

the **Beeline**



Volume 26

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Newsletter of the Western Cascade Fruit Society

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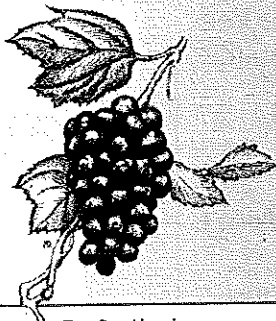
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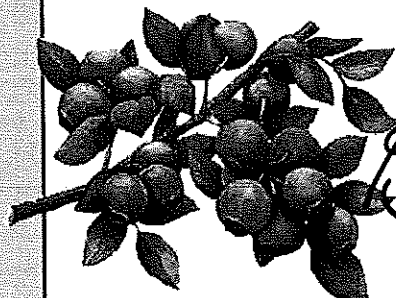
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1914 North of Boston

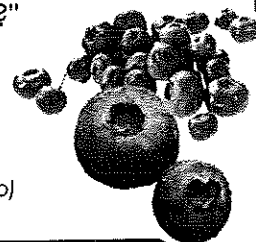


Blueberries

by Robert Frost

"YOU ought to have seen what I saw on my way
To the village, through Mortenson's pasture to-day:
Blueberries as big as the end of your thumb,
Real sky-blue, and heavy, and ready to drum
In the cavernous pail of the first one to come!
And all ripe together, not some of them green
And some of them ripe! You ought to have seen!"
"I don't know what part of the pasture you mean."
"You know where they cut off the woods--let me see--
It was two years ago--or no!--can it be
No longer than that?--and the following fall
The fire ran and burned it all up but the wall."
"Why, there hasn't been time for the bushes to grow.
That's always the way with the blueberries, though:
There may not have been the ghost of a sign
Of them anywhere under the shade of the pine,
But get the pine out of the way, you may burn
The pasture all over until not a fern
Or grass-blade is left, not to mention a stick,
And presto, they're up all around you as thick
And hard to explain as a conjuror's trick."
"It must be on charcoal they fatten their fruit.
I taste in them sometimes the flavour of soot.
And after all really they're ebony skinned:
The blue's but a mist from the breath of the wind,
A tarnish that goes at a touch of the hand,
And less than the tan with which pickers are tanned."
"Does Mortenson know what he has, do you think?"
"He may and not care and so leave the chewink
To gather them for him--you know what he is.
He won't make the fact that they're rightfully his
An excuse for keeping us other folk out."

(continued on page two)

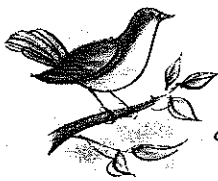


MESSAGE FROM OUR OUT-GOING PRESIDENT

Greetings Fellow Members,

It's been an honor and a privilege as well as a great pleasure to have served as your president. Western Cascade Fruit Society is a special organization and it's you who make it so. I am continually grateful for the educational opportunities the Society provides and I thank all of you for your friendship and support.

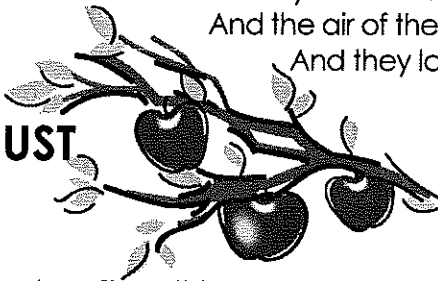
But the beauty of a great organization is that our work is never done. I believe that WCFS will benefit from the renewal that comes from selecting new leadership and developing the next stage of its vision and programs. I'm very comfortable turning the wheel over to the capable and talented hands of our new president, Ron Weston. With special thanks to my fellow board members...



Onward and Upward,

Judi Stewart

Board Member at Large
North Olympic Fruit Club



T-BUD GRAFTING IN AUGUST

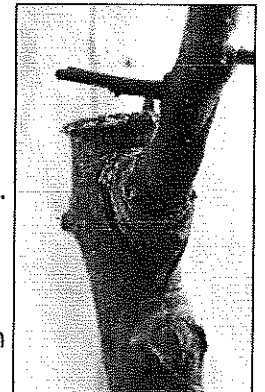
by Harry Burton,
Member at Large

Most fruit trees are grafted using a T-bud graft. In this case, a mature bud at the base of a leaf stem from the desired species is inserted below the bark in a T-shaped cut on the bark of the rootstock about six inches above the ground. The bark must be loose enough to be lifted so the bud can be inserted. Then the entire stem is wrapped many times with a grafting tape to seal the bud in place, keeping the bud moist and tight against the rootstock cambium (growing) layer. This (dormant) bud will not grow until the following spring, when the tree is cut off above the bud and the new bud starts to grow. It is easy to spot a T-bud due to the offset shape of the new growth. The tree has a bend in it where the tree was cut off and the bud grows out the side and then upwards. As the tree gets older, this feature becomes less visible.

The wrapping performs three functions:

- It keeps the graft air-tight and thus seals in the moisture.
- It keeps the growing cells in the bud tight against the growing cells in the rootstock.
- It gives the graft some rigidity and strength.
- The grafting tape is removed the following spring as the bud begins to grow and swell up. The growth resulting from a T-bud graft is shown to the right.

All tree ages are counted from the time of the graft. Thus a two year old tree has grown two years since it was grafted.



(Blueberries - continued from page one)

"I wonder you didn't see Loren about."
"The best of it was that I did. Do you know,
I was just getting through what the field had to show
And over the wall and into the road,
When who should come by, with a democrat-load
Of all the young chattering Lorens alive,
But Loren, the fatherly, out for a drive."
"He saw you, then? What did he do? Did he frown?"
"He just kept nodding his head up and down.
You know how politely he always goes by.
But he thought a big thought--I could tell by his eye--
Which being expressed, might be this in effect:
"I have left those there berries, I shrewdly suspect,
To ripen too long. I am greatly to blame."
"He's a thrifter person than some I could name."
"He seems to be thrifty; and hasn't he need,
With the mouths of all those young Lorens to feed?
He has brought them all up on wild berries, they say,
Like birds. They store a great many away.
They eat them the year round, and those they don't eat
They sell in the store and buy shoes for their feet."
"Who cares what they say? It's a nice way to live,
Just taking what Nature is willing to give,
Not forcing her hand with harrow and plow."
"I wish you had seen his perpetual bow--
And the air of the youngsters! Not one of them turned,
And they looked so solemn-absurdly concerned."

(continued on page twenty-two)



APPLE ADVICE

by Charles Polance, Tahoma Chapter

This year when the Tahoma club set up our booth at the 2006 Puyallup Little Spring Fair, we were ready with an answer to that perennial question: "What is the best apple to grow in western Washington?"

We made up handouts with the following information:

**HINT: People have different tastes and needs, as with anything else.*

S0-0-0 "What do you want in an apple?!?" was our reply!!

Grow:

- **GOLDEN DELICIOUS** if you are enamored of yellow apples
- **WILLIAM'S PRIDE** or **SUNRISE** if you want to eat apples in August
- **AKANE** if you demand a crop no matter how bad the pollinating weather
- **MELROSE** if you want a late October variety, able to keep until May
- **DAYTON** if you want a variety immune to scab & resistant to mildew and cedar rust
- **YELLOW TRANSPARENT** or **LODI** if you're into applesauce & pies
- **HUDSON'S GOLDEN GEM** for excellent quality but don't mind ugly russeted skin
- **BUCKLEY GIANT** for VERY large yellow apple with red stripes
- **ELSTAR** or **IDARED** if you want a tart apple
- **GRAVENSTEIN** or **JONAGOLD** if you have a big yard and want a vigorous tree
- **LIBERTY** for a small size, scab immune apple that stores well



Do you get the point? There are hundreds of cultivars available to western Washington fruit growers.

They all have good qualities. The reason why the "bad" ones are still around is that somebody likes them!!!

I hope we didn't sound like politicians by giving fifteen different answers to the same question!!

The 2006 Puyallup Little Spring Fair had a record attendance of 18,000. Now that is outreach!

WCFS NEW MEMBERS



Peninsula Fruit Club

Barry Austin
Jerry Ellis
Robert Ferguson
Suzanne Griffith
Sally Lorée

Olympic Orchard Society

Suzann Pilot & Brent Berry
Joan McDermott & Tom Guobis
Hugh Iredale

South Sound Fruit Society

Bill Bryant

North Olympic Fruit Club

Chuck Estin
Roberto & Sheela Garcia
Sally Holm
Bob & Jean Kampmann/Hessler
Mark Pokorny
Seth Rolland

Vashon Island Fruit Club

Jeff & Claire Bronson
Gail Cunningham & Sara Wood
Michael Laurie
Mary Nerini & Karl Haflinger
Bill Palmer
Jane Rosen

Laughing at someone else is an excellent way of learning how to laugh at oneself; and questioning what seems to be the absurd beliefs of another group is a good way of recognizing the potential absurdity of many of one's own cherished beliefs.

- Gore Vidal

RESOURCES ON PEST CONTROL

Carolina Nurik prepared this list of books on pests and disease identification and control in fruit bearing trees and shrubs (which are available through the King County Library System), for the Vashon Island Fruit Club membership meeting of April 18th, 2006.

A Colorful Handbook of Biological Control in Plant Protection, by Neil Helyer, Kevin Brown, and Nigel Cattlin, 126 pages.

This is the best book I've found that has beautiful color pictures of pests and beneficials. It begins with a section on the discussion of predator/prey relationships; host plant species and how they are influenced in garden and orchard situations. Pest profiles, beneficial arthropods (insects), and entomopathogens (nematodes, bacteria, viruses, and fungi) are highlighted. I especially like that the scientific name is given along with species characteristics, crop/pest association, and how the pest or beneficial influences the growth of a crop.

Pests of Landscape Trees and Shrubs, An Integrated Pest Management Guide, by The University of California, 326 pages.

