple filling is bubbling.

|-- Elaine Corn, "As American  
| As Apple Pie" cookbook,  
| Prima Publishing

## Insect Virus Targets the Proverbial Worm in the Apple

by Jan Suszkiw, ARS press release, August 16, 2004

A virus that infects and kills codling moth larvae can offer fruit growers an insecticide alternative for fighting the pest, Agricultural Research Service studies suggest.

ARS entomologists Lawrence Lacey and Steven Arthurs conducted tests in 2003 at four Washington State apple orchards, where they sprayed trees with the *Cydia pomonella* L. granulovirus. The treatment killed moth larvae for up to 14 days, with 94 percent becoming infected within the first few days of application. All infected larvae died shortly thereafter. Lacey and Arthurs, with the agency's Fruit and Vegetable Insect Research Unit at Wapato, Wash., reported their findings in the journal *Biological Control*.

Besides apples, codling moths attack walnuts, pears and other fruit. The larvae damage the fruit by boring deep inside it, ruining marketability.

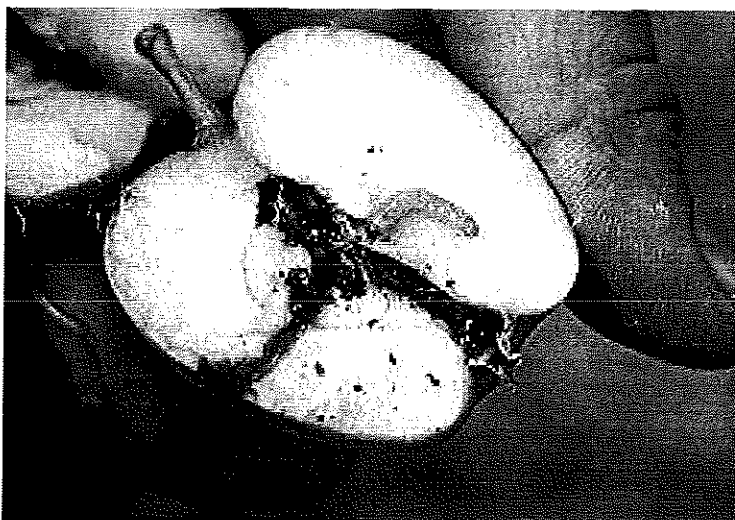
Until integrated approaches to controlling codling moths were adopted in the Pacific Northwest--including use of sex pheromones to disrupt the moths' mating--the standard defense was to spray orchards with insecticide. But such spraying is costly,

ecologically worrisome and dangerous to beneficial insects. Although heavy infestations of codling moths may still necessitate insecticide use, moderate infestations can be subdued by combining biocontrol agents with mating disruption or other measures.

Researchers have studied the granulovirus for 30 years, thoroughly documenting its safety, host specificity and biocontrol potential. Even so, fruit growers have been slow to use it. Lacey attributes this to formulation, quality and other problems tied to early granulovirus products, including their rapid degradation by sunlight.

The recent study compares the persistence and effectiveness of three new or improved formulations, which the manufacturers registered for use on apples, pears, walnuts and plums. The key is timing the applications of granulovirus so they prevent larvae from penetrating the fruit too deeply. Infected larvae die in five to 10 days, but the granulovirus poses no threat to humans, other mammals or non-host insects.

ARS is the U.S. Department of Agriculture's chief scientific research agency.



Codling moth larva feeds on a Red Delicious apple.

