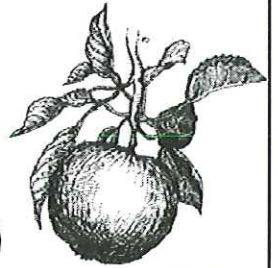


the **Beeline**



Volume 25

Fall 2005

Newsletter of the Western Cascade Fruit Society

The Pleasures of Eating

by Wendell Berry

Wendell Berry is a farmer and author of more than thirty books of poetry, essays, and novels.

Many times, after I have finished a lecture on the decline of American farming and rural life, someone in the audience has asked, "What can city people do?"

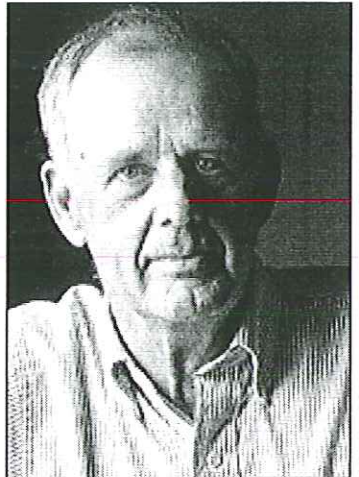
"Eat responsibly," I have usually answered. Of course, I have tried to explain what I mean by that, but afterwards I have invariably felt there was more to be said than I had been able to say. Now I would like to attempt a better explanation.

I begin with the proposition that eating is an agricultural act. Eating ends the annual drama of the food economy that begins with planting and birth. Most eaters, however, are no longer aware that this is true. They think of food as an agricultural product, perhaps, but they do not think of themselves as participants in agriculture. They think of themselves as "consumers". If they think beyond that, they recognize that they are passive consumers. They buy what they want — or what they have been persuaded to want — within the limits of what they can get. They pay, mostly without protest, what they are charged. And they mostly ignore certain critical questions about the quality and the cost of what they are sold: How fresh is it? How pure or clean is it, how free of dangerous chemicals? How far was it transported, and what did transportation add to the cost? How much did manufacturing or packaging or advertising add to the cost? When the food product has been manufactured or "processed" or "precooked," how has that affected its quality or price or nutritional value?

Most urban shoppers would tell you that food is produced on farms. But most of them do not know what farms, or what kinds of farms, or where the farms are, or what knowledge or skills are involved in farming. They apparently have little doubt that farms will continue to produce, but they do not know how or over what obstacles. For them, then, food is pretty much an abstract idea — something they do not know or imagine — until it appears on the grocery shelf or on the table.

The specialization of production induces specialization of consumption. Patrons of the entertainment industry, for example, entertain themselves less and less and have become more and more passively dependent on commercial suppliers. This is certainly true also of patrons of the food industry, who have tended more and more to be mere consumers — passive, uncritical, and dependent. Indeed, this sort of consumption may be said to be one of the

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The Pleasures of Eating

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chief goals of industrial production. The food industrialists have by now persuaded millions of consumers to prefer food that is already prepared. They will grow, deliver, and cook your food for you and (just like your mother) beg you to eat it. That they do not yet offer to insert it, prechewed, into our mouth is only because they have found no profitable way to do so. We may rest assured that they would be glad to find such a way. The ideal industrial food consumer would be strapped to a table with a tube running from the food factory directly into his or her stomach.

Perhaps I exaggerate, but not by much. The industrial eater is, in fact, one who does not know that eating is an agricultural act, who no longer knows or imagines the connections between eating and the land, and who is therefore necessarily passive and uncritical — in short, a victim. When food, in the minds of eaters, is no longer associated with farming and with the land, then the eaters are suffering a kind of cultural amnesia that is misleading and dangerous. The current version of the "dream home" of the future involves "effortless" shopping from a list of available goods on a television monitor and heating precooked food by remote control. Of course, this implies and depends on, a perfect ignorance of the history of the food that is consumed. It requires that the citizenry should give up their hereditary and sensible aversion to buying a pig in a poke. It

wishes to make the selling of pigs in pokes an honorable and glamorous activity. The dream in this dream home will perforce know nothing about the kind or quality of this food, or where it came from, or how it was produced and prepared, or what ingredients, additives, and residues it contains — unless, that is, the dreamer undertakes a close and constant study of the food industry, in which case he or she might as well wake up and play an active and responsible part in the economy of food.

There is, then, a politics of food that, like any politics, involves our freedom. We still (sometimes) remember that we cannot be free if our minds and voices are controlled by someone else. But we have neglected to understand that we cannot be free if our food and its sources are controlled by someone else. The condition of the passive consumer of food is not a democratic condition. One reason to eat responsibly is to live free.

But if there is a food politics, there are also a food esthetics and a food ethics, neither of which is dissociated from politics. Like industrial sex, industrial eating has become a degraded, poor, and paltry thing. Our kitchens and other eating places more and more resemble filling stations, as our homes more and more resemble motels. "Life is not very interesting," we seem to have decided, "Let its satisfactions be minimal, perfunctory, and fast." We hurry through our meals to go to work and hurry through our work in order to "recreate" ourselves in the evenings and on weekends and vacations. And then we hurry, with the greatest possible speed and noise and violence, through our recreation — for what? To eat the billionth hamburger at some fast-food joint hellbent on increasing the "quality" of our life? And all this is carried out in a remarkable obliviousness to the causes and effects, the possibilities and the purposes, of the life of the body in this world.

One will find this obliviousness represented in virgin purity in the advertisements of the food industry, in which food wears as much makeup as the actors. If one gained one's whole knowledge of food from these advertisements (as some presumably do), one would not know that the various edibles were ever living creatures, or that they all come from the soil, or that they were produced by work. The passive American consumer, sitting down to a meal of pre-prepared or fast food, confronts a platter covered with inert, anonymous substances that have been processed,





dyed, breaded, sauced, gravied, ground, pulped, strained, blended, prettified, and sanitized beyond resemblance to any part of any creature that ever lived. The products of nature and agriculture have been made, to all appearances, the products of industry. Both eater and eaten are thus in exile from biological reality. And the result is a kind of solitude, unprecedented in human experience, in which the eater may think of eating as, first, a purely commercial transaction between him and a supplier and then as a purely appetitive transaction between him and his food.

And this peculiar specialization of the act of eating is, again, of obvious benefit to the food industry, which has good reasons to obscure the connection between food and farming. It would not do for the consumer to know that the hamburger she is eating came from a steer who spent much of his life standing deep in his own excrement in a feedlot, helping to pollute the local streams, or that the calf that yielded the veal cutlet on her plate spent its life in a box in which it did not have room to turn around. And, though her sympathy for the slaw might be less tender, she should not be encouraged to meditate on the hygienic and biological implications of mile-square fields of cabbage, for vegetables grown in huge monocultures are dependent on toxic chemicals — just as animals in close confinements are dependent on antibiotics and other drugs.

The consumer, that is to say, must be kept from discovering that, in the food industry — as in any other industry — the overriding concerns are not quality and health, but volume and price. For decades now the entire industrial food economy, from the large farms and feedlots to the chains of supermarkets and fast-food restaurants, has been obsessed with volume. It has relentlessly increased scale in order to increase volume in order (probably) to reduce costs. But as scale increases, diversity declines; as diversity declines, so does health; as health declines, the dependence on drugs and chemicals necessarily increases. As capital replaces labor, it does so by substituting machines, drugs, and chemicals for human workers and for the natural health and fertility of the soil. The food is produced by any means or any shortcuts that will increase profits. And the business of the cosmeticians of advertising is to persuade the consumer that food so produced is good, tasty, healthful, and a guarantee of marital fidelity and long life.

It is possible, then, to be liberated from the husbandry and wifery of the old household food economy. But one can be thus liberated only by entering a trap (unless one sees ignorance and helplessness as the signs of privilege, as many people apparently do). The trap is the ideal of industrialism: a walled city surrounded by valves that let merchandise in but no consciousness out. How does one escape this trap? Only voluntarily, the same way that one went in: by restoring one's consciousness of what is involved in eating; by reclaiming responsibility for one's own part in the food economy. One might begin with the illuminating principle of Sir Albert Howard's *The Soil and Health*, that we should understand "the whole problem of health in soil, plant, animal, and man as one great subject." Eaters, that is, must understand that eating takes place inescapably in the world, that it is inescapably an agricultural act, and how we eat determines, to a considerable extent, how the world is used. This is a simple way of describing a relationship that is inexpressibly complex. To eat responsibly is to understand and enact, so far as we can, this complex relationship. What can one do? Here is a list, probably not definitive:

1. Participate in food production to the extent that you can. If you have a yard or even just a porch box or a pot in a sunny window, grow something to eat in it. Make a little compost of your kitchen scraps and use it for fertilizer. Only by growing some food for yourself can you become acquainted with the beautiful energy cycle that revolves from soil to seed to flower to fruit to food to offal to decay, and around again. You will be fully responsible for any food that you grow for yourself, and you will know all about it. You will appreciate it fully, having known it all its life.

2. Prepare your own food. This means reviving in your own mind and life the arts of kitchen and household. This should enable you to eat more cheaply, and it will give you a measure of "quality control": you will have some reliable knowledge of what has been added to the food you eat.

3. Learn the origins of the food you buy, and buy the food that is produced closest to your home. The idea that every locality should be, as much as possible, the source of its own food makes several kinds of sense. The locally produced food supply is the most secure, freshest, and the easiest for local consumers to know about and to influence.

4. Whenever possible, deal directly with a local farmer, gardener, or orchardist. All the reasons listed for the previous suggestion apply here. In addition, by such dealing you eliminate the whole pack of merchants, transporters, processors, packagers, and advertisers who thrive at the expense of both producers and consumers.

5. Learn, in self-defense, as much as you can of the economy and technology of industrial food production. What is added to the food that is not food, and what do you pay for those additions?