Written with the focus on the development of an IPM program, this book begins with designing the correct environment for healthy trees, correct pruning, watering and siting. Insects, mites and other pest identification are introduced. Control techniques along with color plates of the pests are listed. Disease monitoring and identification are covered. There is a section that discusses abiotic disorders, weeds and nematodes. This is a great all around resource complete with lots of color plates and control methods.

Pests of the Garden and Small Farm – A Grower's Guide to Using Less Pesticide, by Mary Louise Flint and the University of California, 274 pages.

This book was designed to help the small farmer and gardeners protect their crops with the minimum use of pesticides. It covers insects, mites, snails slugs, nematodes and others. Fungi, bacteria and viruses that cause disease in food bearing plants are covered. Alternatives to pesticides such as hand control, biological control, resistant varieties, traps and barriers, crop rotation, solarization, tillage and other cultural practices are discussed. Organically acceptable pesticides such

as soaps, oils, microbial, copper and sulfur sprays, as well as botanicals are brought forth. Pests specific to fruit trees and their control are covered. Weed management and nematodes are also covered. There are many color photos and several easy to read tables. This is a great all around resource!

Common Sense Pest Control – Least Toxic Solutions for your Home, Garden, Pets and Community, by William Olkowski, Sheila Daar, and Helga Olkowski, 697 pages.

This is a great reference guide! It introduces the concept of understanding and naming the pest, their habits, ecosystems and life cycles, then it moves into natural pest controls such as weather, food, pathogens, predators and parasites. IPM strategies such as physical, mechanical, and biological controls, as well as habitat and behavior modification are discussed. There is a chapter dedicated to beneficial organisms as well as choosing the correct chemical and microbial for pest control. An entire section is dedicated to "Pests in the Garden" which covers garden design, soil organisms, weeds and pest prevention. It further covers the major pest and disease problems and the associated biology, identification, monitoring and strategies for control. This textbook covers all areas of pest control; you'll find its pictures and charts especially useful.

The Gardener's Guide to Common Sense Pest Control, by William Olkowski, Sheila Aar, Helga Olkowski, 303 pages.

This book is a shorter, more gardener-focused book than Common Sense Pest Control by the same authors (see review above). This abridged edition covers the same topics as the earlier text.

IPM for Apples and Pears 2nd Edition, University of California Pub#3340, 231 pages.

This resource is specific to apples and pears; the pests and diseases that are associated with them. There are sections about managing pests thru monitoring and other passive measures, another section deals with vertebrate pests, insects and mites, diseases, weeds and nematodes. There are numerous color photos of pests. I like this because it is a great all around reference starting from the life cycle of the pest to passive means of control that you can employ. (Not available from King County Library)



Orchard Pest Management: A Resource Book for the Pacific Northwest; Editors: Elizabeth Beers, Jay Brunner, Michael Willett and Geraldine Warner, 276 pages.

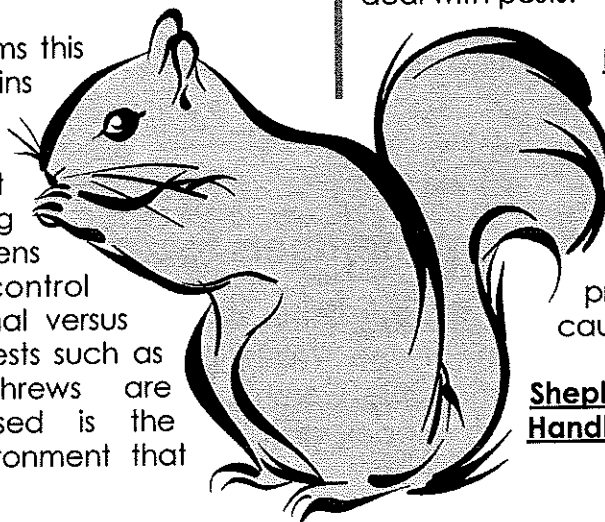
This book is another favorite of mine. It is divided into the IPM strategies such as insect growth, sampling, biological control, growth regulators and mating disruption. The pests are divided into direct and indirect. Each pest is described by how it grows and what damage it does, how it can be monitored, hosts and biological (beneficials) methods that can be used for control. The last section deals with predators and other parasitoids. There are numerous illustrations, pictures and tables. (Not available from King County Library)

Natural Pest Control—Alternatives to Chemicals for the Home and Garden, by Andrew Lopez, 158 pages.

This quirky, easy to read book provides you with some great ideas and tools to garden and tend your orchard organically. Lopez covers such topics as ants, snails, gophers, and organic-based pest and disease control. He talks about organic rose and tree care as well as products used for fertilization and foliar sprays. He suggests many homemade products that you can concoct from grocery store items. A chapter on organic resources is helpful.

Solving Squirrel Problems - How to Keep this Ubiquitous Pest out of Home and Garden, by Monte Burch, 247 pages.

If you have squirrel problems this is the book for you! It begins with an introduction to the different types of squirrels, their habitats and habits. It discusses methods of securing bird feeders, lawns, gardens and orchards. The control methods discussed are lethal versus non-lethal. Other rodent pests such as moles, gophers and shrews are addressed. Also discussed is the beneficial role in the environment that squirrels play.



OTHER GOOD SOURCES:

Pacific Northwest Landscape Integrated Pest Management (IPM) Manual – Culture of Key Trees and Shrubs, Problem Diagnosis and Management Options, by Van Bobbitt, Arthur Antonelli, Carrie Foss, Roy Davidson, Ralph Byther, and Ray Maleike, Cooperative Extension-WSU, 154 pages with Appendices.

This manual is designed as a companion to **Landscape Plant Problems: A Pictorial Diagnostic Manual**, which includes over 500 color photos.

Diseases of Temperate Zone Tree Fruit and Nut Crops, by Joseph Ogawa and Harley English (University of California), 461 pages.

Virus Diseases of Small Fruits, by R.H. Converse, Editor (USDA compilation), 277 pages.

This is a compendium of research papers and covers 3 plant types: strawberry (fragaria), blueberry and cranberry (Vaccinium), and raspberry and blackberry (Rubus).

Almanac and Pest Control Primer: A month-by-month guide and journal for planning, planting and tending your organic garden, by Vicki Mattern and Fern Marshall, Editors, 245 pages.

This Rodale publication deals with organic gardening throughout the year. Chapters 6 and 12 deal with pests.

Rodales' Pest & Disease Problem Solver: A Chemical-Free Guide to Keeping Your Garden Healthy, by Linda Gilkeson, Pam Peirce and Miranda Smith, 384 pages.

The first section provides a plant-by-plant guide to common problems of each plant, possible causes and prevention.

Shepherd's Purse, Organic Pest Control Handbook, by Pest Publications, 80 pages.

DON'T MISS OUT - JOIN THE WCFS FORUM!

You can use the Forum to ask other members for advice, to give advice or find a ride-share to a meeting or event. The Forum is only for members of our organization and is not open to the general public. It's a benefit of membership. Simply send me an email and let me know you'd like to be on the WCFS Forum. Hope to hear from you soon! Judi Stewart js@olympus.net

FAVORITE PEST/DISEASE RELATED WEBSITES

by Carlina Nurik

www.bioscape.com Commercial website that is dedicated to the sale of beneficials, fungicides, provides good general information

www.monterreylawngarden.com Company website that sells a wide range of products, check out the gardening tips section on pruning, etc.

www.cornell.edu Connects with Cornell University in New York. The Geneva Research station is located near here. Use the Search option on the website.

<http://www.canr.msu.edu/vanburen/organasp.htm> Michigan State University based website on Organic Apple Spray (pest control) Program.

<http://fruit.wsu.edu> This is the main link that covers the Fruit Tree Research Stations at Mt. Vernon and Wenatchee. It has great pictures, links and a great resource list on fruit pathology, pest and disease identification.

<http://agecology.com> Located in Wenatchee, this company deals with organic farmers. The catalog and website both provide a spray schedule for apples, cherries, pears, and stone fruit. It also contains a program for the home fruit tree gardener.

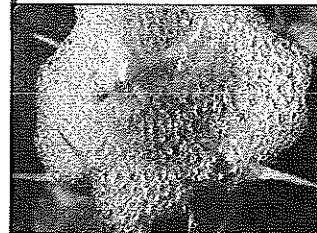
www.groworganic.com is the website for Peaceful Valley Farm Supply, both the catalog and website contain a wealth of information. I especially like the online forum and the Reference Library which gives you solutions. You may also order a catalog for easier reading.

Also, as a member of Western Cascade Fruit Society, you are welcome to join the online forum which will open your online questions up to all our members who have local fruit growing experience. Contact Judi Stewart or your chapter president if you are not signed up!

SPITTLEBUGS

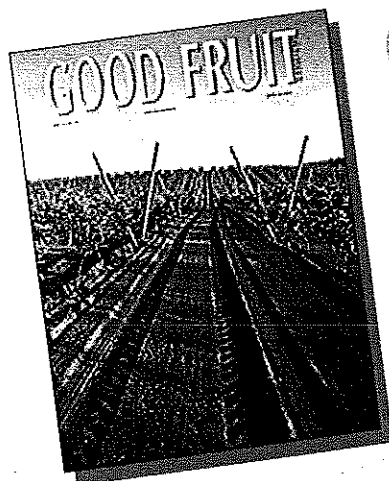
can be a problem leading up to strawberry harvest. You can see the frothy spittle on leaves, stems, and flowering

racemes starting about bloom and extending into harvest. They over-winter as eggs in the soil and hatch out as temperatures rise in the spring. The nymphs crawl up the plant and begin feeding on the xylem tissue (the water conducting vessels of the plant). There are not a lot of nutrients in xylem and therefore nymphs need to process a lot of sap, extracting the few nutrients out for their use and excreting the remaining water. This water is frothed into white spittle, which helps protect the nymphs from desiccation and natural enemies. Examine spittle and dispatch bugs to control. Feeding by spittlebugs, if extensive, can stunt plants and reduce berry size.



Perhaps more importantly, the spittle masses are a nuisance when picking the berries.