## How Apple Computer got its name

posted online at <http://www.catch-word.com/>

The story of how Apple got its name has become something of an urban legend. Some of the stories claim that Steve Jobs was a Beatles fan and wanted to allude to their record company, Apple Corps; that he had just ended a summer vacation picking apples at an orchard in Washington; that he was eating an apple when he and Steve Wozniak filed the incorporation papers; that he thought of the apple as the perfect fruit, and he wanted Apple to be the perfect company; and finally, that "apple" was just one of several names generated in a brainstorming session, and no one could come up with a

better one by the 5pm deadline. Both Jobs and Wozniak have discussed this topic in interviews without settling on a decisive answer. Jobs managed to combine several of these elements into one story he told recently: "I was actually a fruitarian at that point in time. I ate only fruit... And we were about three months late in filing a fictitious business name so I threatened to call the company Apple Computer unless someone suggested a more interesting name by five o'clock that day. Hoping to stimulate creativity. And it stuck. And that's why we're called Apple." When contacted about the issue, an Apple PR representative said, "We actually don't have an official statement on this topic per se."





## Red Wine Extract Extends Shelf Life of Fruit

by Jacob Gaffney Wine Spectator Online, posted February 4, 2003

**A**pples that turn mushy a few days after being purchased from your local grocery may one day become a thing of the past -- thanks to a natural preservative found in grapes. Researchers in Spain have found that dipping fruit in trans-resveratrol, a chemical compound in red wine, keeps it fresh longer.

"Specifically, 86.6 percent of the treated [fruit] samples maintained a healthy aspect during at least 60 days," the research team reported, "while the nontreated ones started to decay, showing clear signs of shriveling and dehydration, during the second week of the experiment."

One of the problems in modern agriculture is the loss of harvested fruit due to pathogens and natural aging during storage, according to the team, whose study was published in the *Journal of Agricultural and Food Chemistry*. Current methods for minimizing fruit loss, such as pesticides and fungicides, are not problem-free and can pose human health risks, they added.

So the scientists, working at Complutense University in Madrid, decided to test a compound derived from a plant's own natural defenses. Trans-resveratrol, which is an antioxidant, is found in abundance in the skins of grapes, as well as in raspberries and blackberries. Its purpose is to keep fungi from devouring the fleshy interior of the fruit; it also helps prevent grapes from rotting rapidly after being picked. During production of red wines, resveratrol passes from the grape skins into the juice while it is fermenting.

Resveratrol has been linked to a decrease in the risk of some forms of cancer and is now being tested in humans as a possible treatment.

"Our interest in trans-resveratrol started because it is a compound that [may one day] be used to prevent cancer," said lead author Angel Gonzalez Ureña. "We believe it has many other applications, which we [wanted] to investigate."

Ureña and his team mixed trans-resveratrol in varying concentrations with distilled water. Several different types of fruits -- such as apples, cherries, peaches and tomatoes -- were dipped into the different solutions for five seconds and then left to age at room temperature.

Samples of fruit from the same bunches were left untreated for comparison. The experiment was repeated three times, each with similar results.

The scientists used laser technology (to prevent cutting and damaging the samples) to measure the levels of trans-resveratrol in the skins of the fruit. During the course of the experiments, which lasted about 75 days or until all the fruit was decayed, they looked for any changes in size, texture and taste to be sure any treated fruit would be appealing to supermarket shoppers sorting through the bins for the best pieces. The team also measured the fruits' nutritional values, which

remained intact. All of the types of fruit studied experienced longer shelf lives due to the resveratrol, though apples fared best.

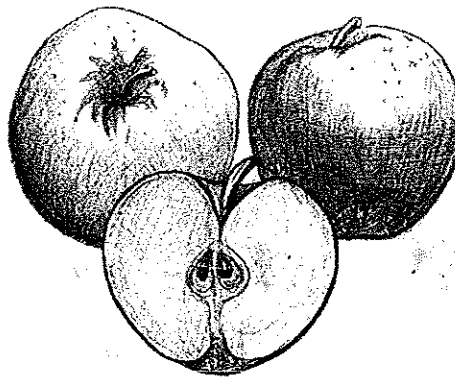
The best results came from a solution of 1.6 grams of water and four micrograms of resveratrol -- about 50 percent less than what is found in typical red-grape skins. That was the highest

concentration the scientists tested in the experiments.