6. Learn what is involved in the best farming and gardening.

7. Learn as much as you can, by direct observation and experience if possible, of the life histories of the food species.

The last suggestion seems particularly important to me. Many people are now as much estranged from the lives of domestic plants and animals (except for flowers and dogs and cats) as they are from the lives of the wild ones. This is regrettable, for these domestic creatures are in diverse ways attractive; there is such pleasure in knowing them. And farming, animal husbandry, horticulture, and gardening, at their best, are complex and comely arts; there is much pleasure in knowing them, too.

It follows that there is great displeasure in knowing about a food economy that degrades and abuses those arts and those plants and animals and the soil from which they come. For anyone who does know something of the modern history of food, eating away from home can be a chore. My own inclination is to eat seafood instead of red meat or poultry when I am traveling. Though I am by no means a vegetarian, I dislike the thought that some animal has been made miserable in order to feed me. If I am going to eat meat, I want it to be from an animal that has lived a pleasant, uncrowded life outdoors, on bountiful pasture, with good water nearby and trees for shade. And I am getting almost as fussy about food plants. I like to eat vegetables and fruits that I know have lived happily and healthily in good soil, not the products of the huge, bechemicaled factory-fields that I have seen, for example, in the Central Valley of California. The industrial farm is said to have been patterned on the factory production line. In practice, it looks more like a concentration camp.

The pleasure of eating should be an extensive pleasure, not that of the mere gourmet. People

who know the garden in which their vegetables have grown and know that the garden is healthy and remember the beauty of the growing plants, perhaps in the dewy first light of morning when gardens are at their best. Such a memory involves itself with the food and is one of the pleasures of eating. The knowledge of the good health of the garden relieves and frees and comforts the eater. The same goes for eating meat. The thought of the good pasture and of the calf contentedly grazing flavors the steak. Some, I know, will think of it as bloodthirsty or worse to eat a fellow creature you have known all its life. On the contrary, I think it means that you eat with understanding and with gratitude. A significant part of the pleasure of eating is in one's accurate consciousness of the lives and the world from which food comes. The pleasure of eating, then, may be the best available standard of our health. And this pleasure, I think, is pretty fully available to the urban consumer who will make the necessary effort.

I mentioned earlier the politics, esthetics, and ethics of food. But to speak of the pleasure of eating is to go beyond those categories. Eating with the fullest pleasure — pleasure, that is, that does not depend on ignorance — is perhaps the profoundest enactment of our connection with the world. In this pleasure we experience and celebrate our dependence and our gratitude, for we are living from mystery, from creatures we did not make and powers we cannot comprehend. When I think of the meaning of food, I always remember these lines by the poet William Carlos Williams, which seem to me merely honest:

There is nothing to eat,
seek it where you will,
but the body of the Lord.

The blessed plants
and the sea, yield it
to the imagination

intact.
1989

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Message from the President

by Judi Stewart, President, WCFS

Greetings fellow members,

It's fall, soon to be winter, and I haven't figured out where the time has gone. This year has been busier than I ever imagined. I can't wait to dig through all the books and new catalogs, relax, and take stock of the year and plan for the next. I hope by the time you read this I've picked all my fruit. The usual swarms of crows have flown over and disappeared.

The crows and other varmints are out of luck this year. I bagged most of my apples and pears with drawstring plastic bags. The bags worked very well. I've spoke with many who tried bagging and they all say the same, whether they used paper or plastic, twist ties, staples or the drawstring closing. Some say their bagged fruit ripened a little earlier than un-bagged fruit by about two weeks. The bagged fruit looked much better in every way, crisp and juicy with more or less unblemished skin. I say more or less because some members bagged late. Though some apples did split, it might have been the result of not clipping the plastic bag's corners where water accumulated. Or it could have resulted from not removing the bags earlier as the fruit had ripened. I lost only two apples to what appeared to be burns. For anyone who complains about the time it takes to put the bags on or that it's too much work, just remember how beautiful the fruit will look and not just from bagging but from thinning, as thinning and bagging are done simultaneously.

If you'd like to use the plastic drawstring apple bags next season, they'll be available at our Annual Spring Meeting in Tacoma on Saturday, March 11th. Please put that date on your calendar. This will be Western Cascade Fruit Society's **"Silver Jubilee Celebration."** Three little-known fruits which do very well in our area will also be showcased at the meeting and are described elsewhere in this issue.

Taking a suggestion from Seattle's Greg Giuliani, we'll also be focusing on pears next year: "2006 - The Year of the Pear." I'd appreciate receiving any information you have about the pears you're growing. All WCFS chapters will be holding their regional celebrations next year to celebrate our 25 years and the event information will be in our next issue and on our website. The website's "Events"

page has been growing. Your monthly listings show you've been busier than ever and with excellent programs. In spite of our cool spring weather and spotty fruit crop, your chapter tastings and fall fruit shows have been excellent. I hope you'll take a look at the "WSU Mt. Vernon Tree Fruit Harvest Reports" on our website under "Fruit Links" as you make your planting decisions.

I'm pleased to report that WCFS and WWFRF will undertake joint research trials this spring under the watchful eye of Gary Moulton. The framework for these trials is being established and as part of the program each chapter is expected to participate. As the trials develop, information will be posted to our website and appear on the WCFS Forum. If you haven't subscribed to the Forum as yet, please take a moment and do so. The Forum is only for WCFS members and is not open to the public.

Congratulations to our newest chapter, South Sound Fruit Society (SSFS). SSFS had its first meeting on Thursday, September 17th in Lacey. The chapter will be meeting at 7 pm on the third Thursday of the month. Gizelle Rayner is the new chapter's president. You'll be able to meet Gizelle at our upcoming WCFS Board meeting on December 10th at the Ballard Library in Seattle and are cordially invited to attend. If you can't make the meeting and wish the Board to discuss an item, please ask your chapter president to bring it to the Board's attention or contact me directly.

I must tell you that I was disappointed in the response to our wholesale rootstock order form. WCFS will no longer be ordering rootstock. But rootstock will be available at all the chapter spring shows.

Though no one has stepped forward to edit the *BeeLine*, several members said they're willing to help by contributing artwork, writing, etc. Dear *BeeLine* editor, wherever you are, please get in touch with your chapter officer or me.

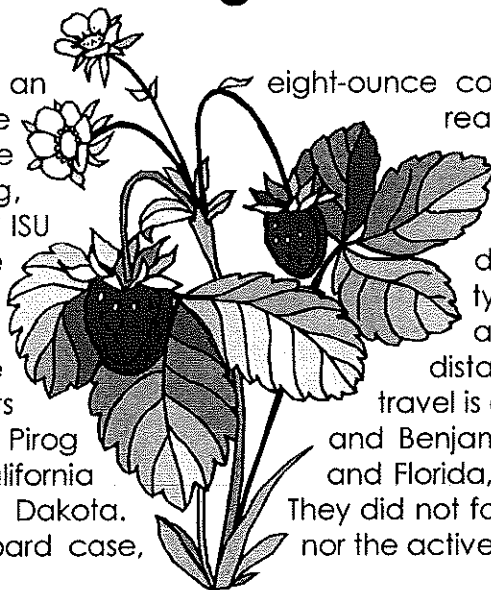
So spread your calcium and mulch, get the wood in and pat yourself on the back for a job well done.

Happy Holidays to All,

Judi Stewart

How Far Does Your Yogurt Travel

The primary ingredients for an eight-ounce container of strawberry yogurt travel more than 2,200 miles before reaching the supermarket shelf, according to a study by Iowa State University's Leopold Center for Sustainable Agriculture. Rich Pirog, director of the center's Marketing and Food Systems Initiative, and ISU student Andrew Benjamin calculated the weighted total source distance (WTSD) for the milk, sugar and typical container of strawberry yogurt processed in Des Moines and shipped to nearby food retailers. They found that the average distance (based on percent weight in the final product) the ingredients travel is about 277 miles, with a total travel distance of 2,216 miles. For the study, Pirog and Benjamin sourced the milk from northeast Iowa, the strawberries from California and Florida, and the sugar from beets grown primarily in Minnesota and North Dakota. They did not factor in the origins of the plastic yogurt cup and lid, foil cover, cardboard case, nor the active cultures and natural and artificial flavors.



Maury Island Fruit Report

By Carolina Nurik, Board Member, Vashon Island Fruit Club

You are probably wondering, "where in the world is Maury Island?" Well, it is attached by fill (done in the early 1900's) to Vashon Island. We are the same island where "Pete's Pumpkin Patch" was located. And Maury Island is home to the Pt. Robinson Historic Lighthouse.

As the 2005 season grows to a close, I'd like to review some of the highlights of this year's season. The island enjoyed the sunny days of winter, much as the rest of the Seattle area did. I had a heavy bloom on all my plums (5 varieties), pears (6 varieties) and apples (7 varieties), cherries, quince and currants. My Puget Gold apricot did bloom after a heavy fruit harvest of 2004, but I had no sets. I had a heavy set and harvest on my Methley, Santa Rosa, Hollywood, and Satsuma plums. I had a shy set on my Imperial Epineuse plums and the large portion that ripened had cracks. The cherries, Bing, Stella, Rainier and Lapin, had a good set and problems with some rot, but otherwise it was an average crop for the birds.

Bartlett pears along with Shinseiki and D'Anjou, are my most consistent producers. The pears that my southeast exposure site struggles with are the Red Sensation, Bartlett and Tsu Li Asian pears. My Shinko pear while it didn't overset this year as is usual, set a nice crop of large fruit, which the crows and others feasted on! The other problem I had this year during the late bloom period was warm rain, which didn't help pollination, blossom blast and brown rot problems.

The apples and quince bloomed later and so they thankfully missed a good portion of the warm, wet spring. Scab had not been a problem in past seasons but had become one this year. The fruit set was average; I didn't have to do as much thinning as is usual. The usual apples that need a lot of thinning are the Liberty, Akane and Keepsake. My quince set maybe 50 or more fruit but only 8 large ones were harvested in mid-October.