Spittlebugs in froth (both pics)



Subscribe

It's time for members to renew and place new orders

Good Fruit Grower is the bible of the fruit industry. It's the official publication of the Washington State Fruit Commission and the Washington Apple Commission. It goes to every commercial tree fruit grower, shipper, and handler in Washington State, as well as to key fruit producers.

WCFS members pay only \$17

instead of the regular subscription price of \$30.

Send your check** made payable to WCFS for \$17 to:

✉ Patti Gotz ✉ Treasurer WCFS ✉ 1007 NE 71st Street ✉ Seattle, WA 98115 ✉

Email: redquilter@comcast.net

By June 15

****Please include your Name, Address, Phone Number and Chapter.**



AROMATNAYA - A NEW QUINCE

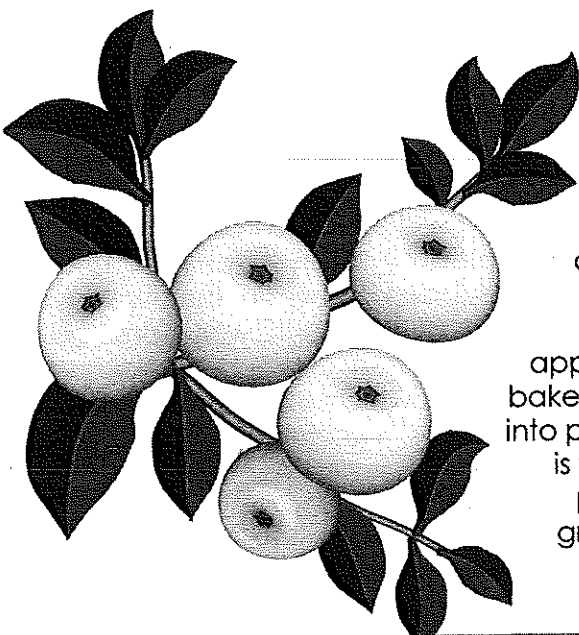
by Charles Polance, Tahoma Chapter

I'm so excited about the Aromatnaya scion wood for my quince bushes which Judi, WCFS past president, gave me, I needed to share this with all.

The common sweet quince (*Cydonia oblonga*) is an apple-like fruit tree that has been cultivated for more than 4,000 years, first in Turkey and Iran, where it is native, then in Britain, North America and elsewhere. In the 1700s, sweet quince was more commonly grown than apple or pear along America's east coast. This early interest subsided because the tough, tart flesh of most varieties was best enjoyed after lengthy cooking and the addition of generous amounts of sugar.

However, in the last few years agricultural specialists in southern Russia have bred quince varieties that are so tender and sweet they can be eaten fresh. A great new hybrid is Aromatnaya. The one pound yellowish fruits are pear-shaped and have a dense flesh. The fruit, which ripens in October in most areas, tastes and smells faintly like pineapple. Aromatnaya is self-fertile, bearing fruit in the 4th leaf.

One virtue of sweet quince is its ease of cultivation. A one or two-year-old whip planted in full sun and rich, moist soil will almost certainly flourish, although growth may be slow. Grow it as a tree, to about 20 feet, or keep it pruned as a shrub. Aromatnaya is also more disease resistant than standard varieties.



One of the best ways to serve quince is thinly sliced in a salad. Cooked quince can be used as you would apples- in pies, baked, or made into preserves. It is very high in pectin, so is great for jelly making.



Love Story

A census taker in a rural area went up to a farmhouse and knocked.

When a woman came to the door, he asked her how many children she had and their ages.

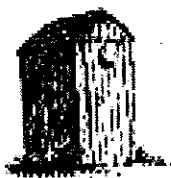
She said, "Le's see now, there's the twins, Sally and Billy, they're thirty-two.

And the twins, Seth & Beth, they're twenty-six.

And the twins, Penny and Jenny, they're twenty-four ..."

"Hold on" said the census taker, "Did you get twins EVERY time?"

The woman answered, "Heck no, there were hundreds of times we didn't get nothin'."



Nearly a third of all household drinking water in the US is used to flush toilets.

~ Joseph Jenkins

FIELD TRIP TO TOM WOOD'S GREENHOUSES

by Ron Weston, Vashon Island Fruit Club

On Saturday, April 29th, Dr. Bob Norton lead a field trip of WCFS members to Centralia to visit a unique greenhouse complex where Tom Wood grows a variety of fruits for local fresh produce markets using highly intensive methods. 35 members from the Vashon Island, Tahoma, Seattle, Olympic Peninsula, and North Olympic chapters toured 14 greenhouses filled with a wide variety of plants. While raspberries have been Tom's "bread and butter" crop for many years, he has branched out into southern blueberries, tomatoes, strawberries, and experimented with many non-traditional greenhouse plants such as donut peaches, asparagus, rhubarb and grapes, among others. Tom spent several hours graciously explaining his methods for achieving his incredible production levels and his amazingly large, robust plants.



Tom Wood grows tomatoes in tubes, horizontally.
Photo by Jean Williams, TFC.

Tom's humorous stories, recounting both his failed experiments as well as his successes that defied conventional wisdom, entertained us while also educating. Describing himself as a self-taught grower, Tom clearly puts more stock into his own common sense and hands-on experience than any guidance distilled from academic studies. The proof of the success of his methods was there for all to see: greenhouses filled with improbably large plants

growing in small plastic bags. Calling himself a "string" farmer, we noticed that nearly all of his greenhouses featured rows of plants growing between twine strung at intervals along either side of two by four posts. These string trellis structures supported raspberries and blueberries which were packed as closely together as their one gallon containers would allow.

Using a soil mix of approximately one part perlite to one part peat moss for all of his plants, Tom uses amazingly small containers considering the sizes his plants achieve. He and his family do most of the work themselves and it's obvious that he is a hard worker putting in long hours. He necessarily emphasizes efficiency and strives to keep his system as simple as possible. As an organic grower, the only fertilizer he uses is a granulated chicken manure (4-3-3) produced by Stutzman Farms in Oregon. It can be sprinkled dry into the plant bags and dissolves when wetted. While most of his greenhouses are set up with drip irrigation systems, he prefers to hand water most of his larger pots daily. He believes the key to keeping his plants healthy in such an intensive growing system is to have the best soil, the best fertilizer, and to ensure that the plants get all the water they need—which for many of the greenhouse plants means daily. He told us that assuring that his plants are not stressed is the key to keeping them healthy. Since Tom uses bees to pollinate in his greenhouses, most pesticides are out of the question. If disease or pests become a problem in such a closed, densely populated situation, he told us you'd have a really big problem on your hands.

When we visited, Tom was in the process of completing a new greenhouse, which he had designed to be inexpensive to both build and operate. The skeleton is a simple wood and steel pipe structure with a double-wall polyethylene film that can be inflated by a fan which then creates an insulating air space between the two layers. The upper portion of the north wall consisted of inflated plastic tubes that could be collapsed to create a vent space which exhausts hot air if the greenhouse overheats. He claimed he could build the roughly 35 by 75 foot greenhouse for around \$2,000! On the cold, rainy day that we visited, the nearly finished greenhouse was noticeably warmer, and sported a row of grape vines in full leaf with flower buds about to push!



Dr. Bob Norton looks down rows of strawberry tubes.
Photo by Jean Williams, TFC.

Of everything we saw during our visit, perhaps the most astounding was Tom's strawberry greenhouse. Using 6' sections of six-inch diameter plastic pipe, he devised a vertical high-rise system for his plants. Each pipe is drilled with 128 holes, and each 1 1/8" diameter hole holds one strawberry plant. Filled with his perlite/peat moss mix and a drip watering tube with emitters every 6", these pipes are spaced roughly one foot apart throughout the greenhouse. He uses a chicken manure "compost tea" to feed the pipes via his watering system. With this system he is able to have over 100,000 plants in a relatively small greenhouse! Tom explained that the berries are all "air-hung" and never contact the ground, so they are clean, shiny, customer-pleasing premium strawberries.

Tom espoused a business philosophy that allows him to distinguish his produce from what large scale agribusinesses sell. He aims to only grow fruits

that are perishable and those that won't transport long distances well. Then he selects varieties for taste which are adaptable to his growing methods. For example, he grows southern type blueberries exclusively, declaring that once you have tasted a southern blueberry, you'll never go back to a northern. Lastly, he only picks fully ripe fruit and thus assures his customers are going to have a pleasurable taste experience. In many respects, Tom is attempting to do in a commercial growing operation that which all of us home growers aim to accomplish in our own orchards and gardens.

All of those who toured Tom's greenhouses came away with wonder at what we had seen, plus a deep appreciation for what this inventive fellow has accomplished with a lot of hard work and an open mind. It was a great way to spend a rainy afternoon and I'm sure that many of us came away inspired to try a little bit of experimentation of our own. Now let's see...if I installed 10 tubes with 128 strawberry plants each in my garden, maybe I could do something about the lack of fresh island strawberries during the annual Strawberry Festival here on Vashon Island!

In closing I would just like to thank Dr. Norton for organizing this trip, and also to thank all of the chapters that participated. It truly was a great way for WCFS members to get out together and have a chance to rub shoulders with one another while learning about Tom's innovative operation.

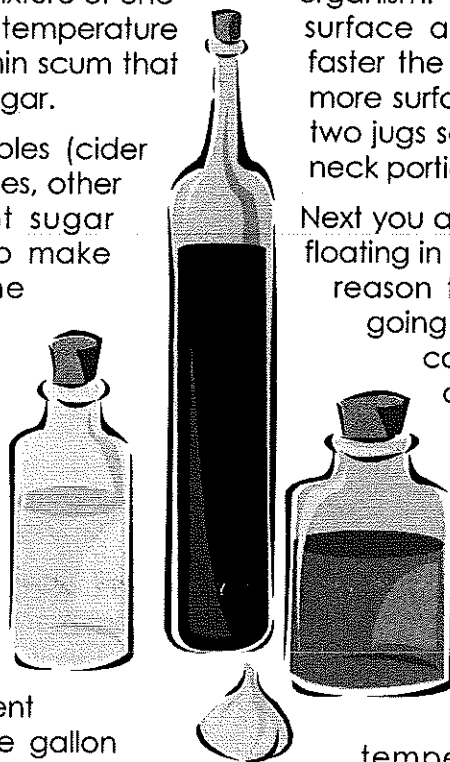


Greenhouse heating staples, fans and old car radiators, are hung from the rafters. Photo by Jean Williams, TFC.

