



CULTIVATE KIWI IN YOUR BACKYARD

By Candace Brown, The Olympian

If you come by Hildegard Hendrickson's yard while the kiwi vines are in bloom, you might find her on a ladder. She and her husband built the supports too high when they planted her first vines in 1980 at their North Seattle home, but Hendrickson learned to make do.

Now she's a renowned regional authority and popular guest speaker, although she says Bob "Kiwibob" Glanzman is the real expert. Still, Hendrickson's vines produced 1,000 fruits last year.

That gets back to why you'll find her on a ladder.

"I still hand-pollinate," says Hendrickson. "I pick a male flower and touch it to five females. It goes very fast and I get more and bigger fruit than people who depend on bees."

Kiwis produce both male and female flowers on separate vines. In order to get fruit, both must be present and blooming simultaneously. The pollen produced by the male flowers stays viable for only two to three days, but one male can pollinate up to eight females, especially with Hendrickson as a matchmaker.



The botanical name for kiwi is Actinidia, a genus native to Asia including over 50 species of deciduous vines. The fuzzy brown kiwis at the supermarket are usually Hayward, an Actinidia deliciosa cultivar (sometimes referred to as A. chinensis), readily available, and hardy to 10 degrees Fahrenheit.

However, vines can take up to eight years to bear fruit and up to eight more to reach maximum production of as much as 100 pounds per vine.

"Be patient," says Hendrickson. The reward is a delicious crop with a flavor hinting of melon, strawberry and banana all in one. Fuzzy kiwis, when picked after the first frost and before ripening, last through months of storage under the right conditions. Take some out as needed to ripen on the kitchen counter or in a brown paper bag. Hendrickson eats two per day from late fall into June.

"I harvest the day after Thanksgiving," she says, "Then I put each fruit

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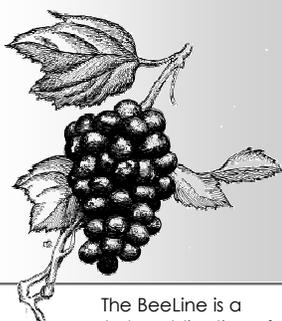
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in a fold-top plastic sandwich bag that keeps in moisture so they stay plump. I make a single layer in a cardboard box, cover them with newspaper and repeat, with no more than two single layers per box. Store them in a cool ventilated area where they won't freeze."

For quicker gratification. Less patient gardeners might try two other species, both cold hardy. One called *A. arguta*, or "hardy kiwi" tolerates minus-25 degrees F, and the species *A. kolomikta*, (sometimes sold as Arctic Beauty), survives to minus-40 degrees. Both produce fruit smaller than Hayward, with smooth, edible skin. They should be ripened on the vine.

Scott Gruber, owner of Calendula Nursery in Tacoma recommends always having both male and female plants if you want fruit. "The hardy kiwi variety Issai is consistently sold as being self-fertile," says Gruber. "While this is technically true, without a male pollinator the average person may not see more than a couple of fruits for several years."

Gruber appreciates *A. kolomikta* for its ornamental qualities plus fruit. He says, "The male is the flashier of the two and contributes a delightful splash of color to the garden wall or fence with its leaves variegated in green, pink and white. Unlike fuzzy and hardy kiwis, Arctic kiwis appreciate a bit of shade. Combine that with their less aggressive growth and smaller habit and you have a fantastic climber for a deck or patio pot."

Getting off to a good start. Kiwi vines grow vigorously and need careful tending the first few years to establish vines well-formed for maximum fruiting and convenience. They should be at a height that can be reached without standing on a ladder. Follow that with regular pruning for size control and more fruit.

"I prune twice a year," says Hendrickson. "I prune in winter when the vines are dormant, before Jan. 15. If you do it later when things warm up and the sap is running, it will bleed out. I prune again in the summer after the blooming and pollination."

Kiwis need support. Glanzman, or "Kiwibob" as he's known regionally, recommends steel pipe set in concrete and a "box" trellis, an inverted "U" with cross members. If made of wood, use treated four-by-fours. Other options include arbors, pergolas, espaliers and "T" bars with wire. He says, "Whatever structure you use should be in place at planting time." He suggests planting vines about 10 feet apart in rich, well-drained soil.

He and Hendrickson team up to speak publicly about the joys of growing kiwis.