As for the small fruits, raspberries did well this season. I have 3 varieties, Latham, Heritage and Autumn Bliss interplanted, so I enjoy raspberries from early July through November. Serviceberries and currants had a great season with lots of fruit for the chipmunks and birds. Next year, I'll be putting out more netting! Blueberries had an average set this year, but I intend to work on my soil to see what more I can do to make them happier.

My fuzzy kiwi female set a good amount of fruit this year in spite of my rather merciless pruning in the winter and then in late July. Last year, I stopped counting at a 200 pound harvest for the one female. During the winter pruning, I took off some fruiting spurs to encourage larger fruit and that appeared to turn out well.



This past season had its normal problems that I resolve to pay more attention to next year. First, I want to be more diligent with my lime sulfur spray for brown rot and scab. When the temperatures go up, I'll switch to straight sulfur to stay on top of the scab. I am going to try to use Streptomycin on my problematic pears for blossom blast. That will require that I adjust the timing and spacing of my spray program.

I will also try to keep the dandelions cut so they aren't blooming, attracting the bees away from my fruit blossoms. Codling moth traps need to be monitored and when I see a large number of moths in them, I'll spray Bt. And I'll be putting up netting and more stovepipe collars around the tree trunks to keep the critters out!

NIMBY (Not in My Backyard)

By Mel Armstrong, Vice President, WCFS, Peninsula Fruit Club

Many of us fruit tree lovers live in outer urban or rural areas where we have room to grow. It's here that we often encounter undesirable neighbors that we hadn't planned on, namely, *Odocoileus hemionus columbianus*, a.k.a., Columbian Black-tailed deer. They're cute, they're adorable, they have big brown eyes and appear to be as innocent as new-born babes. Don't you believe it -- they can be devils! These deer not only eat the fruits of our labors, they eat the trees that bore that fruit.

Several schemes have been tried to keep the deer away from our trees; hanging bags of human hair, Irish Spring soap, dog or lion pee, all with limited effectiveness. Then I heard of other plans including spraying trees with raw eggs or garlic. I tried combining the egg with the garlic recipe and came up with a spray that works for me.

The garlic seems to be effective since it replicates the odor of one of the deer's four major scent glands - the metatarsal gland - which secretes a garlic-like alarm scent. I believe one of the main functions of the egg is to act as a sticker keeping the mixture on the leaves. Anyway, here is how I prepare my spray.

For each gallon of spray you need, get one raw egg and one tablespoon of garlic powder. Blend the raw egg into a bowl of cold water, strain it through a sieve, and keep straining it until it flows freely, otherwise it will clog your sprayer. Blend the garlic powder with water into a separate bowl and strain it until it pours freely. Combine the contents of both bowls and strain the mixture once more right into your sprayer. Add enough water to make a gallon.

Spray this solution on the *undersides* of the leaves to protect it from the rain. One spraying lasts from two to four weeks. Re-spray if you experience heavy rains. Don't leave any emerging new growth untreated. I have found the most effective technique for spraying is to concentrate on the tender tops of younger trees and the tips of lower branches of larger trees. There's no need to spray the tree above the point where the deer can't reach. Be sure to rinse your sprayer when you are done. No promises that this is the ultimate solution to your deer problem; however, it works for me. If you decide to try it, please let me know how it works for you - yea or nay. If this spray doesn't protect your trees, you need a 10' fence or a big dog.



News from the Board

*Minutes of the Western Cascade Fruit Society Board
August 27, 2005 - held in Port Angeles*

The meeting was opened by President Judi at 10:15.

WCFS Members present were: Dr. Roger Eichman, Paul Becker, Larry Krotzer, Judi Stewart, Lyle Knudson, NOFC; Greg Giuliani, STFS; Carolina Nurik, Dr. Bob Norton, VIFC; Len Estes, Bill Horn, Tahoma Chapter; Carlyn Syvanen, Del Simpson, D. J. Bassett, Erik Simpson, OOS; Mel Armstrong and George Moergeli, PFC.

Judi reported on the loss of Ron Schaevitz, a longtime member of WCFS and president of Piper Orchard chapter. Ron sustained fatal injuries after falling from a ladder at his new home. There will be a memorial service for Ron Schaevitz on September 10th. Details will be in the Beeline. The secretary read the minutes for meetings of April 9th and June 11th. Del Moved and Lyle seconded that they be approved as read. Passed. A financial statement from treasurer Patti was distributed. Judi asked that the Seattle chapter round off the dues to the nearest dollar and use the new formula.

The insurance coverage has been increased to two million dollars.

We were reminded to send a letter of acknowledgement to those who have given contributions/donations of money or articles of any amount.

Patti had determined that our dues are tax deductible if you itemize. Each club treasurer should have our tax ID number. The secretary will try to obtain it and send it to the presidents.

OLD BUSINESS

Vashon Island Fruit Club (VIFC) members Bob Norton and Carolina Nurik were presented with a check for \$100 and leather-bound copy of "Robert's Rules of Order - Revised" as VIFC has become a member of WCFS.

Judi said that Patti had requested that our bottom line spending budget be raised by \$1,000 to \$5445 to cover the additional expense of Beelines and insurance due to the number of additional members. Mel moved, Carolina seconded that the budget be increased by \$1000. Passed.

NEW BUSINESS

Keith Underwood helped set up a meeting with former members of the So. Puget Sound Chapter. Mel and Judi will go to Lacey where the meeting has been set for September 17th at the WSU Thurston County Master Gardeners' office. Judi will report back to us. Invitations to the meeting have been sent. Discussion of advertising the meeting in the newspaper brought questions of limited seating, etc. However, it was decided to proceed with an announcement.

Judi reported that Kristin Johnson had a good chapter of WCFS in the San Juan Islands for two years. The chapter disbanded six months after Kristan left. Judi said it was important for chapter leaders of today to groom the leaders of tomorrow.

Gary Heaton's resignation as a Board member was announced with regret. His business has become too

demanding. Carlyn Syvanen was introduced as a Board member candidate to fill the vacant seat. There were no other nominations. The Board voted that Carlyn fill the vacant Board seat.

Judi said that the community service aspect of the club is continuing for grafting in schools. Applications for funds would be sent to Home Depot, PTA, WSU and the Apple Commission. Erik explained and demonstrated a new type of grafting cut called the Owens' Square Graft on the chalkboard. It's made using an anvil pruner, not with a knife.

Mike had e-mailed a request for a copy of the insurance and thought all chapters should have it. [Note: Secretary has mailed such on 8/30.]

It was announced that Patti would not be our treasurer next year. We need to be looking for a replacement.

Judi gave us a short break at 11:20. Resumed at 11:40.

Carolina reported on fruit from Wax Orchards. She also had some crab apples, hoping that someone could identify them. Only about 25% of members are on the Forum. Judi is asking club treasurers to check the box on the Forum.

Judi reminded us that we should get all members to be on the Forum and that she would e-mail new members of this resource. Judi showed a good book to read - "Dwarfed Fruit Trees."

Greg reported on the STFS June trip to Raintree Nursery. STFS also visited Tom Wood's nursery in Centralia. Tom is attempting to grow blueberries. Raspberries and strawberries are grown in a greenhouse. STFS had workshops on codling moth and apple maggot. In July they held a potluck with the Tahoma Chapter. They have field trips to OOS territory and will have a potluck on Sept. 10th at Piper Orchards. Oct. 29th will be their Fruit Show. In December they will have a potluck.

Roger gave a report on WWFRF. Buildings are being removed and construction has begun on new facilities. A new staff member, Tom Walters, has been hired to work with small fruits. In six months there will be a lot of changes at this facility. Roger suggested that we find out what fruit trees they are currently working on.

Erik asked of Roger how one could obtain info on their research. Dr. Norton pointed out that all records are archived [Ed's word] and are available. The annual reports could be placed on the website.

Paul Becker reported on living in Turkey. Everyone drank Visne cherry juice. Paul had planted some seeds after keeping them in the freezer for "chilling" but that didn't help. Dr. Norton pointed out that seeds won't chill in the freezer, but needed temperatures of 32 to 40 degrees F.

Judi questioned our becoming involved with doing some of the testing with the Mt. Vernon Station. It would be "partnering". Dr. Norton said that if we wanted to request a test on certain things we would need to make a proposal to the Foundation. It was pointed out that Jackie King is funded by WWFRF and not WSU. Paul Becker volunteered to contact Gary Moulton regarding establishing a partnership to test varieties.

NOFC: Lyle reported on NOFC. They'll have their



scionwood program on March 7th. NOFC held a picnic at the Kiwanis site. They made a trip to wineries in the Seattle area and Bainbridge Island. This is the last tour NOFC will organize to Salt Spring Island in October—the cost is \$100/person.

OOS: Eric said that OOS held a picnic at Dungeness Park. They had representatives at the Clallam County Fair for three days. They'll have a fruit tasting in October. In November, they will tour wineries. Their scionwood exchange will be on March 14th. OOS has started a Kiwi test plot with Kiwi Bob. Note: Bob is moving his "plantation" to a less-costly area.

PFC: Mel reported that PFC was manning a booth at the Kitsap County Fair. The next meeting will be a potluck at John Myers' orchard in Sept. They'll have a fruit show if enough fruit can be obtained. RFC will also have a spring scionwood sale on March 18th.

Tahoma: Tahoma Chapter reported holding a picnic with STFS. In Sept. they will be the staffing their booth at the Puyallup Fair. They need volunteers from other clubs to help.

VIFC: Dr. Norton said that VIFC had sessions on tip-budding. Kiwi Bob visited to discuss fig growing and they had a chili feed at his place. He mentioned that there are now three commercial grape growers on the island. They will have a fruit show at the Grange on Oct. 22nd. Their last meeting will be "all about bees."