HOW TO MAKE VINEGAR

Vinegar is easy to make, from a variety of products. And you can make your own mother of vinegar too, although you don't actually need it. All you have to do is add already-made vinegar to apple cider, in a proportion of 1:4. However, to make mother of vinegar, expose a mixture of one-half vinegar and one-half cider to a temperature of 80 degrees for a few days. The thin scum that forms on the surface is mother of vinegar.

Vinegar can be made from apples (cider vinegar), grapes (wine vinegar), berries, other fruits, or even from a 10 percent sugar solution. Most homesteaders who make vinegar make cider vinegar. The strength of the finished product is in direct proportion to the amount of sugar in the original solution. For this reason sweet apples usually make stronger vinegar than tart ones. Not always, though: Some sour apples actually have a high proportion of sugar which is masked by a high fruit acid content. Use only fresh uncooked cider or grape juice without any preservatives. Preservatives will prevent it from turning to vinegar. Fill a one gallon glass jug to the neck.



The jug will need an airlock. If you don't have one for winemaking or don't care to purchase one in a winemaking supply store, make a stopper from a dry corn cob. Insert a piece of grape vine, sumac, or some similar material with a large pith, lengthwise through a piece of the cob that will fit into the jug's neck. Punch or burn out the pith with a hot wire. Fit one end of a piece of rubber or plastic tubing over the grape or sumac, and put the other end in a jar of water.

With this setup, as the juice ferments the carbon dioxide passes through the tube and bubbles up through the water, but no oxygen can reach the juice. The first fermentation will take four to six weeks at room temperature. It's not necessary to add yeast to start this process, because the wild yeasts which are always present will do the job. The grey foam that forms on the top is excess yeast, which is harmless.

When the bubbling stops, the sugar has all changed to alcohol: you have made hard cider! To make vinegar, you need a second fermentation that will convert the alcohol into acetic acid.

Unlike the first fermentation which occurs through the liquid, the second takes place only on the surface. It is caused by an entirely different organism. It requires oxygen, and the larger the surface area in relation to the volume, the faster the vinegar will be produced. To have more surface area, divide your brew between two jugs so the liquid will be below the narrow neck portion.

Next you add the mother. Actually, wild spores floating in the air will act as a starter, so the only reason for using a mother is to get things going faster. Put a bit on a piece of dry corn cob and float it on the liquid. Tie a cloth over the openings of the jugs to admit oxygen but to keep out dust and bugs.

The time the second fermentation takes depends in part on the spores present. All strains work best at a temperature of 70-80 degrees. They become dormant at low temperatures, but high temperatures will kill them. The time required also depends on the surface-to-volume ratio, but ordinarily, you can figure on anywhere from three to nine months.

This homemade vinegar is much stronger than store-bought. Dilute it with water to taste before using it. Commercial vinegar has been diluted with water to 5% acidity.

There are many other ways to make vinegar. Here are a few:

1. Apple cider vinegar: Let sweet cider stand in an open jug 4-6 weeks and it will turn to vinegar.

Note: To make sweet apple cider, use fully ripened apples, free of decay and bad spots. Wash thoroughly and grind or crush, then place in cider press or juice press and extract the juice. Place juice in an open kettle (stainless steel or enamel) and boil until volume is reduced by one-half, skimming often. Pour at once into bottles or stone jugs and cork.



2. Put cores and peelings (left over when apples are used for other purposes) into a stone crock or wide mouth jar. Cover with cold water and set in a warm place, adding fresh peelings now and then. Keep the jar covered. The scum (mother) that forms on top will gradually thicken. When the vinegar tastes strong enough to suit you, strain it through several thicknesses of cheesecloth.

Variations: Parings of peaches or pears, grape skins and cherries can be used this way too.

3. Crush cut-up apples in a crock or tub. You can include windfalls and bruised fruit. Cover with warm water, then cover the top of the tub with several thicknesses of cheesecloth, tied into place. Keep this in a warm place 4 to 6 months. When it tastes strong enough, strain, bottle and cork.

You can speed up the process by adding a lump of unbaked bread dough, or two ounces of brown sugar or molasses, or one package or cake of yeast dissolved in warm water, to each gallon of liquid.

4. If you make **wine**, it's easy, sometimes all too easy, to make vinegar. When the wine is made, just let it stand, covered but exposed to the air. Exposed to summer sun it will take about two weeks; in winter it will take a month or more.

5. **White wine vinegar:** Mash two pounds of raisins. Add to a gallon of soft water in an uncorked two-gallon jug. (Old recipes called for rain water, but today, come to think of it, some rain water is as acid as weak vinegar already! So why are we going through all this?) Let it stand in a warm place and in about two months it will be white wine vinegar.

If you think it's fun to be frugal, pour off the vinegar through a cheesecloth strainer, leaving the raisins and sediment in the jug. Add half a pound of raisins and a gallon of water and start over again.



6. **Raspberry vinegar:** Pour three pints of water over 1½ pints of fresh raspberries. Let stand for 24 hours. On day two, strain off the liquid, discard the berry pulp, clean the jar, put in another 1½ pints of fresh raspberries, and pour the liquid over them. Day three, repeat day two. On day four, strain the clear liquor through several layers of cheesecloth, add one

pound of sugar, stir until dissolved, and let stand uncovered until it turns to vinegar. This takes about three months.



7. **Honey vinegar:** Pour one gallon of boiling water over 4-1/2 pounds of honey in a clean crock. Stir to dissolve. Make a paste of one cake or package of yeast and a small amount of warm water. Spread this on a slice of toast, and float the toast on the liquid. Cover with cloth and let stand 16 days. Skim it, strain it, and let it stand another 4-6 weeks until it tastes like vinegar. Then bottle.

8. **Clover vinegar:** Into a crock, pour one quart of molasses and nine quarts of boiling water. Let stand until lukewarm. Add two quarts of clover blossoms and a cake or package of yeast. Let stand two weeks, then strain and bottle.



9. **Dandelion vinegar:** Dissolve two cups of honey in three quarts of hot water. Cool and add one quart of opened dandelion blossoms and one cake or package of yeast dissolved in hot water. Cover with cheesecloth, but stir once a day for 10 days. Strain and bottle.



Back in 1978, *Countryside's Country Kitchen* columnist Pat Katz mentioned that homemade vinegar is not recommended for making pickles because of the uncertain acid content; it can discolor pickles and it may look cloudier than store-bought vinegar.

Pat also said fermentation should start within a day or two. "Apple cider is very dependable about fermenting and rarely needs help, as anyone who likes hard cider knows. Other fruit juices or mixtures may not ferment so easily. If their sugar content is low, adding sugar or molasses will help. Sometimes the wild yeasts in the air are not the right kind or strong enough, and adding a little yeast will help." If the liquid still refuses to ferment there is no use going on with it."

For canning, a too weak vinegar can result in spoilage, and even botulism. It should be five percent (or five grain).

From Countryside Magazine Summer '99



GOURMET VINEGARS

Fancy vinegars in fancy stores bring fancy prices - but naturally, these can be made on the homestead for a pittance. After you've made your vinegar from one of the recipes, spice up a small bottle or two of it with one of these ideas:

Herb Vinegars: Use one cup of herbs for each pint of cider vinegar. Tarragon vinegar is common in stores, but you can use almost anything from your herb garden: basil, dill, mint . . . even finely-chopped chives or celery leaves. Place in clear glass jars, cover, and let stand in the sun (like making sun tea) for two weeks, or until flavor is as strong as you want it. Shake the bottles once or twice a day.

Horseradish Vinegar: Mix 1½ ounces grated horseradish, ½ ounce minced shallot, and ½ ounce paprika. Add to one pint of vinegar. Let stand 7-10 days. Strain and bottle.



Chili Vinegar: Finely chop 25 chili peppers and pour over them one pint of vinegar. Let stand 10-14 days. Strain and bottle.



Garlic Vinegar: Put one ounce of finely chopped garlic in a bottle. Pour one pint of strong vinegar over it. Let stand 10-14 days, shaking frequently. Strain and bottle.

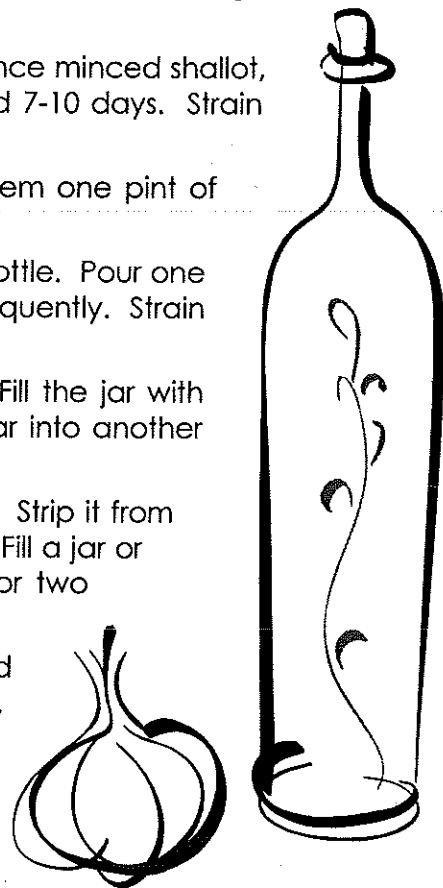


Mint Vinegar: Fill a wide mouth jar with clean peppermint. Fill the jar with vinegar. Cover tightly and let set 2-3 weeks. Pour the vinegar into another bottle and keep well corked.



Tarragon Vinegar: Gather the tarragon just before it blossoms. Strip it from the larger stalks and bruise it to release the flavor and aroma. Fill a jar or bottle with the herb, and cover it with vinegar. Let stand for two months. Strain and bottle.