"The first thing I tell people," Hendrickson says, "is that they aren't tropical and don't need hot weather." Glanzman gets scientific. He considers himself the straight man and Hendrickson the entertainer, but he does have a good kiwi story.

When a man asked how to tell if he had both male and female vines, his wife said, "Put two pots in a room and if they start to argue, you know you have a pair."

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HOW TO GROW KIWIS

By Hildigard Hendrickson, Seattle Tree Fruit Society

Rich, acid soil that drains well. No standing water.

Plenty of water. Vines might not recover if wilted.

Sunny location for best fruiting. *A. kolomikta* needs some shade for ornamental leaves.

Balanced fertilizer such as 10-10-10 four times yearly: in winter dormancy, in spring when buds emerge, before blooming, and after fruit is set.

Regular pruning for size and maximum fruit production.

Roots like warmth of retaining walls. Don't heap dirt at base of plants.

Protection from wind and cats. Kiwis attract like catnip. Put wire cages around trunks.



MESSAGE FROM OUR PRESIDENT

By Mark Youngs, Seattle Tree Fruit Society

Crazy weather was not in the plan this year. A cold early spring severely restricted the activity of pollinating insects in our orchard. Our mason bees came out too late for most apple pollination. We just finished applying 200 "footies" as apple maggot barriers on our meager fruit set. Last year over 1600 were used.

Two apple trees were lost to Anthracnose and two were damaged. Our Cherry fruiting wall experiment has also been a bit challenged. The Sweetheart gave up the ghost and three other varieties are struggling. Only Lapins and Tehranivee seem to be thriving so far. These are some of our trials and tribulations.

The good news is this late spring weather! You can almost watch the plants grow! Our

orchard conversion to the tall spindle method is going well. The newly grafted trees are filling in their spaces nicely and we'll soon have the orchard canopy filled. There is a converted Jonagold tree with 60 apples on it - our model tree for the future! Next year should be a banner one for fruit production.

Surely a lot of you fellow members are also experimenting with new things in your gardens and orchards that we would all like to hear about. Reports of success and failure are equally welcome. Someone wiser than I once said, "It is necessary to learn from the mistakes of others because there is not enough time to make them all ourselves." The editors of the BeeLine are always looking for new articles. Won't you please share your experiences with us?

KIWIBOB'S TRAINING AND PRUNING BASICS

By Candace Brown

First Season: Develop a single permanent trunk. Growth should reach the top of the trellis, a comfortable height for working while standing on the ground. If not, "cut back to three or four buds and start over," he advises.

Second Season: Develop permanent main cordons. These two side branches of the vine, trained perpendicular to the trunk, produce fruiting laterals. "Don't allow cordons to wrap around the center support wire more than three times," he says.

Third Season: Develop well-spaced fruiting laterals. "Have laterals about 18 inches apart on opposite sides of the cordons, 36 inches apart on the same side of the cordon."

Fourth Season: You should now have the basic structure completed.

Fifth Season and Beyond: Maintain your vines. "After two or three years, laterals are done being useful. Prune them out. Let new ones grow from the cordon at the bases of old laterals," he says.

POPULAR VARIETIES OF KIWI

Fuzzy kiwis: A. Deliciosa; Hayward or Saanichton 12, plus pollinator Male

Hardy Kiwis: A. Arguta; Ananasnaya (also called Anna), Ken's Red, or Issai, plus pollinator Male

Arctic or Arctic Beauty Kiwis: A. Kolomikta; September Sun for female and Pasha for male

For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals, from the moment of conception until death.

Rachel Carson

Summer Fruit Festival and Plum Symposium

On August 15, 2009 Western Washington Fruit Research Foundation (WWFRF) is holding a Summer Fruit Festival and Plum Symposium at the Washington State University, Northwest Washington Research and Extension Center located at 16650 State Route 536, Mount Vernon, WA 98273.

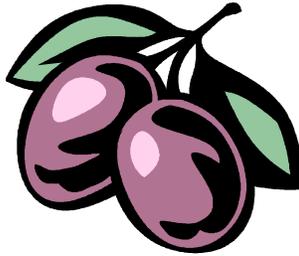
Registration opens at 8:30. Admission for WWFRF Non-Members is \$15.00 for an individual or \$30.00 for a family. Children age 12 and below and caregivers are free. WCFS members are eligible for \$5 discount coupons. Email Kristan Johnson fruitgarden@olympus.net and let him know how many coupons you'd like for your chapter. Please be sure to include your mailing address.