Olympic Orchard Society

Erik Simpson, President, Olympic Orchard Society

On November 8th, the Olympic Orchard Society had its annual fruit tasting meeting with fruit varieties grown by the members. They were asked to rate the fruit as to taste, texture and general appearance in order to determine their favorite fruits for this year. Some varieties of grafted apple trees and grapes were available for sale.

On October 11th, the Olympic Orchard Society conducted a successful trip to the Black Diamond Winery in Port Angeles. We enjoyed tasting the different fruit wines and were able to purchase our favorites. Lance and Robin Adams, owners of the winery, have 2 plus acres of grape vines with various varieties including Siegerrebe, Madeleine Angevine and Muller-Thurgau. They also raise rhubarb and plums for their own wine and we were invited into their tasting room.

Lance demonstrated his method for controlling yellow jackets when the grapes are ripe. He fills a bucket one-third full with water and adds a small amount of detergent to reduce the amount of water surface tension. He then ties a piece of salmon skin or fat, trimmed from beef steak, onto a string and hangs it from a low branch or wire directly above the water. On sunny fall days the yellow jackets come and eat the fat, become too heavy to fly and fall into the water and drown. Some of the yellow jackets fly into the bucket and drown even before they get a chance to eat!

Lance places the buckets in areas where his grapes are the ripest to stop the yellow jackets from eating his grapes. Apparently yellow jackets can become carnivorous in the fall and prefer the fatty meats. Lance intends to experiment with beef suet in the future.

Since I have an orchard and a few grape vines, I decided to try this method so the yellow jackets would be distracted from bothering my honey bees and eating the ripe fruit. If you try this method, please let me know if you have any success.

Our chapter's Potluck Christmas Party will be held on December 13th, tentatively planned at Saint Andrews Episcopal Church in Port Angeles from 6:00 to 9:00 pm. Members will have an opportunity to discuss this year's fruit growing successes and failures.

Judi asked that those who were using special orchard fertilizers to mail the information to her.

The Spring Meeting [annual election] and scionwood-rootstock show will be held on March 11th and sponsored by Tahoma Chapter. Peninsula will also have a spring show on March 18th.

Mark Lee is stepping down as editor of the BeeLine because he has a new position. We will need to find a replacement and must start looking now.

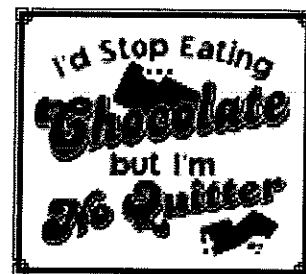
There was a discussion of voting by e-mail. Mel read a proxy from Mike speaking against it. Erik moved, George seconded, that there should be no e-mail voting by the Board. Passed unanimously.

A short discussion followed of updating the "long lost" WCFS manual.

Next meeting will be hosted by STFS in December either prior to SFTS potluck on the 10th from noon to 2 pm or maybe December 3rd from 10am to noon. Judi will notify us.

Adjourned at 2:15

George Moergeli, Secretary



Sure, you can pick up some flavanols from dark chocolate, but far healthier sources of flavanols include apples, broccoli, onions, various berries, tea and wine.

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BeeLine Editor Position is Open



The Mad Scientist on The Scientific Method

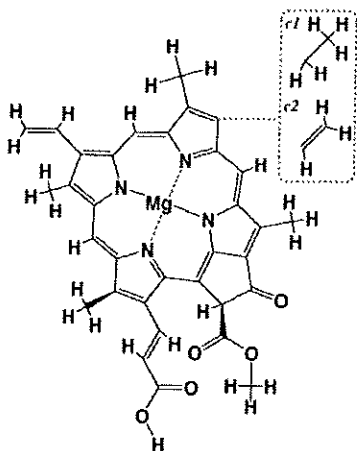
by Dr. Roger Eichman, North Olympic Fruit Club, WCFS Liaison to WWFRF

First and easiest is to ask a question, like "Why is the sky blue?" The answer part is a bit more difficult. To test the answer, it is important to have a control of some sort to compare. For example, if you wondered how to make your hydrangea darker blue, you could apply lime to one, iron to another and then leave a third one untreated. The untreated plant would be your control. The plants being tested should be as close to identical in every other respect to get a valid comparison of the results. In other words, you wouldn't want to compare three different varieties.

You could also treat one branch of a tree with a substance and leave other branches untreated. If the branch you treat dies, this could be significant, unless all the others also die. If you have several trees and find that they bloom yet do not set fruit, you could apply something to the flowers of one tree and leave the others untreated. If the one tree with an application sets fruit, you may have found a solution, but it takes more than one year to verify the results. Again it is important to have non-treated controls for a valid comparison.

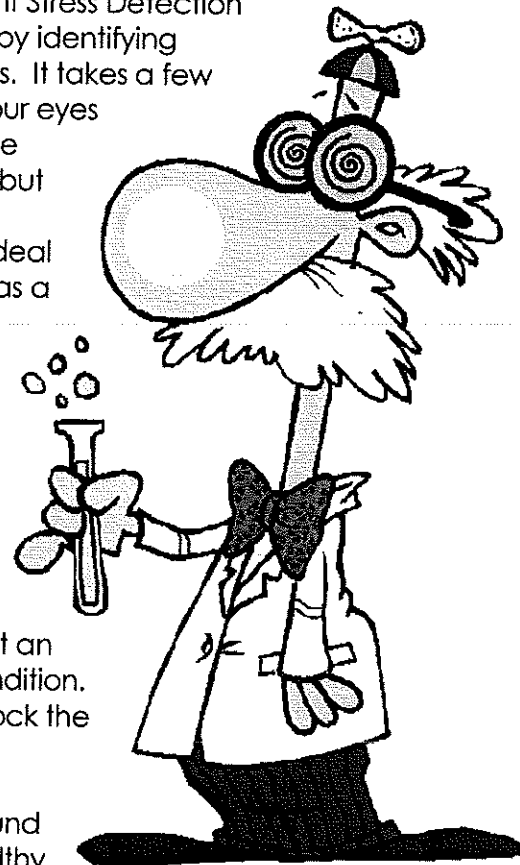
One popular fruiting plant, the blueberry, grows in acidic peat soils having a pH around 4.5. Most plants prefer a pH of around 6.5 - 7.2. To observe the response of blueberries to lime, simply select several similar bushes of the SAME variety, and treat each to a different amount of lime, say none for the control, one ounce for a second plant,

two ounces for a third, three ounces for a fourth and so on. It may be that some lime will actually improve the fruit quality of the blueberry. Perhaps the addition of lime to the soil could also help against mummy berry. To test the need for other elements, a similar test plot should be set up. Remember that for



a valid test, the plants should be nearly identical in all other treatments, except for the element undergoing the test, be it water, fertilizer, pesticide application or pruning method.

Another way of evaluating plants is looking at them through a violet filter. Hawkeye Plant Stress Detection Glasses work by identifying stressed plants. It takes a few minutes for your eyes to adjust to the colored filter, but they really do work. These ideal glasses serve as a "passive chlorophyll detector" enabling you to spot plant stress from a distance with plenty of time to correct an unhealthy condition. The glasses block the green color reflected from chlorophyll found in normal, healthy vegetation,



causing the plant to look black or gray. Stressed plants caused by drought, disease, poor nutrition or other harmful conditions appear as yellowish-brown or pink (coral). Glasses work best on sunny days with plenty of light to enhance the contrast. The technology is based on the work of NASA scientist Len Haslim. These glasses regularly sell for \$49.50 but are available for \$24.95 from Forestry Suppliers, Inc. / (800) 647-5368, item # 23380. They also carry clip-on lenses for \$26.95.

An even simpler method is to use an LED flashlight. Simply shine the light on the plants at night. The LED light brings out colors that the eye normally has difficulty seeing. This is an excellent way to view a seed bed. My flashlight has now become a very handy tool and has helped flag several interesting new seedlings. In a similar fashion, the LED light has now been found to be the basis of a new oral cancer detector. The system which costs

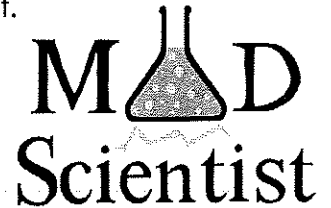
several hundred dollars can be duplicated using a \$2 key chain light.

Not all experiments require a control. You may simply try something out and see what happens. This spring I grafted pear on cotoneaster and hawthorn on mountain ash. In spite of the deer, all the grafts are growing. You'll know in a few months if it works though some grafts are short lived combinations.

According to Dr. Bob Norton, grafting a seedling onto a mature tree still produces juvenile tissues and will take time to mature and produce fruit. The placement on a mature tree seems to be important as well as the type of rootstock. This may explain some of my results and opens a field of questions as to what will help advance the maturation of seedling tissue.

I hope you are collecting fruit seeds for later planting. Your seeds should either be planted now or held in the refrigerator for a few months. Do not freeze them or let them completely dry out. Seeds kept in a closed container with a slightly damp paper towel works well. The moist, cool treatment is called stratification, and helps breaks the seed's inherent dormancy.

Of course, you can just plant them out over the winter and hopefully get the same results.