Although the more trans-resveratrol they used, the longer the fruit lasted, Ureña believes that if more and more resveratrol is used, the fruit would eventually be unable to absorb any more. Nonetheless, his lab is currently experimenting with higher levels of trans-resveratrol to water, but those concentrations may not be practical for the agricultural industry. "It is important to reach the maximum effect at the minimum cost," he said.

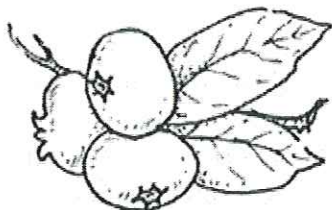
The authors hope to make a trans-resveratrol product available in 18 months to commercial agricultural businesses, which could apply it to their produce immediately after harvest to help prevent rotting during storage and shipping.

Meanwhile, consumers could also try dipping apples into red wine when they return from the store, Ureña said. "It should be effective. However, the effect of other compounds, also present in wine, could influence the preservation of fruit quality."



## Blueberries trigger neurons that keep the brain sharp

by Bob Condor, Seattle PI, September 6, 2004



At his office in Boston, nutrition researcher James Joseph is known as an early bird. He arrives "at the crack of dawn," said one co-

worker, fresh from a bus ride during which he regularly chats with other passengers. His friendly nature no doubt cuts through the sleepiness of other early commuters.

A popular topic on the bus is the presidential race featuring home state Massachusetts Sen. John Kerry. To be an early riser, Joseph gets to bed sooner than most people, even when tempted by, say, last week's Republican convention.

"I tape the main speakers, then watch them the next day," said Joseph, who works at the U.S. Department of Agriculture Human Nutrition and Research Center on Aging at Tufts University.

Like most of us, Joseph doesn't feel confident predicting whether Kerry or President Bush will win in November. He is much keener to discuss the future of nutrition.

"It's all about neuron signals in the brain," said Joseph, who first broke into national consciousness with a 1997 study on the powerful antioxidant effects of blueberries and later co-wrote an insightful book, "The Color Code: A Revolutionary Eating Plan for Optimum Health" (Hyperion), which is a must item for the health bookshelf.

"Cancer researchers have caught on to it by connecting the flavonoids in fruits and vegetables turning on signals. For them, it translates to killing cancer cells. We're taking the neuron signals concept and bringing it into the aging world."

Joseph joked that "old neurons are like old married couples -- they don't talk to one another very well anymore."

Enter the humble and, uh, suddenly sexy blueberry to liven things up.

"What blueberries do is what simply can be called strengthening the brain by taking advantages of the brain's tremendous redundancy," said Joseph. "Blueberries have compounds that boost neuron signals and help turn back on systems in the brain that can lead

to using other proteins to help with memory or other cognitive skills."

In contrast, people with Alzheimer's disease have weaker neuron signals. They take drugs to knock out an enzyme that destroys memory capacity, but the "machinery" that produces a substance necessary for strong neuron signaling is "not there anymore," said Joseph.

Eating blueberries and a diet rich in deep pigment from fruits and vegetables can preserve the brain machinery and boost the potency of neuron signals.

Joseph and USDA colleagues have connected blueberry consumption in rats and mice to fewer incidences of Alzheimer's disease and inflammation associated with arthritis. That's two for two among the most prevalent aging-related illnesses. One colleague has linked strawberries to specific cognitive tasks, while blueberries address other memory capabilities. For his part, Joseph said, in lab work he is finding that purple grape juice acts just as effectively as blueberries.

Another exciting development from the Tufts lab: Consuming strawberries and blueberries before receiving radiation helped rats suffer fewer adverse effects. Radiation has been shown to accelerate aging.