Meat-flavoring Vinegar: Mix two chopped onions, three chopped red pepper pods, two tablespoons brown sugar, one tablespoon celery seed, one tablespoon ground mustard, one teaspoon turmeric, one teaspoon black pepper and one teaspoon salt. Put into a quart bottle and fill the bottle with cider vinegar. A tablespoon of this mixed in a stew or gravy will impart a fine flavor and rich color.

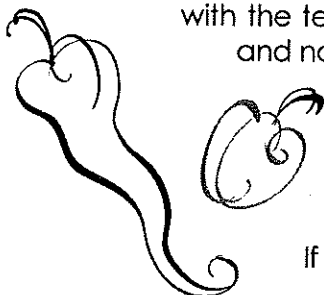


From Countryside Magazine Summer 1999

TESTING FOR ACIDITY

You can test the strength (acidity) of your homemade vinegar with a wine acid testing kit, with slight modification. Follow the directions that come with the kit, but of course using your vinegar instead of wine. Then take the number you come up with and multiply it by 0.8. That's the acetic acid strength of the vinegar.

Vinegar is a lot more acid than wine, so this uses a testing kit up fast. To make it last longer, dilute the vinegar at a ratio of one part vinegar to nine parts water (use the measuring devices that come with the testing kit). Follow the directions to test the mixture. But then, multiply the result by 8, and not 0.8, as before.



Diluting Vinegar: To dilute tested homemade vinegar to the four or five percent vinegar commonly sold in stores, use this formula. If you want 5% vinegar, measure the strength of what you have made, subtract five, divide the result by five, then add that fraction of a gallon of water to each gallon of the homemade vinegar.

If you want 4% vinegar, subtract four, divide by four and proceed as above.



TITRATION

If you don't want to spend money on a wine testing kit, there's a "simple" way to test acidity without one. Of course "simple" in the homestead context means a lot of work, but all it requires is a few small glasses and jars, an eyedropper, a little baking soda, a small amount of store-bought vinegar and a head of red cabbage.

Then all you do is titrate your vinegar. Titration is the process of determining the strength of a solution in terms of the smallest amount of a reagent of known concentration required to bring about a given effect in reaction with a known volume of the test solution. . . but don't worry, you don't have to know all about that to do it.

Here's how it works:

In one small jar put a solution of baking soda in water. The amount doesn't matter, but it should be enough so that a little undissolved soda settles to the bottom of the jar after you mix it well.

In the other jar, put some water left from cooking red cabbage. You want a strong purple: steam a head of cabbage in just a small amount of water.

Next put a few ounces of water in the two glasses. The amount doesn't matter, but make certain you have the same amount in both.

Use the eyedropper to put enough drops of the purple liquid into the water in the glasses to give the water a definite color. Again, be careful to put the same amount in each glass.

Rinse the eyedropper in water, then in the five grain store-bought vinegar. Then put seven drops of the store-bought vinegar into one of the glasses of colored water which, if you want to be scientific, you can label "standard" or "control."

Rinse the eyedropper in water again, then in your homemade vinegar, and add seven drops to the other glass. . . which you can label "test."

Now rinse the eyedropper in water again, then in the baking soda solution. Put 20 drops of the baking soda solution in the "standard" glass. Stir it with a glass rod or plastic spoon.

The water will turn blue. The exact shade depends on the pH of your water. Then add baking soda solution, one drop at a time-don't forget to keep track of the drops to the test glass. Stir after adding each drop.

Do this until the color of the water in the test glass exactly matches the color of the water in the standard glass.

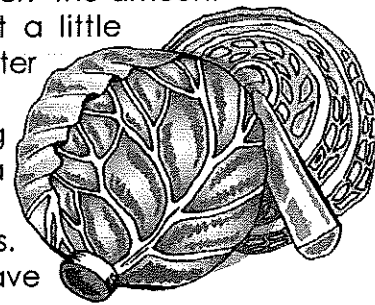
If you add a drop too much, no problem. Just don't count that one. When the colors match, the acid content of your homemade vinegar is equal to the number of drops of baking soda solution you put in the test glass divided by four.

Example: if you used 28 drops of solution, the acidity is 28 divided by 4, or 7%.

But your recipe calls for, or more likely assumes, 5%. So what now? Water it down. To make it 5%, subtract 5 from whatever your homemade vinegar tested: in our example, $7-5=2$. Multiply that times the amount of vinegar (in ounces) you're going to dilute. Let's say you have one quart, or 32 ounces. $32 \times 2 = 64$. Divide that by 5, and you get 12.8.

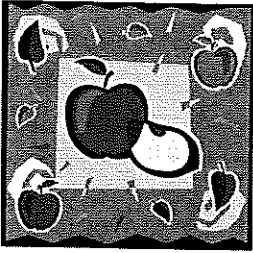
Add 12.8 ounces of water to dilute 32 ounces of 7% vinegar to 5% acidity.

From Countryside Magazine Summer 1999



"The most political decision you make as a consumer is not how you vote, but how and where you buy food"

Jules Pretty,
Professor and Director
of the Centre for
Environment and Society,
University of Essex,
England.



MY FAVORITE APPLE

by Robert Norton

People frequently ask me what my favorite apple is; invariably, I am unable to answer. Why? Sometimes we want to eat the

apple fresh; other times we want it cooked into pie or sauce or baked. Rarely, we may want a candied apple on a stick.

What apple do I want in August? September? October? At Christmas? In March or April I will want keepers. I'm an apple of the month guy. What about cider?

Here are my favorites listed in the categories of taste, cooking, and easy care. Within each category I have listed them from early (E) to mid season (M) to late (L).

Best Eaters (Connoisseur's Choice):

The primary factor here is best-flavored eating. Secondary factors that may affect this choice are production, pest susceptibility, color, the likely necessity of pesticide use.



First Choices:

1. Honeycrisp (EM)
2. Holstein (M)
3. Macoun (M-Late Sept.)
4. RubINETTE (ML)
5. Esopus Spitzenberg (L)

Second Choices:

1. Alkmene (E)
2. Fameuse (EM)
3. Kidd's Orange Red (M)
4. Early Fuji (M)
5. Jonagold (ML)

Cook's Choice:

Best for cooking pie, sauce, baking and cider. Primary factor is best flavored cooked or otherwise processed product. Secondary factors are pesticide susceptibility and color.

First Choices:

1. Gravenstein (E) (Problems)
2. Elstar (EM)
3. Karmijn de Sonnaville (M)
4. Jonagold (ML)
5. Belle de Boskoop (L)

Second Choices:

1. Yellow Transparent (E)
2. Holstein (M)
3. Twenty Ounce (ML)
4. King (L)
5. Bramley's Seedling (L)

Laid Back Orchardist:

Easy care, disease resistant, and good yield are the primary factors in the following list...

First Choices:

1. William's Pride (E)
2. Akane (EM)
3. Liberty (M)
4. Spartan (ML)
5. Enterprise (L)

Second Choices:

1. Centennial Crabapple
2. Sunrise (E)
3. Chehalis (M) (mildew)
4. Jonamac (ML)
5. Ashmead's Kernal (L)

Heritage Varieties: (Introduced before 1920):

First Choices:

1. Yellow Transparent (E)
2. Gravenstein (E)
3. King, Tompkins (M)
4. Esopus Spitzenburg (L)
5. Roxbury Russet (VL)

Second Choices:

1. Wealthy (M)
2. Ribston Pippin (M)
3. Twenty Ounce (M)
4. Westfield Seek-No-Further (L)
5. Baldwin (L)



Best Keepers:

1. Early Fuji R (M)
2. Karmijn de Sonnaville (ML)
3. Melrose (L)
4. Keepsake (L)
5. Braeburn (VL)

Giant Apple Winners:

1. Buckley Giant
2. Twenty Ounce
3. Wolf River
4. Gloria Mundi
5. Bramley's Seedling

Best Pollinators:

1. Centennial Crabapple (VE)
2. Yellow Transparent (E)
3. Summered (E)
4. Alkmene (EM)
5. Spartan (M)

Beauty Winners:

1. Kandil Sinap
2. Akane
3. Fameuse
4. Lady
5. Jonamac

Best Cider Apples (for soft and hard cider):

1. Jonathan (M)
2. Twenty Ounce (M)
3. King (M)
4. Jonagold (ML)
5. Bramley's Seedling (L)

Sweet Apples (Low Acid):

- Russet Typew
Roxbury Russet
Ashmead's
Hudson Golden Gem
Gala

- Early Fuji
Senshu
Tsugaru
Tolman Sweet



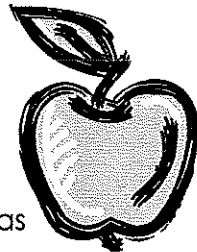


Newcomers (untested here):

- Zestar! - Early, crisp eater
- Pristine - Early, scab immune, mildew susceptible
- Ambrosia - Mild, dessert apple from B. C.
- Sansa - Medium early, scab resistant, dessert
- Scarlet O'Hara - Scab resistant, Mid season
- Sunrise - Early, dessert, scab immune, short life
- Sun Crisp - Late, russet unless bagged
- Freyberg - Late, Cox's type
- Resista cultivars-Rajke, Releika - Scab immune
- Pinata - Cox's cross, late October, dual dessert
- Belmac - Scab immune
- NY 75414-1 - Scab immune
- Spigold - Better than Northern Spy
- Florina - Scab immune, Mac type

Cox's Orange Pippin Crosses:

- Freyberg - Cox's x Golden Delicious (GD)
- Pinata - (Duchess x Cox's) x GD
- Holstein - Open-pollinated seedling of Cox's
- Karmijn de Sonnaville - Cox's x Jonathan
- Kidd's Orange Red - Cox's x Red Delicious
- Alkmene - Cox's x ??
- RubINETTE - GD x Cox's
- Elstar - GD x Ingrid Marie (Cox's seedling)
- Fiesta - Cox's x Idared



Apples that Raise a Red Flag:

- Gala - Scab susceptible
- Golden Delicious - Scab susceptible
- Red Delicious - Scab susceptible
- Granny Smith - Too late for most areas
- Mutsu - Too late for most areas
- Yellow Newtown - Too late for most areas
- Cripps Pink (Pink Lady) - Too late for most areas
- Cox's Orange Pippin - Difficult to grow, cracks, scab
- Ginger Gold - Highly susceptible to scab

To Sharpen Scissors

Do you know that you can sharpen scissors easily by passing the blades over glass jars? Take a bottle or jar; make believe you are trying to cut it (have one blade in and the other outside of the top of the bottle) and then allow the scissors to glide off the hard surface naturally, just as if you were trying to cut the glass. Use firm but not too hard pressure, and repeat the operation several times.