MAD
Scientist

WCFS NEW MEMBERS

Peninsula Fruit Club

Rubin and Mary Carter
Meg and John Deordio
Ray and Sharron Etheredge
Tomoko Frank
John Gemignani Jr.
Andria and Ken Houghton
Rick and Sally Kuhns
Serina Roberts

Olympic Orchard Society

Art & Martha Bell

South Sound Fruit Society

Jerry & Sandy Kehoe
Loretta Murphy
Roger & Chris Newman
Gizelle Rayner
Francesca Ritson & Brian Williams
Eugene Sabotta
Robert & Marjorie Smith

Seattle Tree Fruit Society

Jayson A. Akai
Judith and Robert Beeler
John & Ann Chafee
Michael Donahue
Peter & Joan Hockaday
Mary & Peter Holt
Steven & Camille Lanier
Lauri Martin
Michelle Pulsifer
Carol Wallace
Francis & Huldah Williams
Jean Young

North Olympic Fruit Club

Michael Cavett
Bob & Barb Chandler
Relva Clow
Rocky Day
Jeff Gibbons
Robert Kinchen
Cheri Van Hoover



Vashon Island Fruit Club

Steve Andrus
Maryrose and Dan Asher
Adam Atwell
Stephen Battaglia
Tom Brenner
Mary Margaret and Daniel Briggs
Helen Brocard
Fran Brooks
Dan Carlson
Wendell and Fran Clark
Cecil and Sharon Cromwell
Curiel, Joe and Tony Raugust
Diana and Fred Constant Drayton
Eckhardt, Roger and Dianne Hyer
Jeanne Ernst
Donna Gagner
Nancy Giske
Phil and Mary Gleb
Chris Greenlee
Cheryl Grunbock
Kathy Henry
Jim and Joyce Hunziker
Carole Lynn Ives and Rick Paquette
Julie James

Ian Jamison
Terry Jansen
Cynthia Johnson
Paco and Tami Joyce
Nancy and Michael Kappelman
Lon, Maral and Aran Kirschenmann
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Tom Lorentzen
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Mary and Robert Quig Omstead
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Kristin and Bruce Jackson Pesman
Michelle Ramsden
Linda Reeves
Peter Rieder
Randy Robinson
Steve Rubicz
Merilee Runyan
Paul and Terry Barrett Schuster
Keith and Lola Sherry
Bob and Pam Smith
Janie and Kirk Starr
Carol Stewart
Hans and Adele Thompson
Mark Timken
Chuck Torrey and Gay Schy
Doug, Kathleen and Trevor Tuma
David and Patrice Vogel
Jeanette Wakeman
Mary Ellen Walker
Al Watts
Ron and Laura Weston



The Montrose Apricot

By Judi Stewart, North Olympic Fruit Club

Hope, Idaho is in the northern tip of the state. It sits about 2,200' above sea level. The population is roughly 80. It's not a fruit growing capital by any means, but its claim to fame is that our local Montrose apricot came from Hope. A seedling tree that withstood 31 degree below zero winters, this tree has stood the test of time and has continued to produce a sweet freestone medium size apricot. A granddaughter seedling from the mother tree bore an immense crop of apricots with a two inch diameter. The tree was so loaded that the branches bowed to the ground.

The Montrose apricot has yellow skin with a red blush. The flesh is sweet, juicy and of excellent flavor. The pit is sweet and edible. It's a very hardy frost resistant tree. The Montrose requires 800 hours chilling below 45° F.

The original tree was grown in Montrose, Colorado. The elevation of Montrose is 5,800'. A doctor brought this apricot to Idaho. North Olympic Fruit Club member Jim Fritz traveled to Idaho and brought back a cutting. Jim grew out the cutting and grafted a tree on semi-dwarf rootstock and gave it to Dr. Roger Eichman. It's a good thing Jim grafted this tree because the deer came along and ate all Jim's seedlings. The Montrose produced fruit the first year after the graft. Dr. Eichman's tree produced 6 gallons of fruit last year. This self-fertile apricot tree put on 3 feet of new growth this year. This is just one excellent apricot.

Scion wood from the Montrose apricot will be available at Western Cascade Fruit Society's Annual Meeting.



The Dester Plum

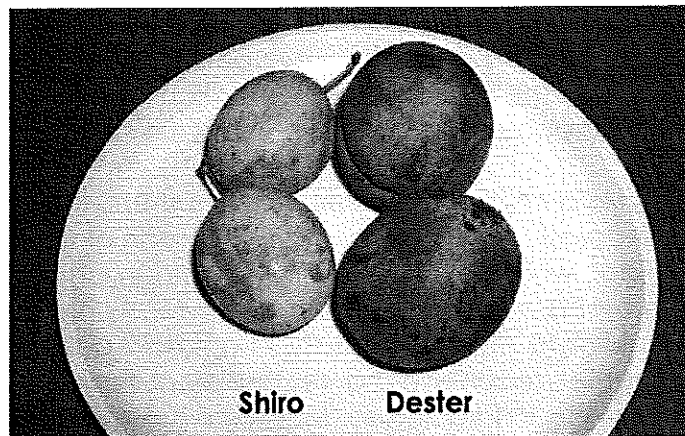
By Dan Ester, North Olympic Fruit Club

A plum seedling was first obtained from Mr. Ervin Scott who got it from an unknown person in the Seattle area. It was brought to me in Eugene in the late 1950's early 60's. I propagated the seedling via root sucker and scion wood and named it the "Dester Plum" using my first initial and last name.

The Dester is a large very freestone plum. It also has a small seed. The color is a light pink-blue with a light bloom. The Dester is a regular producer. Depending on the growing conditions, it's the last plum to ripen, usually around the first week of September. The plum is very vigorous; I summer prune to maintain its height. It grows in a very wide range of temps, from very mild winter and summer areas to harsh winters and very hot and dry summers. I've never seen any brown rot. I water my tree monthly. Wherever it's been planted, it's stood up to draught and zero degree temperatures. It does have one drawback in that it suckers Big Time.

Once the Dester plum is well-established it will accept other scion wood. I have top worked Methley, Shiro and Beauty on my twenty year-old tree. I recommend all these plum types for the backyard grower. I like being able to eat fresh plums out of the backyard from July through September. I eat the plum fresh off the tree and I dry it. It's wonderful dried since it's very sweet.

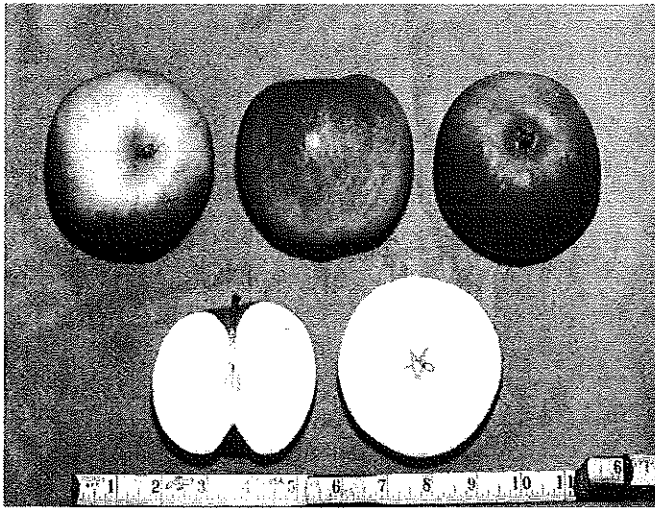
The Dester plum is doing well in Yakima and Seattle, eastern and western Oregon, Maine, California and Missouri. Scion wood will be available at Western Cascade Fruit Society's Annual Meeting.



The Olympia Apple

By Darren L. Murphy, Peninsula Fruit Club

I've always believed that things never happen by coincidence, that events have a way of connecting us...even if generations apart. So goes my story about the Olympia apple. The apple (see photo below) originated in a small orchard owned by a William Shincke, Sr. Although born in Canada, he had made his final home in Olympia, Washington (so the name of the apple). The apple came from a sport growing from one of Mr. Shincke's Baldwin apple trees, with the resulting fruit found to be superior in both size and coloring. With some assistance, the apple was propagated and eventually marketed under various names starting in 1890, but was eventually named the Olympia by the Thurston County Horticultural Society.



Olympia Apple Facts

<u>Qualities:</u>	<i>Round shape, slightly larger than the Baldwin, with darker red skin and white flesh</i>
<u>Taste:</u>	<i>Sweet, crisp, and juicy</i>
<u>Uses:</u>	<i>Great for fresh eating, cider, and especially pies</i>
<u>Growth Habit:</u>	<i>Vigorous grower, spur bearer</i>
<u>Ripening Time:</u>	<i>October through November, good keeper</i>
<u>Other Names:</u>	<i>Olympia Baldwin</i>

I found out about the Olympia apple last March at our annual Peninsula Fruit Club grafting show. As a member, I am always interested in getting new scion wood for my young orchard on Bainbridge Island. The Olympia apple caught my eye because of its name (state capitol and the fact that I was born in Olympia). Thanks to the cuttings and information provided by two of the club members, Don and Muriel Lowery, I also learned about the apple's history. It turns out that William Shincke, Sr. was my Great, Great Grandfather!

As a child, I have always had a strong love of growing things of all sorts, including some early, although unsuccessful attempts, at grafting. Much of this love came from my maternal grandmother, Helen (Shincke) Mulder, who maintained a large garden and fruit orchard into her early 90s. For me, the Olympia apple represents an important part of my family history, as well as that of Washington State. It also represents a living link to my ancestors that I am now passing on to my children. For instance, Maggie, my 10-year old daughter, recently did a 4-H display of the Olympia apple at the Kitsap County Fair, including a small tree she grafted. In doing so, Maggie is helping continue her Great, Great, Great Grandfather's legacy for her family as well as generations to come.

The Olympia Apple From "The Apples of New York," Volume I, By S. A. Beach, 1905

This strain of the Baldwin was discovered growing among some Baldwin trees in a small orchard of William Shincke, Olympia, WA. The trees grow like the Baldwin and appear to have the general characteristics of the Baldwin, except that the twigs of one season's growth as compared with Baldwin twigs have darker bark with less red and more brown or olive-brown color. Other minor differences have been observed, such as shorter internodes, heavier scarf-skin, less conspicuous lenticels and more abundance pubescence on bark and buds. We have not had opportunity to determine whether these minor differences are constant.



The fruit, so far as we are able to judge from the rather limited quantities which we have had the privilege of examining, averages distinctly larger than Baldwin fruit grown in the same locality, and is clearly superior in color, both the red and the yellow tones being more brilliant. A very careful comparison of the fruit of Olympia with that of Baldwin discloses no constant differences in structural characters.