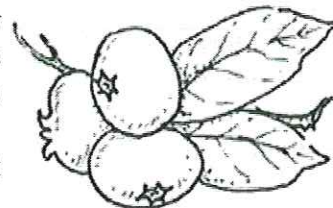
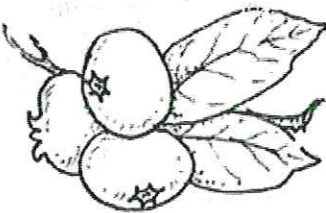
"It might be that eating blueberries or other berries in the months before radiation therapy

can cut back on cognitive and motor deficits (caused by the therapy) and maybe means no more nausea for patients," said Joseph, who added that more studies are in progress.

In late August, another USDA researcher and chemist based at the University of Mississippi School of Pharmacy, Agnes Rimando, released a study showing that blueberries work better than a common cholesterol-lowering drug with fewer side effects (such as muscle pain and nausea).

Rimando isolated the blueberry substance pterostilbene as the lipid buster. It is similar to resveratrol, the compound in grapes and red wine that protects against high cholesterol and has been projected as a memory booster. A glass of red wine per day is widely agreed to be a health enhancer.

Rimando is cautious about







**Blueberries** *(continued from previous page)*

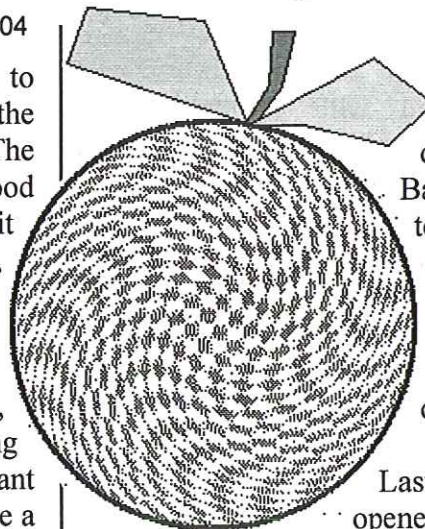
her findings based on rat liver analysis. "I can't say how many blueberries a person needs to eat to have a positive effect on their cholesterol," she said. Joseph's book persuaded the federal government to modify its recommendation to eat five servings of fruits and vegetables a day. Now the campaign calls for "five a day the color way." Joseph said the message would be greatly improved if it were 10 per day. The goal is not so unattainable if you consider that the typical serving size is a half-cup. Doubling each serving to one cup of a fresh fruit or vegetable is easy enough and delicious as a bonus. "One of the sad parts of the Atkins diet is that it has closed down the orange industry in this country," said Joseph. "People are too concerned about the carbs. Drinking orange juice and other fruit juices is a healthy thing to do." Some thoughts on juice: Nutrition scientists have clearly found that too much juice for any of us, especially children, can contribute to weight gain. Six to 10 ounces of pure juice each day is the best route. Stick to juices that are 100 percent fruit, with no sugar or

fructose syrup added. If you are curious, yes, blueberry juice now is available at most supermarkets, along with natural grape juices and other pigment-rich juices. Blueberry juice is wildly popular in Japan and is catching on here in the U.S. Pomegranate juice is another option, though be careful to get the real stuff and then mix it with a sweeter juice (orange or grape) or water to please your taste buds. For his part, Joseph makes a daily smoothie part of his early-morning wakeup routine, always throwing in one or two handfuls of blueberries. Frozen blueberries, a year-round staple, can reduce the need for ice in your blender. Adding a protein source (yogurt, milk, soy milk, nuts, powder) and flax oil (or seeds pulverized in your coffee bean grinder) makes a complete meal in your cup. "In the end, it comes down to what you eat or drink," said Joseph, who started his health research path when he discovered he had high blood pressure that disqualified him from the armed services, even though he applied for officers' training school. "That's what's most important."