ELEMENTARY SCHOOL GRAFTING

by Eric Simpson, Olympic Orchard Society

On March 30, four grafters and three helpers from Olympic Orchard Society (OOS) joined with Urban Agriculture of Sequim at Helen Haller Elementary School to graft trees with about 40 third graders. Students in Mr. David Root's and Ms. Brynn Dawson's classrooms were included in the hands-on demonstration.

Olympic Orchard Society member Erik Simpson gave an overview of the Owens Square Graft and how to make an apple tree. Grafters Erik Simpson, Ron Gill, Steve Vause, and LeRoy Beers, assisted by Del Simpson, Carlyn Vause and Janet Beers, grafted sixty-plus root stocks with heritage Red Gravenstein apple scions provided equally by OOS and Urban Agriculture. The students labeled their newly grafted trees and potted them individually in soil donated by Cascade Landscaping Materials.

The healing grafted trees were kept in a greenhouse for about a month to make sure the grafts were successful. On May 2nd, the trees were returned to the students to plant at home, following a review of the grafting process and a short lesson on the history of the heritage Red Gravenstein apples of the Olympic Peninsula.



The objectives of the OOS and UA's participation in this project are (1) to encourage the students to learn and get involved in the environmental sciences; (2) to provide each student with an apple tree to take home, plant, and grow to maturity; (3) to involve parents in the process of growing fruit organically; and (4) to insure the continued preservation of the dominant heritage Red Gravenstein apples found throughout the Olympic Peninsula about a hundred years ago when western Washington was the apple growing area for the state.

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STUBBORN STUMP SOLUTION

Want that unsightly tree stump to be gone in a hurry? Here's how to speed nature's rotting process.

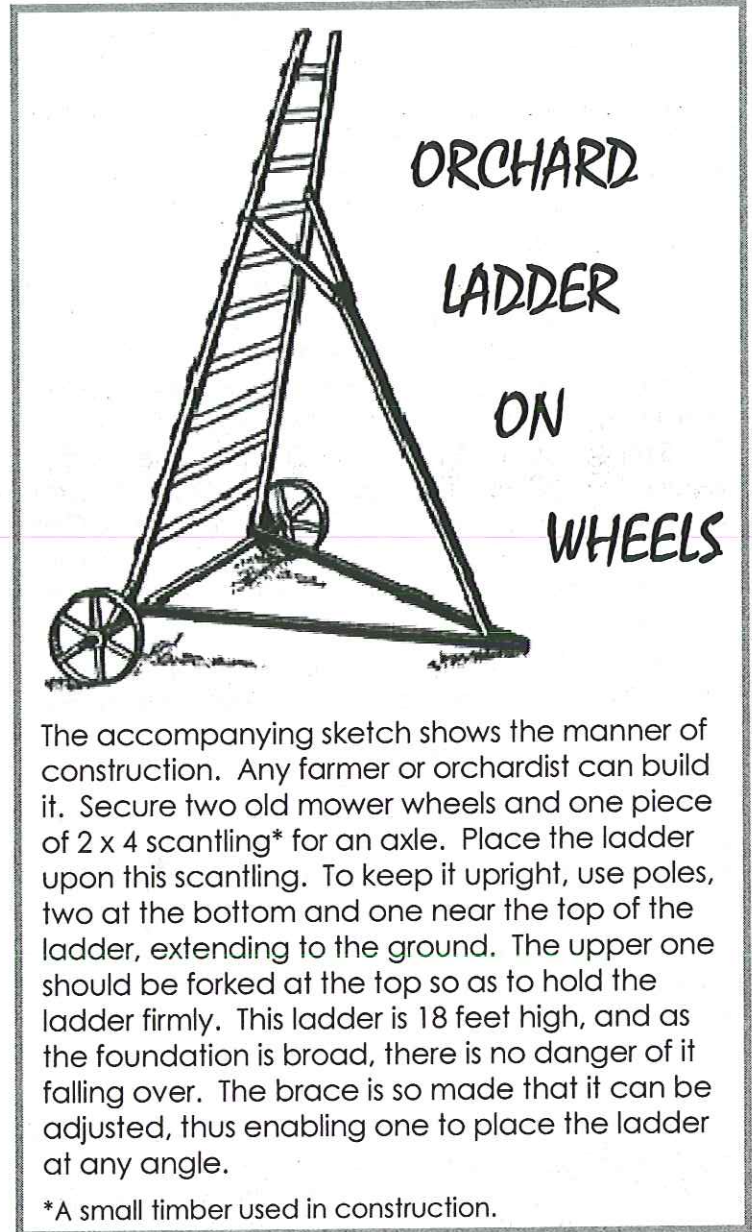
You can grind it. You can hack away at it. You can burn it. You can blow it up. None of these approaches work well on roots designed to hold a tree up against 100-mph winds. The result of such heavy, manual labor is sweat and little satisfaction.

But there is another alternative—simply letting the stump rot. Slow, you say? Here's a way to speed up nature's process:

1. Use a chain saw to cut the stump as close to the ground as possible. It's an odd angle of cutting. Beware of kickbacks. Remember to avoid cutting into the ground. That rapidly dulls the cutting teeth and throws debris into the air.
2. Drill large holes, a few inches deep, into the stump.
3. Fill the holes with a source of nitrogen and add water. The nitrogen source can be manure or a home fertilizer high in nitrogen.
4. Apply powdered milk to jump-start the work of fungi. Mushrooms show the fungi are working.
5. Soak the ground around the stump.



6. Cover the stump with a plastic tarp or dirt.
7. Cover the tarp or dirt with mulch.
8. Wet the mulch. You may want to add rocks to anchor the tarp.



The accompanying sketch shows the manner of construction. Any farmer or orchardist can build it. Secure two old mower wheels and one piece of 2 x 4 scantling* for an axle. Place the ladder upon this scantling. To keep it upright, use poles, two at the bottom and one near the top of the ladder, extending to the ground. The upper one should be forked at the top so as to hold the ladder firmly. This ladder is 18 feet high, and as the foundation is broad, there is no danger of it falling over. The brace is so made that it can be adjusted, thus enabling one to place the ladder at any angle.

*A small timber used in construction.

9. Remove the tarp and add water and a teaspoon of nitrogen occasionally. Then cover the stump again.
10. Use a herbicide to stop new sprouts. However, the roots of one tree can graft with the roots of a nearby tree and kill it as well. The best way to remove sprouts is to just cut them when they are 6 to 8 inches tall.
11. Add a bit of borax to red cedar and pine stumps. This prevents a fresh-cut stump from being inoculated by annosus root rot, a soil-dwelling fungus. The fungi spreads into the stump and roots and, potentially, onto healthy pines and red cedars through root grafts.

by Dan Miller, from *The Progressive Farmer*

WCFS

BOARD MEETING HIGHLIGHTS

Western Cascade Fruit Society held its Annual Meeting in two sessions, beginning March 11th at the Spring Meeting in Tacoma and continuing April 22nd at the Firemen's Association Building on Vashon Island.

Judi Stewart, President, presided over the meeting. Board members present were: North Olympic Fruit Club, Judi Stewart and Lyle Knudson; Tahoma Chapter, Steve Witcher, Pamela Draper, Len Estes; Olympic Orchard Society, Del Simpson, Erik Simpson, Carlyn Syvanen, Steve Vause; Vashon Island Fruit Club, Dr. Bob Norton, Ron Weston, Carolina Nurik; Seattle Tree Fruit Society, Patti Gotz, David Conners; Peninsula Fruit Club, Mel Armstrong, George Moergeli; South Sound Fruit Society, Lowell Cordas.

Patti Gotz, Treasurer, reported that we have about \$4400. The cost of the last BeeLine was \$997.

The Board accepted the following slate of officers for 2006-07: President, Ron Weston; Vice-President, Larry Krotzer; Secretary, George Moergeli; Treasurer, Patti Gotz. We need to thank these folks for their continuing commitment to the organization.

Each club reported on their current membership. Olympic Orchard Society, 50; North Olympic Fruit Club, 120; Peninsula Fruit Club, 50; Tahoma, 56; Seattle Tree Fruit Society, 200; Piper, 3; South Sound Club, 20; Vashon, 92.

David Conners reported that the Seattle Club had selected a Spokane Beauty apple on a M-106 rootstock to be planted in the Piper Orchard in memory of Ron Schaeviz.

Erik Simpson distributed hats and order forms, saying that the orders must be in before the end of the month. He said to check the website for patterns.

Each chapter reported on activities within their groups. (See Club News elsewhere in this newsletter) Discussion centered on outreach. The following ideas were suggested:

- Provide good programs and advertise speakers
- Add a Speakers Bureau and a list of field trips to our web site
- Share copies of flyers clubs have produced
- Promote member participation through a monthly newsletter
- Man a booth at local fairs to reach a wider audience
- Set up a mentoring program to help new members feel more welcome
- Have quarterly meetings and monthly workshops to keep up interest
- Hold grafting workshops in schools and for the public in general

A discussion of the Beeline followed. Most expressed satisfaction with the contents with some concern expressed about the cost. It costs about two dollars per issue per member. We will look into the possibility of adding paid advertising to help defray costs. It will be discussed further next meeting.

The next meeting will be held July 14th on Vashon Island.