Olympia is best known in the vicinity of Olympia and is there regarded as a valuable acquisition. It is attracting favorable attention also throughout the apple-growing districts of the state of Washington. The fact that it is regarded so highly in a region where Baldwin succeeds well is a good indication that it may succeed equally well in the Baldwin districts of NY. It is therefore, recommended as worthy of extended trial by New York Fruit Growers.

Historical: The following account of this strain of the Baldwin apple has been obtained from correspondence with W. W. Whidden, George Langridge, and William Shincke of Olympia, WA. The original tree from which Olympia was propagated was set 40 years or more ago on the place of William Shincke, Sr., in Olympia, WA. It was evidently planted for a Baldwin as it stood with other Baldwin trees. The fruit was at first sold as Baldwin but Mr. Shincke noticed that it was larger and better colored than that of the common Baldwin. Mr. George Landridge was supplied with scions from this tree and when this stock came into bearing with Mr. Langridge it was found that the fruit from these trees, like that of the original tree from which the scions were taken, was larger and better colored than the fruit of the ordinary Baldwin. About 1890, it was first propagated for sale but under different names. Finally, the County Horticultural Society named it Olympia.

[Ed: From Issue 24 Summer 1997 CLT (Capital Land Trust) Newsletter - The trees were identified as Olympic Baldwins and were planted to supply dried fruit for the Alaska gold rush that began in 1898, although the gold dried up before the trees began producing. Olympia apple scionwood will be available at Western Cascade Fruit Society's Annual Meeting.]

Fruit Show Recipe #1

Persimmon Cookies

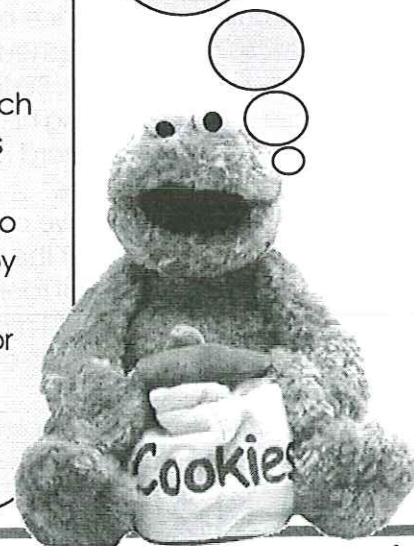
by Larry Davis, Seattle Tree Fruit Society

1 cup persimmon pulp
 1 cup raisins
 ½ cup shortening
 1 cup sugar
 1 egg
 1 cup chopped walnuts
 2 cups flour
 1 tsp. baking powder
 1 tsp. baking soda
 ½ tsp. salt
 ½ tsp. ground cloves
 ½ tsp. cinnamon
 ½ tsp. nutmeg
 ½ tsp. allspice

Put persimmon pulp through a sieve and mix it with the raisins. Combine shortening, sugar and egg. Add pulp and raisins and the nuts which have been floured with 3 tablespoons of the flour. Sift together the dry ingredients and gradually add them to the liquid, stirring until smooth. Drop by teaspoonful on to a greased cookie sheet. Bake at 325° F. for 20 minutes or until brown and springy.

Makes about 4 dozen cookies.

These cookies were the rage at the Seattle's fruit show. The persimmon keeps the cookie moist for a very long time. They'll grow on you; you can't eat just one!



The Apple of His Eye

By Amanda Farrell

The story of Harry Burton, self-confessed 'appleholic'

A lifelong devotion to the apple began many years ago in northern Ontario for Harry Burton when he was a mere sapling. "We always liked apples as kids, but the ones we had in Ontario were always small crabs, not very good tasting, and we even treasured those," he says. "Apples have always been a part of my life, and once I saw Salt Spring and the incredible growing potential here, it was just the start of everything." An idea blossomed. Burton took early retirement in the 1980's from his teaching position and moved from Ontario.



Having a great climate for growing apples, Salt Spring Island was the first apple producing area in BC and has been producing the fruit since being settled in 1860. It remained on top of the game until the 1920s, when the Okanagan valley started to surpass it in fruit production.

While almost all of the large orchards on Salt Spring have disappeared, many of the varieties have been preserved by local apple connoisseurs.

"One of the other growers here, Bob Weedon, well his apples have to be historical, so they are all from trees that are older than 1920," says Burton. "He's got a true heritage orchard, so that's his little niche."

While Burton's "Apple Luscious" orchard is home to many heritage varieties, his specialty is taste. His goal is to create an orchard filled with the best tasting apples in the world, focusing on red-fleshed apples, such as Almata and Winter Red Flesh. Burton started his small orchard from scratch, planting his first tree in 1986. Now, almost 20 years later, his orchard has filled up, and his apple obsession is in full swing.

"We have a term that we call 'appleholic', and that's what's happened over the years. Now my orchard is completely full, and I've got room for [maybe] one more tree," says Burton. "Well, I might squeeze in three more this year, but then it will be completely full... that's the first sign of an appleholic."

The second sign of an appleholic might be trying to grow 200 different kinds of apples on a small patch of

land. Burton's orchard only occupies half of his five acre property on Salt Spring, so it's a tight squeeze.

"I have maybe 350 apple trees and 200 varieties, so a lot of them are 'one offs'," says Burton. "The really good varieties I'll squeeze in two or three or maybe even five of them, but that's enough work actually. So in one sense, I'm glad I only have that much property."

It's Burton's passion for apples, not his passion for profits that has motivated him to create such a unique and diverse orchard. "Well, nobody in their right mind would ever do this, which is probably another sign of an appleholic," laughs Burton. "The commercial growers wouldn't think of this because it would drive them crazy. It'd be too hard to manage."

So, how does he manage? With so many different apple varieties to care for, it takes a lot of tracking and planning to find out exactly when which type is ready for picking. With the weather becoming more and more unpredictable and extreme, especially this year, Burton has run into some snags.

"We've had extra dryness now, and that's causing a lot of varieties to drop or ripen early. You have to keep 'walking by and saying, 'Are you ready? Are you ready?' and looking for apples that have dropped," says Burton. "The weather's been a little bit of extra work in that sense, but farmers are used to reacting to the weather."

Indeed, Burton is accustomed to learning to cooperate with Mother Nature. He grows all of his apples organically, using no pesticides and only natural fertilizers on his land, including using harvested seaweed he collects from a nearby beach. It's a good source of potassium and trace minerals, and, as he says on his website, "there is nothing more peaceful than collecting seaweed on a beach in early morning while watching the dogs play in the sand or chase seagulls."

Burton has developed a 'wild orchard' style of farming on his land; a far cry from the overly manicured grassy orchards that we're more familiar with.

"There [are] just little paths through the orchard, so it's quite wild, and we have chickens around everywhere, and they are in under the vegetation, hiding if they have to and scratching away. There [are] lots of blackberries, and all sorts of other things growing. It's a real nice compliment to the apple trees."

Being the appleholic that he is, Burton has worked extra hard in order to connect people with the unique apple culture on Salt Spring Island. He's the father of the Salt Spring Island Apple Festival, which celebrated its seventh anniversary this year.

"Even though we have 11,000 people here, we



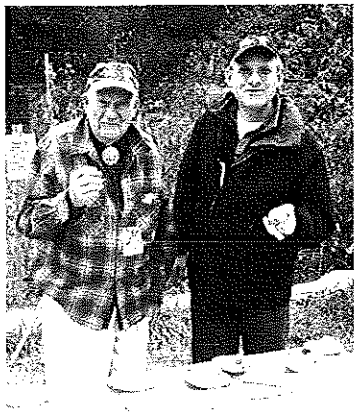
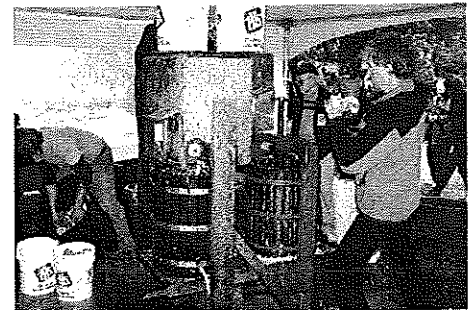
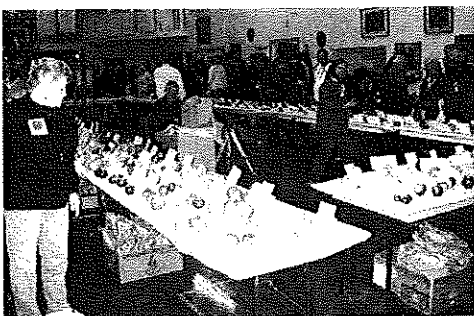
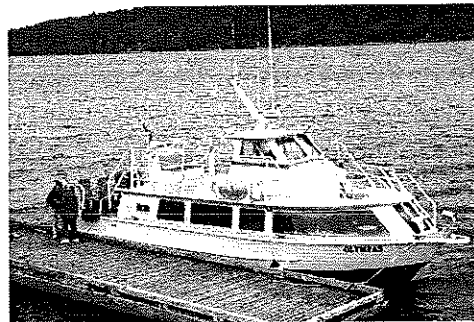
WCFS 2005 Salt Spring Island Apple Festival Excursion

have to connect with the population off the island, so this is one way to get people from off the island to see what we do here and to connect with these people," says Burton. "We've actually created a festival that I'm quite proud of. The locals love it, and the off-islanders love it. To me, that's a magic formula."

For Burton, watching people taste a new apple for the first time is just as, if not more, satisfying than selling someone his apples.

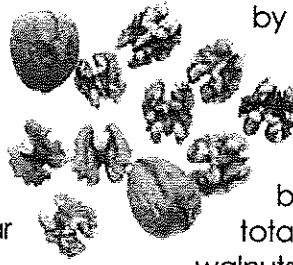
"When I sell, I always give tastes, so people can come and taste eight or ten varieties. Even if they don't buy, they still have fun tasting," he says.

www.saltspringmarket.com/apples
www.appleuscious.com
Organic heritage apple



Walnuts

Trying to crush them can be enough to send you over the edge, but can eating walnuts actually protect your heart? According to a new study, daily walnut consumption may improve vascular function and lower LDL cholesterol.