**Fizzy fruit sizzles with kids - but is it necessary?**

by Janet Rausa Fuller, Chicago Sun-Times, August 19, 2004

**F**ood scientists have come up with a way to carbonate fruit, and they say this may be just the thing to get kids to eat their five-a-day. The process, developed at Oregon State University's Food Innovation Center, involves placing whole or cut fruit in a pressurized, temperature-controlled chamber, where the fruit absorbs carbon dioxide. The result: Berries that bubble. This seems to work well on most fruits and even some vegetables because of their high water content, said Qingyue Ling, an Oregon State food processing professor who led the research with help from a grant from the U.S. Department of Agriculture. Bananas are a challenge because of their texture and low water content, Ling said. Researchers say the process has no effect on nutritional content. The fizzy fruit phenomenon goes back to 1994, when Galen Kaufman, a neuroscientist at the University of Texas Medical Branch, was on a sailing trip with friends. He bit into a pear that had rested overnight in a cooler packed with dry ice and got a "fizzy sensation,"



the result of dry ice converting into carbon dioxide. Back in his lab, Kaufman tried to replicate the experience. By 1997, he had secured a patent and asked Oregon State University and a Wisconsin engineering firm for help in developing the process.

Last month, a Fizzy Fruit kiosk opened in a Portland mall, selling 10-ounce mixed-fruit cups for \$3.50. The bubbliest reception has been from kids, Kaufman said. "There does seem to be a correlation with age," he said. Adults gave mixed reviews. Researchers said they're still working out the kinks, such as creating packaging to sell it in grocery stores and finding a way to extend the fizziness beyond 20 minutes.

## University of Minnesota has another winner of an apple

by Greta Cunningham, Minnesota Public Radio, September 18, 2004

September is peak time for apples in Minnesota, and the news for apple lovers this year can be summed up in one word -- Zestar! It's the latest variety developed by the apple breeders at the Minnesota Landscape Arboretum's Horticultural Research Center in Chanhassen. Apple breeders have been creating, testing and eating apples at the center for almost 100 years. The U of M's chief apple research scientist took us on a tour of the orchards.

Chanhassen, Minn. — The main trait of an apple breeder is patience. It takes researchers about 30 years to develop a commercial apple ready for the consumer. The 15,000 young apple trees in the field of Farm 2 represent years of work for Dave Bedford and the other apple researchers at the Horticultural Research Center.

"This sea of trees you see in front of us here will possibly produce one or two named varieties, somewhat like Honeycrisp or Zestar!" says Bedford.

That's right -- only one of the 15,000 trees currently growing in the Research Center's orchard will actually be named and released to the public. The center will destroy the rest.

Researchers established the university's fruit breeding program in the western suburb of Chanhassen in 1908. The center's goal is to develop apple varieties that will thrive in Minnesota, despite the cold winters.

It took breeders about 15 years to develop their first successful Minnesota apple, the Haralson, which was released in 1923. Next came the Fireside in 1943 and Sweet Sixteen in 1978. Other familiar varieties, such as the Regent and the Honeygold, were also developed at the U.

The center's chief apple breeder, Dave Bedford, has been at the center for 25 years. His eyes light up when he talks about one of the first apple varieties he brought to market -- the Honeycrisp.

"That is an outstanding apple. I would have to say that's probably the pinnacle of our breeding success here. It

has moved to No. 1 in Minnesota," says Bedford. "The interesting thing is it's getting quite a bit of national and even international attention now. While our varieties have always been loved in the upper Midwest here, we're getting much wider exposure with Honeycrisp." The center released the Honeycrisp in 1991. Bedford says not much has really changed for apple breeders since the Haralson was brought to market in 1923.

The first step involves finding good "parent" trees. The researchers look for 25 characteristics -- including size, taste, color and appearance. The breeders germinate and plant seeds from the parent apple trees. They have to grow five to seven years before the trees can bear fruit.

Researchers constantly monitor the new trees, and once the apples ripen it's time to sample the fruit.

"The early apples have been sort of a weak link in the apple industry here. Most of them tend to be soft and don't store very well, and have varying degrees of good flavor. But Zestar! is a standout.