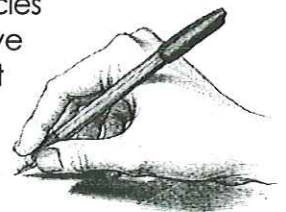
George Moergeli, Secretary

LETTER FROM THE EDITOR



Putting together the Summer issue of the Beeline has been challenging and rewarding for me. I thank all those who got their articles in. It has been a great learning experience. One of the things I have learned is that I do not have the time to do the research to find all those articles that the readership have found to be of interest in past issues. Frankly, I do not have the expertise to know what articles would be of benefit to members. I believe that there is a need for a co-editor, one to find articles and solicit from others. I am willing to edit text, and do layout, but my schedule is such that I cannot do more.

Please contact me if you are willing to help. Carlyn Syvanen: carlynbee@teleport.com



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



THE MAD SCIENTIST

by Dr. Roger Eichman
North Olympic Fruit Club

I have been asked to report on some simple medical solutions that you may wish to consider. I do so with the caveat that the FDA considers the use of any substance to treat a medical problem as an unlicensed drug and the lawyers will want me to add a clause that this piece is for information only and is not meant to be for the practice of medicine. With that in mind, if I had or wished to prevent certain problems I would do the following...

Arthritis: Take Cetyl Myristoleate (Cetyl-M), 6 caps per day for one month (every 5 to 7 years), 2,000 mg of MSM per day. Serratiopeptidase may have merit.

Carpel Tunnel: Same as for arthritis.

Heart Attack or Stroke: Within 48 hours, take a cough suppressant with Dextromethorphan (DM) such as Hold DM, Vicks Formula 44 or Robitussin.

High Blood Pressure or Hardening of the Arteries: Drink pomegranate juice with other good antioxidants like blueberry and grape juice. Take 1,000 mg. of Vitamin C per day, 800 mg of Vitamin E per day, (don't take Vitamin E if you are going into surgery or if you are on blood thinners), 2,000 to 3,000 mg of Lecithin per day, magnesium and modified grapefruit pectin.

Need for Bypass Surgery: Same as above but increase the Vitamin E until you experience a slight skin reaction and back off till it stops (around 12,000 mg/day). Include a handful of lecithin a day. Watch for bleeding. In this way I could avoid having the surgery.

Cancer: 6,000 mg of curcumin per day plus 10% black pepper by weight to aid in absorption. Hold onto your socks! Many studies are being done and should soon be published and I bet they are of Nobel Prize quality. This is only the beginning of the curcumin story. Curcumin is the yellow pigment in mustard from tumeric root.

Cataracts: N-acetyl-carnosine eye drops. If you can't get them, then I would try Nattokinase dissolved in eye drops, but this has not yet been tested.

To bolster the immune system, as for cancer: Ashwagandha (winter cherry), a whole plant extract in capsules.

Depression and Low Thyroid: If you are using Synthroid and Prozac, check for mercury toxicity (urine analysis) but don't use a challenge test if silver fillings are present in the teeth.

Flu/SARS: Licorice root, Eucalyptus oil.

Bird Flu: Kim Chi.

Bacterial infections: Oil of Oregano.

Alzheimer's: CoQ10. Treat for mercury with MSM or DMSO, Rhodiola rosea, Ginseng, Gingko, Phosphatidylserine.

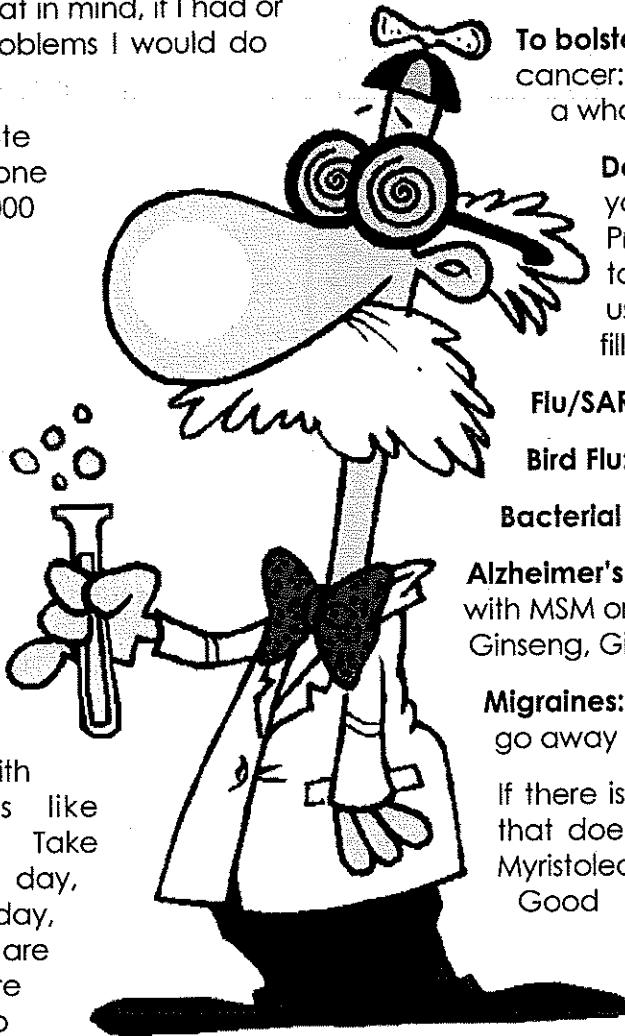
Migraines: take a Niacin tablet. It should go away in a few minutes.

If there is a single case of carpal tunnel that does not react to MSM and Cetyl Myristoleate, I would like to hear about it!

Good health is more than about nutrition, so stay away from mercury, lead and other accumulating toxins and avoid pathological paranoia. The ozone sky isn't falling, the world isn't coming to an end, we are not running out of energy and you can't influence the weather. CO₂ will only make your plants grow better. Don't worry yourself sick; be happy and live long.

**MAD
Scientist**

Diligence is the mother of good luck. ~Franklin

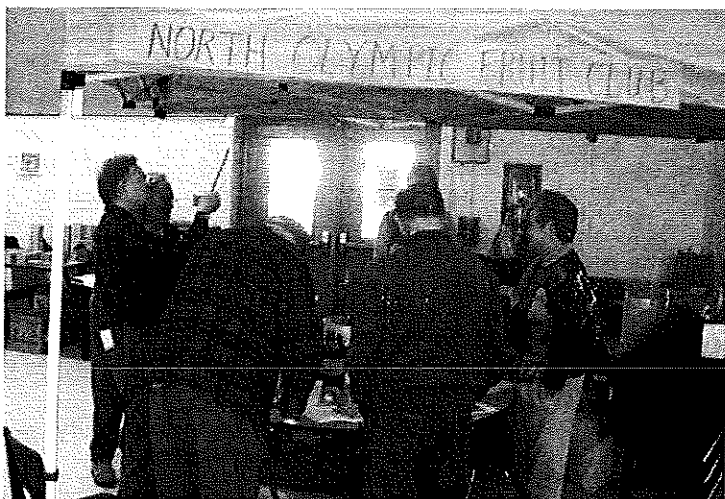


WCFS

CHAPTER NEWS

North Olympic Fruit Club began the spring season with a bang. The scionwood exchange was a great success, as a prelude to the Silver Jubilee gathering of all the chapters.

NOFC took a field trip on April 29th to the Olympia Farmer's Market and to Tom Wood in Centralia. At the market, the chapter visited with Michael Dolan from Burnt Ridge Nursery and other vendors. Afterwards, the group toured Tom Wood's farm in Centralia. Tom explained how he grows his fruit in a dozen greenhouses which he heats with wood. Though others find it hard to believe, Tom says he has no insect problems in his greenhouses. His produce is certified organic and some of the blueberries and raspberries were ready for picking.



Dr. Roger Eichman demonstrates his famous grafting wax concoction.

April 29th was also Opening Day at the Port Townsend Farmer's Market. Several members sold their wares. David and Leone Smith had one year-old Dahlia roots of some very special varieties, along with some First Lady II and Red Grape tomatoes. Kathy Ackerman sold half a dozen varieties of 3-year old blueberry bushes, 10 varieties of heirloom tomatoes, Early Girl and Sweet Million hybrids and tomatillo plants. New this year in her heirloom tomatoes are Anais Noire, Sweet Peach and Mortgage Lifter. Tomato plants will be in 4" pots for a couple of weeks, then 1-gallon pots. Kathy also sold edible flowers for salads, some globe artichoke plants and a variety of cucumbers, summer and winter squash starts and last but not least, her hosta plants. Kathy's intention was to grow only edible plants, but she says she just loves those prehistoric looking things. Paul and Mary Jendrucko brought their lavender products to the market.



Dr. Roger Eichman carefully selects his next piece of scionwood...

Chuck Estin (Wilder Farms Permaculture Nursery) has an entire list of plants, including fruiting vines, fruit trees and bushes, berries, nuts and perennial vegetables such as cardoons, fuki and ostrich fern. Chuck also sells from his nursery's trailer at the Food Co-op parking lot on Sundays. Linda Davis sells her most excellent duck and chicken eggs at the Food Co-op in the egg case.

The May Meeting's featured program will be the premiere of the documentary film, "Pears for Your Heirs," starring WSU Extension Agent Tim Smith. This film was shot entirely on location in Wenatchee's orchards and is rated PG. The film's cast and crew went through much effort to bring this celluloid masterpiece to the screen.

The upcoming June program will feature Jenny Pell, internationally known permaculturist who will present principles of permaculture applied to the home orchard, with a focus on perennial polyculture guilds.



NOFC gathers under their canopy at the WCFS Silver Jubilee.



Olympic Orchard Society will have a speaker on June 13th. Jenny Pell, with the Wilder Foundation, will be giving a slide presentation on unusual fruits grown in our area, with permaculture designs for our yards and orchards.

On July 15th the OOS annual picnic will be held at Ken and Nancy Loghery's home in Joyce. Hamburgers, hotdogs and some soft drinks will be provided. The Loghery's will be conducting a tour of their orchard. This will be in lieu of our monthly meeting in July.