A closer look at the study reveals that the heart protection value of walnuts is probably due to one key nutrient that's also available in other foods. And while this nutrient - an antioxidant and an important source of essential fatty acids - is clearly beneficial, supplementing with it poses a potential drawback for those who tend to have low blood sugar or type 1 diabetes.

Shelia G. West, Ph.D., the lead author of the new study, told researchers at the American Heart Association conference that she and her team at Pennsylvania State University (PSU) wanted to determine if plant-based alpha-linolenic acid (ALA; a precursor of omega-3 fatty acids) would provide clear cardiovascular benefits.

Thirteen subjects (each with high cholesterol) were chosen to eat three different diets. Each diet lasted six weeks, with a two-week break between dieting periods. The PSU team prepared all meals for the subjects, and one meal each day was eaten with the researchers.

The three diets:

- * The Average American Diet (AA) contained the fat content and calories of a typical U.S. diet
- * The High Dose ALA Diet (HD) contained the same amount of total fat as the AA diet, but was low in saturated fat and cholesterol, and high in ALA.
- * The Linoleic Acid Diet (LA) was the same as the HD diet, but balanced ALA content with linoleic acid, another omega-3 fatty acid.

At the end of each dieting period, subjects had their cholesterol levels and flow-mediated dilation (FMD) measured. FMD reveals blood vessel resiliency to change in blood flow. Arteries are more responsive (and healthier) when FMD measurements are high.

Researchers found that cholesterol levels improved after subjects changed from the AA diet to one of the other diets. But vascular function was boosted only with the HD diet. When ALA was the most abundant fat type, the FMD level was improved

by more than a third over the typical American diet.

The PSU trial was funded by the California Walnut Commission, so naturally the plant-based ALA source in the HD and LA diets both came from walnuts, which provided the total fat in those diets: A little over an ounce of walnuts and about half an ounce of walnut oil daily.

I don't mind putting in a good word for the walnut commissioners of California because walnuts offer excellent nutrition. In addition to the high omega-3 content, walnuts also deliver vitamins (including vitamin B-6 and folate), minerals, protein, fiber, and melatonin.

But if it's specifically ALA you're after, there are a number of other good sources. Flaxseed is very high in ALA content, as is flaxseed oil, leafy green vegetables, pumpkin seeds, and wheat germ oil.

The benefits of alpha-linolenic acid are not new. There's a unique ability of ALA to actually recycle vitamins C and E from their molecular building blocks - something that no other antioxidant is known to do. In addition, ALA can help your body better utilize other antioxidants such as coenzyme Q10 and glutathione.

Several studies have concluded that a daily intake of 50 mg of ALA may yield significant benefits. Unfortunately, ALA is quickly metabolized and cleared from the liver. So whether you supplement with ALA, or if you munch on walnuts or flaxseeds, it's best to spread the intake throughout the day, rather than getting it all at once.

ALA also been shown to be a blood-sugar-lowering agent for type 2 diabetics. But the effect of ALA on those who suffer from hypoglycemia (low blood sugar) has not been specifically studied, so ALA should probably not be used by those with very low blood sugar. As always, it's a good idea to discuss your supplement intake with your doctor or healthcare provider. And in the case of ALA this is especially important if you're diabetic, or if low blood sugar is an issue.

Walnuts are more perishable than other nuts because of their high polyunsaturated fat content, but keep well if properly stored. Heat, humidity, and light will speed spoilage. In their shells walnuts will keep for six months to a year if stored in a cool dry place. For longer storage, keep them in the refrigerator or freezer. Keep raw shelled walnuts in their original package until you are ready to use them. Store in a cupboard or other cool, dry place. They will stay fresh until the date marked on the package. If there is no



date, count on them lasting for 3 to 4 months. Once the package is opened, wrap the nuts well and store them in the refrigerator or freezer. The nuts will stay fresh for six months in the refrigerator and for a year in the freezer. If shelled walnuts seem a little soft (but do not smell rancid), freshen them by spreading them on a baking sheet and heating them in a very low oven (150°F) for a few minutes. (see below)

Don't grow walnuts unless you have very deep soil. Look for trees with one year old tops and three year old roots and 6' to 8' high. Trees satisfactory for Washington are available from nurseries in the area. California varieties come on black walnut roots which are not satisfactory for this area. A girdling of the wood at the union between the black walnut rootstock and the scion, known as blackline, has killed many trees, some years after propagation. A thin, black line develops at the graft union and slowly creeps around the entire tree until it eventually girdles the tree and it dies. Once it starts, it never disappears and there are no treatments to correct it.

Graft your walnut trees on Manregian rootstocks. Plant walnut trees in early winter. Do not let the roots dry out before planting. Dig the holes 18 to 24 inches wide and 10 to 12 inches deep. Prune off any broken roots and plant the trees so that the uppermost root is 2 to 3 inches below the soil surface. Do not put fertilizer in the hole. Use a 7 to 10 foot stick for the tree on the windward side, 6 to 8 inches from the tree and tie with strips of burlap, muslin, or similar material, in a figure 8 twist. Provide water for your tree. If you don't, you might stunt it and get only a light crop of small nuts.

The most troublesome insect pest of walnuts in our area is the walnut husk fly. This destroys the husk tissue and stains the nut shell and kernel. Sprays used to kill husk flies may also kill aphids and aphid predators. Although we do have aphids in Northwest walnuts, their damage to the nuts and trees is not severe enough to worry about. Deer are serious pests of young walnut trees in areas next to wooded areas. (See Mel Armstrong's suggestions for deer problems elsewhere in this issue.)

Apply nitrogen only after one growing season has passed. As long as young trees are growing 18 to 30 inches a year, no application of N fertilizer is needed. Boron is also needed by walnuts, though not while the tree is young. Annual shoot growth, size and color of leaves will help determine fertilizer needs of more mature trees. Fertilizer will not take the place of pruning. Leaf analysis is the best guide to walnut

tree fertilization.

At planting, remove about half the top of the tree. Cut a 10 foot tree back to 5 feet and a 6 foot tree to 3 feet. Gradually raise the height of the first limbs to the desired level by subsequent pruning. Avoid large pruning cuts later by making cuts when shoots are small. Removing the shoot just after growth starts causes much less loss to a tree than when the shoot is allowed to grow for one or more seasons and is then removed. The less a tree is pruned, the larger it will be. However, you must do some pruning in order to build a strong, sturdy tree.

Pruning of nonbearing trees is a continuation of training. Head the terminals, especially in lower scaffold branches, if shoot growth seems excessively long. Without this pruning, the branch may grow so long that in later years, the end of the first scaffold branches will rest on the ground when weighted with a heavy crop. Moderate pruning is needed every 2 or 3 years after trees come into bearing. Older trees will need more severe pruning. These trees are often so tall that you might need a professional pruner or mechanical pruning tower to do the kind of limb thinning that's necessary.

Walnuts are mature as soon as the husk can easily be separated from the nut. They are usually not harvested until the rains have cracked the husk to the point of letting the nut drop to the ground. Leave them on the ground until the hulls are loose. Harvest husk-free walnuts as soon as possible after they drop. Harvested undried nuts left in the sack for more than a day may heat and become moldy. Start to dry them within 24 hours of harvest. You can dry them in the shell or save drying time and heat if you shell them first. Best temperatures are 95° to 105° F. Air circulation is important so dry the nuts on a screened tray in an onion sack, or other container with free air passage.

Toasting walnuts crisps their texture and brings out their rich aroma and taste. Preheat oven to 350° F. Toast walnuts before chopping them into smaller pieces. Place nuts in a single layer in an ungreased shallow pan. Do not use a baking sheet without sides. Bake 5 to 10 minutes or until they are golden. They will continue to brown slightly after they're removed from the oven. Stir once or twice or shake the pan during toasting to aid in even browning. Remove from pan to cool. It's best to toast walnuts as close to the time of use as possible. Toasting doesn't change their nutritional value, but it does accelerate the timeline until they lose their freshness. After toasting, store them in the refrigerator in an airtight container for 1-2 weeks.

Walnut

From: "Folklore and the Sea," by Horace Beck

Apple and holly were associated with faeries; oak and pine were trees of special import to pagan deities. Lest one think this is reaching too far, let us take a single example of ship construction from Chesapeake Bay as an illustration.

Black walnut is a rich, easily worked wood that is resistant to water. It grows straight and tall, and the trees are often three or four feet in diameter. Sometimes planks thirty feet long could be milled from the log and show scarcely a single knot. Although it is now scarce, it was at one time common along the shores of Chesapeake Bay. In fine, it would seem to be an ideal wood for the shipwright, but it was and is not.

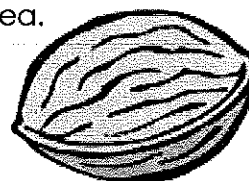
An old waterman once bought a very handsome skiff there for five dollars. From the day he bought it he had nothing but trouble. It sank, broke loose, was stolen, leaked; and whenever he went out in it, things went wrong. He caught no fish, lost oars, a storm came up. Finally he decided to repaint it and stripped off some of the paint. The skiff was made of black walnut! He did the only thing he could do--sold it to a tourist.

So bad is the reputation of black walnut in this area that the whole boat need not be made of the stuff to bring trouble. One man fashioned a seat out of it and was plagued with misfortune. A crank boat was set aright when it was discovered that a squirrel had stashed some black walnuts aboard. Then there is a story of a skipper on one of the islands bound to Annapolis with cargo. An old lady asked him to take her along. He agreed and she came aboard with a paper bag. Scarcely had they got out into the bay when a violent gale sprang up. No matter which way the captain tried to go, the wind hauled against them and the sea grew wilder until it looked as if they would swamp. The captain knew that something was wrong and in desperation asked the old woman what she had in the bag. "Black walnuts." Instantly the skipper seized the bag and heaved it overboard. The storm abated and they landed safely in Annapolis a few hours later.