- Apple researcher Dave Bedford

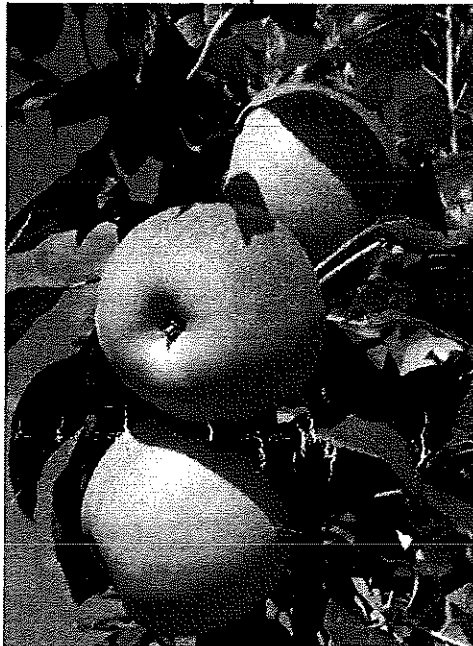
"In the course of a normal day of sampling I'll probably taste between 500 and 600 apples. Now of course, I'm not eating 500 to 600 apples! But

you learn pretty quickly to chew them -- to maybe get the flavor and maybe swallow the juice -- but then most everything else gets spit out," Bedford explains. "So it's a slow process in that regard, because ultimately we can't just put these apples into a machine and have it print out which one we should keep. The decision still has to be made with human judgment."

Once the researchers find an apple they like, they make cuttings from the tree and a new breed of apple is planted.

Bedford says the research center has another winner in the new Zestar! apple. Evidence of the researchers' belief in the Zestar! is present in the apple's trademarked name -- which actually includes the exclamation point at the end.

The center released Zestar! to growers in 1998, but Bedford says it's just starting to crop up in markets



The new Zestar! apple, developed by the University of Minnesota, is an early apple which matures in August.





## Zestar! apple *(continued from previous page)*

around the region. He says the Zestar! fills a need in the market -- growers have been looking for a flavorful apple that ripens in August.

Dave Bedford says as an apple breeder, he will be lucky if he can develop four or five new apples during the course of his career.

"The job of an apple breeder is similar to being stranded on a desert island somewhere, with maybe 10 miles of sand beach in front of you. And somewhere out on that beach is one or two diamonds. And your job for the next 20 years is to walk up and down and look for those diamonds," says Bedford. "And of course, you go through a lot of sand and a lot of debris before you find

the diamonds. But when you find a good one like Honeycrisp, it's well worth it."

Bedford says Zestar! is another variety that is worth all the time it took to develop it. He's so confident in the apple's taste that he wanted to test it on some skeptical eaters -- journalists in the MPR newsroom.

The first to test the new Zestar! was online editor Bob Collins.

"Oh, it's great," Collins said. When asked to describe the taste, he put it this way. "I'm not really an apple aficionado, but it has a little bit of a slight kick to it -- not much -- and it's sweet," he said.



## WCFS Member "50 words or less" Ads and Announcements

Here are the simple rules for submitting free ads:  
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 That's enough rules for now.

Orchard Boxes in Harvest, Orchard, Potato, and Onion Flat styles. Boxes are very, durable air-dried red alder. Choose stained or natural wood. Each piece is matched for grain pattern. \$10 to \$20 plus postage. Email or phone: Judi Stewart <js@olympus.net> or (360) 379-1103.

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I'm running low on grafting supplies. Looking for handful of budding rubbers, roll of parafilm tape. Also looking for low cost/used refractometer. Will pay your cost plus shipping. Mark Lee markl@nytec.com

Western Cascade Fruit Society members wish Tahoma Chapter President Valerie Chapin a speedy recovery.