Peninsula Fruit Club held grafting workshops at the schools which went well again. This year we had 288 students participate. All the students went home with a tree, which they grafted themselves. Peninsula Fruit Club has been teaching the students how to graft for 13 years. We often get comments about the grafted trees five and six years after the trees have been grafted.

Peninsula Fruit Club will have a booth at the Kitsap County Fair the third week of August. Our theme will be, "How to control apple maggots, codling moths and fruit tree diseases". We will also sell Mason Bee blocks with one tube of bees.

Weather permitting, our September meeting will be a pot luck at Carol and Charles Michel's property at Seabeck. The Michel's have an orchard which is at least 20 years old.

Our club has 80 apple trees and 20 pear trees growing in a garden pea patch. We are able to get most of the trees to grow 4 to 5 feet tall. We sell the trees at our spring grafting show and in the fall at our fruit show. We have been getting our root stocks from Copenhagen Farms in Oregon. Each year we order 400 apple and 100 pear root stocks. We use 300 root stocks for our school grafting program and we use the rest for the grafting workshop we hold for the public.

Our Fall Fruit Show will be on the first Saturday of October. The show includes the fruit our members have grown throughout the year. We also sell Mason Bee blocks and apple and pear trees. We will have a good selection of 4-5 foot apple trees this year. We will have the fruit show at the Bremerton Parks and Recreation Center, 680 Lebo Blvd. and Clara Avenue.

South Sound Fruit Society participated in the March 11th Silver Jubilee hosted by the Tahoma chapter. Loretta and John Murphy organized the food booth and were assisted by a number of

members. Everyone's efforts were much appreciated.

At our March meeting, our guest speaker was Chuck Pavlich, manager of The Barn Nursery in Olympia. In addition to an interesting discussion on best substances to use in gardens, Mr. Pavlich offered the use of The Barn Nursery's facilities for our meetings. We had been looking for a permanent location.

In April, our chapter proceeded to meet at The Barn on the 20th. It worked well; it was cozy. Perhaps we'll look into getting a few more chairs because we had standing room only. Thank you Chuck Pavlich and The Barn Nursery. Michael Dolan of Burnt Ridge Nursery, Onalaska, was our guest speaker and talked about small fruit varieties.

During our meeting we spoke of increasing our visibility in the community as an active organization and also determined that one or more members will bring in plants to sell directly or by lottery to increase our treasury balance.

Tahoma Chapter's newly elected officers are: President, Leonard Estes; Vice President, Bill Horn; Secretary, Rachael Fantz; and Treasurer, Brad Krick.

The March 11th Scion Wood and Rootstock Sale brought in \$375.76 profit. The new location, Franklin Pierce High School's gymnasium was spacious! Vendors are already asking exactly when the 2007 event will take place. The speakers all had a "full house" and the Jubilee Celebration was a real success.

On April 20 -23rd the Tahoma Chapter rented out a 10' x 10' space at the Puyallup Spring Fair and provided coverage to inform attendees of the activities of our organization.

At our April 6th meeting at the Rainier View Christian Church in Parkland, Dan Nesper was instrumental in bringing Wade Bennett from Rockridge Orchard in Enumclaw to speak to us. Wade came loaded with information and was very interesting. We knew that Wade had a real presentation to offer and we didn't want to miss this opportunity. Wade has 41-acres with about 200 Asian Pears as well as other kinds of fruit trees. He enjoys growing bamboo, too. His orchard includes five greenhouses and at least five thousand trees. Wade has a winery and makes hard cider. He makes total use of his land and is willing to give us a tour. I'm losing my breath...this was real good, folks!!

(continued on page 22)

(WCFS Chapter News continued from page 21)

Vashon Island Fruit Club held a workshop on pruning young trees on February 25th at the homes of three members. Differences in pruning approaches and precautions for different types of trees (stone versus non-stone fruit, for example) were discussed. The warm outdoor fire and cookies at the Jackson's home, which helped ward off the early spring chill, were greatly appreciated.

The club held a grafting workshop on March 18th at the home of Doug and Kathleen Tuma. Members practiced whip, cleft, bark, side, and inarch grafts. We were mostly successful avoiding dipping into the supply of band-aids provided free of charge.

On March 29th, the club had a wine tasting event featuring Italian wines from northern, central, and southern regions of the country. Cheeses and bread were available to "clear the palate" between sips of each of the large number of displayed wines. Chris Zimmerman poured samples while providing interesting details on the wine's production, flavor and unique characteristics.

The club held its quarterly meeting on April 18th. Carolina Nurik, club member and board member of WCFS, gave a pest-control workshop called "Keeping the Creepy Crawlers and the Scabby Rabies under Control," designed to help members create their own site-specific pest control system.

On April 29th, Bob Norton led a field trip to Raintree Nursery and to Tom Wood's fruit greenhouse operation in Centralia. About 35 people from Vashon, Seattle, and Tacoma areas attended this very informative trip (see separate article on Tom Wood's greenhouses).

The club will hold afternoon tours (2 to 5 p.m.) of several Vashon orchards on May 20th and June 24th. The May tour will visit a high-density orchard—Carol Eggen, 10724 SW Sylvan Beach Road. One focuses on edibles, natives, and ornamentals in sunny, dry conditions—Fran Brooks, 10726 SW 110th. Another focuses on young trees in training—Jerry Gehrke, 11501 SW 103rd Ave. The June tour will take in an orchard with a variety of tree fruits and berries—Al Watts, 10014 SW 260th St. in Dockton, and a well-managed backyard orchard—Terry Jansen, 7329 SW Maury Park Rd.

The club is planning to hold its annual summer picnic at the home of Doug and Kathleen Tuma—12321 SW Cove Rd.—on Friday, July 14th, starting at 4:30 p.m.

(Blueberries - continued from page two)

"I wish I knew half what the flock of them know
Of where all the berries and other things grow,
Cranberries in bogs and raspberries on top
Of the boulder-strewn mountain, and when they will crop.
I met them one day and each had a flower
Stuck into his berries as fresh as a shower;
Some strange kind--they told me it hadn't a name."
"I've told you how once not long after we came,
I almost provoked poor Loren to mirth
By going to him of all people on earth
To ask if he knew any fruit to be had
For the picking. The rascal, he said he'd be glad
To tell if he knew. But the year had been bad.
There had been some berries—but those were all gone.
He didn't say where they had been. He went on:
'I'm sure—I'm sure'—as polite as could be.
He spoke to his wife in the door, 'Let me see,
Mame, we don't know any good berrying place?'
It was all he could do to keep a straight face.
'If he thinks all the fruit that grows wild is for him,
He'll find he's mistaken. See here, for a whim,
We'll pick in the Mortensons' pasture this year.
We'll go in the morning, that is, if it's clear,
And the sun shines out warm: the vines must be wet.
It's so long since I picked I almost forget
How we used to pick berries: we took one look round,
Then sank out of sight like trolls underground,
And saw nothing more of each other, or heard,
Unless when you said I was keeping a bird
Away from its nest, and I said it was you.
'Well, one of us is.' For complaining it flew
Around and around us. And then for a while
We picked, till I feared you had wandered a mile,
And I thought I had lost you. I lifted a shout
Too loud for the distance you were, it turned out,
For when you made answer, your voice was as low
As talking--you stood up beside me, you know."
"We sha'n't have the place to ourselves to enjoy--
Not likely, when all the young Lorens deploy.
They'll be there to-morrow, or even to-night.
They won't be too friendly--they may be polite--
To people they look on as having no right
To pick where they're picking. But we won't complain.
You ought to have seen how it looked in the rain,
The fruit mixed with water in layers of leaves,
Like two kinds of jewels, a vision for thieves."





WCFS Member Ads and Announcements

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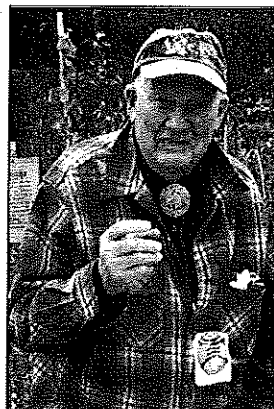
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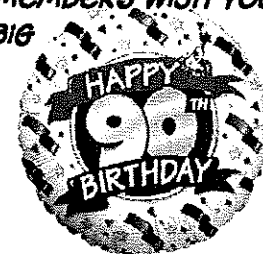
Do you have a fruit related question or information to relate to others?

Join the WCFS Forum.

Log on to www.wcfs.org and click on
NEW Fruit Forum!



**LYLE ROBERT
FRANCIS KNUDSON...**
NOFC MEMBERS WISH YOU A
VERY BIG



Scionwood Wanted.

Grew these apples in the past - would like to again:
Harold's Large, Fall Wine, Senator, Democrat,
Wickson Crab, Hyde King, Oriole & Sinta.

Looking for wood for these pears:
Atlantic Queen, Beurre Giffard, Beurre Gris,
Catillac, Chapin, Dutchess d'Angouleme, Tyson,
Shinko, Old World and Chojuro.

Mike Shannon mike58@msn.com

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The Summer 2006 BeeLine was assembled, designed and produced by Editor Carlyn Syvanen,
with lots of input from the membership. Please contribute material for our next issue!

Note changes in deadlines: Fall Issue: Submit by July 17. Winter Issue: Submit by Oct. 15.

Write or email your article, comment, suggestion, or question to:
Carlyn Syvanen at: carlynbee@teleport.com

All submissions welcome. Some may be edited for length or spelling and grammar.
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*Blueberries
are the most widely grown
fruit crop in the U.S.*

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POMACE is what remains after the juice is extracted from such fruits as apples, grapes, and blueberries. While not exceedingly high in N, P, or K (e.g., apple pomace 0.3-0.5-0.4 or composted grape pomace 1.5-0.5-2.0), pomace can add significant amounts of soil organic matter. Composted pomace provides nutrients in a more concentrated and stable form than raw pomace.

After 10 months in the compost pile, grape pomace will be ready to spread on the garden.



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CHAPTERS: Check which Chapter you're joining as a **NEW MEMBER** or **RENEWAL**. Annual dues are per household.

- North Olympic..... \$20
- 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

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