To the folk, the black walnut is a tree of ill omen. On the beach it is said to draw lightning, kill cattle and burn houses. The bark and the nuts stain

your hands permanently. Somehow it is associated with the devil. The reasons for much of this lies in the tree. The wood is odd-colored-- purplish-- and heavier than many other woods. Because of its nature it grows tall and often in isolation. As a result, it is particularly subject to being hit by lightning. Since cows have a way of standing under trees in thunderstorms and these trees offer the most shelter, many a critter has been electrocuted under them. When near a house, lightning often is deflected from the tree and into the building. Just as a dog with a bad name gains the reputation of being a sheep killer, so does the black walnut become the scapegoat for every miserable boat builder and lubberly sailor in the area.

...from John O. Kopf

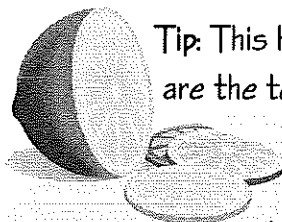


If it's in an orchard then it's American black walnut, but those orchard trees are nothing like the walnut trees that grow wild around here. I have seen walnuts 110 feet and 3 feet diameter; really big trees.

To salvage orchard trees, I have salvaged apple and pear orchards, cut at the butt of the trunk; trunks will flare at the bottom cut right above the flare. At the top cut where the trunk starts to branch out. If you come across nice straight sections of branches grab those. The branches will have a lot of sapwood.

Walnut sapwood is white and will age to a very nice light tan color, you see very little white walnut because the sapwood is narrow and there's not much of it. Now walnut like cherry needs to "age" to get the rich deep color.

I leave cherry and walnut out in the weather rain, snow, whatever, except direct sun light. This ages the wood to a dark color - a trick I picked up at the saw mills. ...by Dave Stevens



Tip: This holiday season, cranberry stains are the toughest to get out, but a little home remedy works wonders. Sprinkle salt onto half of a lemon and scrub the stain with the salted lemon. The stain will come out with only a few strokes. - Maxine Pate, NOFC



Fruit Show Recipe #2

Linda made these treats for her chapter's fall fruit show using her own figs and grapes. You can use any of your fruits to make these treats. I thought they were excellent.

APPLETS & COTLETS

By Linda Macaraeg,
Treasurer, Peninsula Fruit Club

Mix together and set aside:

1 cup unsweetened applesauce
5-6 envelopes Knox gelatin*

Measure and set aside:

1 ¼ cups walnuts, chopped
1 teaspoon vanilla
1 teaspoon lemon flavoring

Mix and boil for ½ hour:

1 ½ cups applesauce
4 cups sugar

Mix all ingredients together

and pour into a 9" x 13" pan that has been sprayed with vegetable shortening (Pam). After cooling, cut into pieces and roll in powdered sugar.



*Depends on thickness of applesauce.

Applesauce should be very thick.

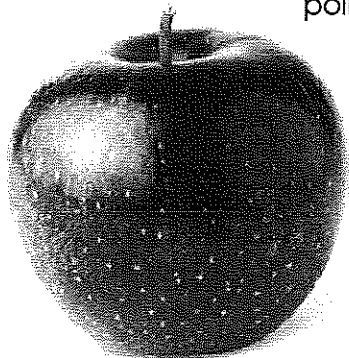
Sweetened applesauce may also be used.

This year after visiting the Farmer's Market in San Francisco and buying 1" pieces of grapelets and figlets for 60¢ each, I said to myself... "I can make these." So when I returned home I took out my recipe for Applets. To make the figlets, I peeled ripe figs for the pulp and followed the Applet recipe. To make the grapelets, I boiled ripe Concord grapes down using "very little" water and put them through a food mill. The pulp was not very thick so I used one cup of applesauce (instead of all grape pulp) with six envelopes of gelatin and proceeded with the recipe. Toast the nuts in the oven for 10 minutes at 300° F. It'll crisp and sweeten them.

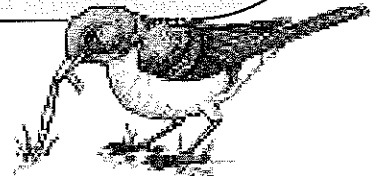
"Why do we need so many kinds of apples?"

Because there are so many folks. A person has a right to gratify his legitimate tastes. If he wants twenty or forty kinds of apples for his person use, running from Early Harvest to Roxbury Russet, he should be accorded the privilege. Some place should be provided where he may obtain trees or scions. There is merit in variety itself. It provides more

points of contact with life, and leads away from uniformity and monotony." – Liberty Hyde Bailey, The Apple Tree 1922



Humor



A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?"

The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied, "Because the day I take the dollar, the game's over!"

contributed by Greg Guillani, Seattle Tree Fruit Society

WCFS Member Ads and Announcements

Here are the simple rules for submitting free ads:

You must be a WCFS member.

All words (item description, name, address, etc) must be 50 words or less.

Ads can be for your business, personal items, swapping of scionwood, announcements, etc.

You can repeat ads in future BeeLines, but you must submit them each time to the editor.

Q: Where can I buy mason bee houses and mason bees?

A: Garden stores and Wild Bird stores carry 'Beediverse' mason bee products. Give Margriet a call and get set up with a mason bee system that the bees love and is a breeze to use.

1-800-794-2144 or check out Beediverse.com

STFS December 10th Potluck Lunch at Ballard High School in Seattle at 12:30 pm. Please bring something good to share. Guest speaker. For information, call Greg Giuliani (425) 788-7573

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Wanted: Apple scionwood for:

- 1) Pink Lady (the Australian variety now commercially sold in stores)
 - 2) Jonagold Nicobel
- Thank you. Harry Burton <Burtonh@saltspring.com>

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www.hartmannursery.com or write to b-jhartman@juno.com. 253-848-1484

Wanted: We'd appreciate some of your extra scionwood for the spring show on March 11th.

Also, if you can give me a hand on the day of the show I'd be very grateful.

Many thanks, Renae Carnay, Tahoma Chapter
(253) 863-7074 hcarnay@comcast.net

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*The Board of Western
Cascade Fruit Society Wishes
All the Members a Healthy
and Happy Holiday Season!*



**George Moergeli, Secretary, WCFS,
harvested his apples and then Puget Sound**

*Notice in a farmer's field:
The farmer allows walkers
to cross the field for free
but the bull charges.*

BEELINE EDITOR POSITION IS OPEN

Beeline dates to remember:

Spring issue

submit by Feb 1, in mail by 3rd week of Feb

Summer issue

submit by May 1, in mail by 3rd week of May

Fall issue

submit by Aug 1, in mail by 3rd week of Aug

Winter issue

submit by Nov 1, in mail by 3rd week of Nov

Write, email, or phone your article, comment, suggestion, question to Judi Stewart <js@olympus.net>. All submissions welcome, some may be edited for length and spelling or grammar. Permission to copy from the Beeline is granted with attribution.

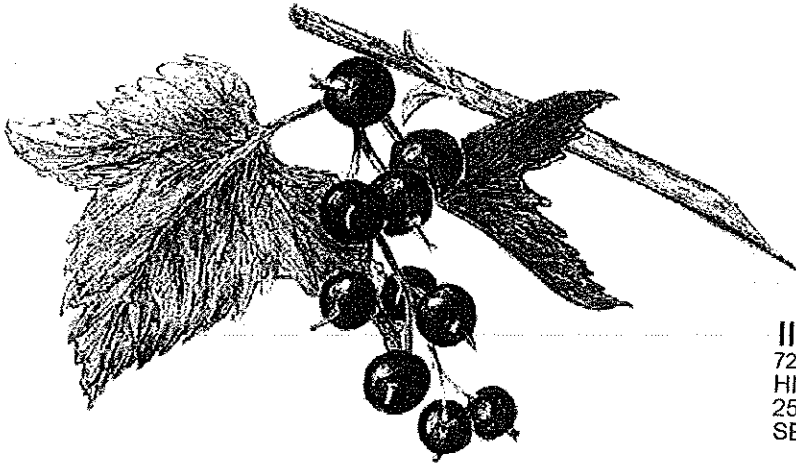
Humor

One day an older fellow was in for a checkup. After his exam, his doctor was amazed. "Holy cow! Mr. Edwards, I must say that you're in the greatest shape of any 64 year-old I have ever examined!"
 "Did I say I was 64?"
 "Well, no, did I read your chart wrong?"
 "Darn straight you did! I'm 85!"
 "85!! Unbelievable! You would be in great shape if you were 25! How old was your father when he died?"
 "Did I say he was dead?"
 "You mean..."
 "Darn Straight! He's 106 and going strong!"
 "My Lord! What a healthy family you must come from! How long did your grandfather live?"
 "Did I say he was dead?"
 "No! You can't mean..."
 "Darn straight! He's 126, and getting married next week!"
 "126! Truly amazing, Mr. Edwards. But gee, I wouldn't think a man would want to get married at that age!"
 "Did I say he wanted to get married?..."

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- Olympic Orchard \$20
- Peninsula-Kitsap \$20
- Piper Orchard \$15
- Seattle Tree Fruit (includes monthly Newsletter) \$30
- South Sound \$20
- Tahoma..... \$17
- Vashon Island (add \$6 for postage if no email address) \$20
- Member-at-Large** **\$20**
- Donation: Western Washington Fruit Research Foundation..... Amount \$ _____ Gift

\$ _____ **TOTAL**

Would you like to be a part of the WCFS Forum, an on-line discussion group for members only?
 Yes No Tell me more

Send this form and a check to your Chapter Treasurer or mail to: WCFS Treasurer, 1007 NE 71st Street, Seattle WA 98115-5636