Available December 2004. Large selection of hybrid table/wine grapes. Developed in Milton for our regional climate. Local hybrids (seedless 'Richard Walden') & other earlier types. Includes one local hybrid seedless 'Richard Walden'. Contact David R Johnson, 1009 Iris Street, #8, Milton, WA [charchemish2000@yahoo.com](mailto:charchemish2000@yahoo.com)

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## Recipe - Asian Pear Perry

by Tom Mueller, Bainbridge Island Brewer

I have been making perry out of mostly Asian pears for about five years. About two-thirds is Asian pear and the remainder is European pear juice because that's what I get off my trees in my yard. The recipe I have been using is for 6 gallons. But I press out the juice in my apple press (Asian pears are firm enough when ripe to do the press without getting applesauce coming out of the sides of the press) that you get if you have really ripe European pears. To the juice I add 3 tsp. acid blend, 1 tsp. yeast nutrient and 2 ½ tsp. pectin enzyme. I check my sugar content with a hydrometer and try to add corn sugar to reach 7% potential alcohol. Then I add one Camden tablet per gallon of juice. I let this sit for 24 hours; then I add in the yeast. I have used Premier Cuvée yeast in the past but switched to Wyeast Cider yeast (# 3766) last year. I liked it better than the wine yeast. Sometimes I add in ¾ cup of honey (that I boil in a pint of water) to the cider when I bottle it and I get a champagne style of cider with nice bubbles in the glass. It bottle conditions just right.

Last year I tried something new. I got some Eau de Vie yeast from Wyeast, # 3347. It's supposed to be good to around 20% alcohol. I added corn sugar until I brought it to 10% potential alcohol with my original must. Then every three weeks or so I measured my alcohol percentage on the potential alcohol scale and then added around 2 to 3% more potential alcohol by adding corn sugar to some new pear juice that I brought to a boil and simmered for an additional 5 minutes. I kept track of my potential alcohol on a cumulative basis (10% starting out + 2% more in three weeks, + 2 to 3%

more in the next three weeks when I did it again). I got up to around 17% cumulative potential alcohol and let it finish fermenting for 6 to 8 weeks (no bubbles in my fermentation lock). Then I tasted it and I liked the taste so I bottled it. Plus I was out of room in my 6.8-gallon carboy. You have to be really careful that it doesn't get too sweet towards the end, so I wouldn't add in very much sugar mixture as you get closer to 19 or 20% cumulative alcohol potential. You don't want something that you would put on pancakes. I stopped at 17% because I liked the flavor.

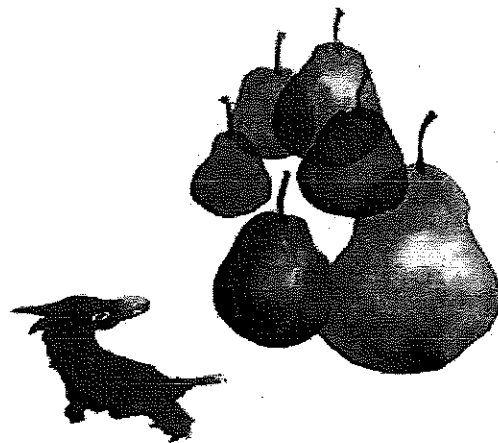
I bottled my "pear port" in clear Grolsch type bottles which was smart. Four weeks after I bottled it, I opened a bottle and it popped off like champagne. It had continued to ferment in the bottle. It was like drinking a very nice white port but was effervescent like champagne. It has been a big hit with my wife and all to whom I give a bottle. I did release the pressure on the rest of my bottles once so they wouldn't blow up and that did the trick. It's still like champagne but not as explosive when I open the bottle. I had to special order both my Cider and Eau de Vie yeasts, as the brewery supply place in Bremerton doesn't normally stock them.

By the way, I spent a Saturday pressing Asian pears and I now have both a batch of Asian pear cider and some pear port in the making. I add the yeast into the batches in the morning. Hope I don't have a sophomore jinx on the pear port!!! I think mixing various Asian pears would be good. Have fun brewing!!! Tom Mueller, Bainbridge Island, WA

### Asian Pear Perry

#### Ingredients

- 6 gallons of Asian pear/ European pear juice
- 3 tsp acid blend
- 1 tsp yeast nutrient
- 2 1/2 tsp pectin enzyme
- additional corn sugar to adjust total sugar level
- 6 Camden tablets
- yeast (Premier Cuvee or Wyeast Cider #3766)
- optional 3/4 cup honey



興業二十世紀記念会





## Notes from the Editor

by Mark Lee, BeeLine Editor

This is my third issue of the BeeLine, and things are a little bit easier this time compared to the previous two. One more issue after this and I will have completed all four seasons.

I have one correction to make. Chris Smith will speak at the Fall Fruit Show at the Factoria Mall on Oct 23, but he writes for the Seattle P.I., not the Times as I wrote last issue.

Concerning the Green Walnut Nut Wine recipe, Doreen Howard warns anyone who uses this recipe needs to use young green walnuts. If you wait too late in the season to make this recipe, the tannins will overpower the wine, and it will be undrinkable. She made that mistake this year. She says she was really hammering away at the nuts to get them crushed. If you are working this hard to get the nuts crushed, try again next year, earlier in the season.

I'm really excited about the WCFS Forum that we have been testing out for the last 2 weeks. Everything is working smoothly. I encourage everyone to sign-up for this free service. Even if all you do is listen to the conversation on the sidelines, I think that is a great benefit for the group. I know I have been dreaming of an easy way to communicate with all the members, and the WCFS forum enables us to do this.

As always, I am looking for people who can write for the BeeLine. If you want to give it a try, I have an article all prepared. I have a list of questions you could ask. All you need to do is arrange for the interview, ask the questions, and write the answers.

My last comment is on the timing of the BeeLine deadlines. The newsletter content should anticipate our member's needs in order to plan for shows, orchard maintenance, etc. How do these deadlines sound for next year: Winter = Feb 1, Spring = May 1, Summer = Jul 15, Fall = Sep 23? The newsletter would arrive in your mailbox 2 weeks after the submission deadline. I would like to hear any comments on this plan.

Enjoy the articles,

*Mark Lee*



### BEE LINE EDITOR

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The next deadline for submission is February 1, 2005. Write, email, or phone your article, comment, suggestion, question to Mark Lee <markl@nytec.com>. All submissions welcome, some may be edited for length and spelling or grammar. Permission to copy from the BeeLine is granted with attribution.

## A Fruit Joke

Two guys from the country were taking their first trip to the Big City on the train. A fruit seller came down the aisle selling bananas. They had never seen bananas before. They each bought one.

The first one eagerly peeled the banana and bit into it just as the train went into a tunnel. When the train emerged from the tunnel, he looked across to his friend and said, "I wouldn't eat that if I were you."

"Why not?"

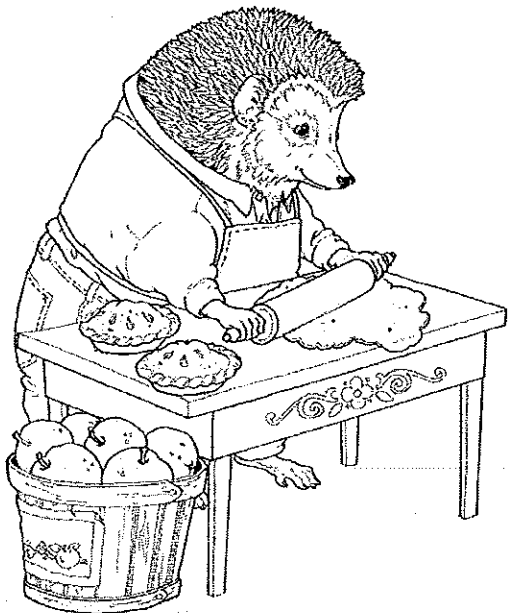
"I took one bite and went blind for half a minute."



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