From 9:00 - 4:00 there will be displays of Slow Food, Beekeeping, Beat the Heat, Fruit sorbets, Fruit Tarts and pies, Sample jams and preserves in the Lobby

At 9:00 in the Auditorium Dr. Ralph Byther will discuss control of Anthracnose using a knife and torch, to be followed by a demonstration in the Fruit Display Garden.

From 10:30 - 12:00 Dr. Bob Norton, Gary Moulton, Sam Benowitz and Tom Thornton will speak on a Plum Panel in the Auditorium. This will be followed by WWFRF Volunteer service awards at noon.

Bill Davis will speak on Bud Grafting at 1:00 in the Auditorium, followed by a demonstration in the Fruit Display Garden. Bud grafting is great



WCFS NEW MEMBERS



Olympic Orchard Society

Terry M. Alspaugh
Jo Ellen Baker
Rosemary Day
Joel & Maggie
Kolbensvik
Wanda Majerle
Joan Whiting

Seattle Tree Fruit Society

Mary Dolan
Joan Harris
Blythe Knechtel
Anne Lang
Judy Marquardt
Jude Rosenberg
Brent Schmaltz

Tahoma

Glenn & Judy Carrier
and Phil Dunbar.

Vashon Island Fruit Society

Scott Durkee
Gordon Jackson
Rolf Lorentzen
Jacquie Perry

for plums.

At 2:00 Gary Moulton will speak on Summer Pruning in the Auditorium followed by a demonstration in the Display Garden.

From 1:00 - 4:00 there will be the following events in the Fruit Display Garden: Chef Demonstrations with Fresh Fruit; Fruit Garden Tours; Local Wine & Cider Tasting at the Tulip Valley Vineyard & Orchard and the opportunity to sample many varieties of plums.

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

Please contribute your articles for our next issue!

Issue Deadlines:

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

Email your articles to:

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

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VOGEL'S VIEWS

By Phil Vogel, South Sound Fruit Society

I live in a 15 year old neighborhood that was part forest and part cow pasture. I don't know what I have for soil because the good top soil was taken away except where the big blue spruced used to be. My three-way pear and three-way apple seem to be happy there. I had some delicious apples from the Liberty and Chehalis arms of the apple tree last year. Also in back I have planted a Sweet Sixteen apple, a Liberty apple and a Chinese Mormon apricot. All had plenty of gorgeous blossoms but only the Sweet Sixteen has a few apples and it is closest to the Mason Bee box. The same situation in the front, I have a Hollywood plum and an Asian Plum plus a three-way cherry with a few cherries. So I am wondering, was it the weather—frost? Heavy Rain? We did have heavy rain. Or was it the soil?

Michael Phillips in *The Apple Grower*, p.127, recommends “applying foliar boron and liquid fish emulsion at the pink bud stage to help strengthen the blossom to germinate pollen grain.” Then I began to wonder if I could do something now to prepare for next year. In the June issue of ACRES magazine there is an article by Hugh Lovel from Australia who discusses “The Biochemical Sequence of Plant Nutrition.” Through testing he found that some apples did not get the calcium they needed even though there was plenty in the soil. Then he developed his theory that boron activates



silicon, which carries all the other nutrients starting with calcium. Calcium binds nitrogen to form amino acids, DNA and cell division. Amino acids form proteins such as chlorophyll and tag trace elements. Elements such as magnesium transfer energy by way of phosphorus to carbon to form sugars which go where potassium carries them.

Granted this sequence is over simplified because sulfur plays a catalytic role with organic chemistry, etc. The point here is to understand the role of boron, silicon and calcium in the hierarchy of plant chemistry. Boron provides good sap pressure which leads to good nutrient transport (Silicon). “Then optimal cell division and photosynthesis can occur (calcium, nitrogen, magnesium and phosphorus)”.

Michael Phillips recommends 24 lbs borax every three years. If leaf analysis indicates it he also recommends the use of Solubor at bud time and petal fall.

Meanwhile my first soil test came back and indicated that I was low on boron and calcium. So I spread a cup and a half of boron with my hand-crank spreader on the lowest setting to both my front and back yards. It has been a month now and the little trees have more and slightly bigger leaves even the grass is lusher. I also gave the trees a tuna can of calcium carbonate. I am sure that helped also. Of course I'm giving them plenty of water. This story will continue.

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstance, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the

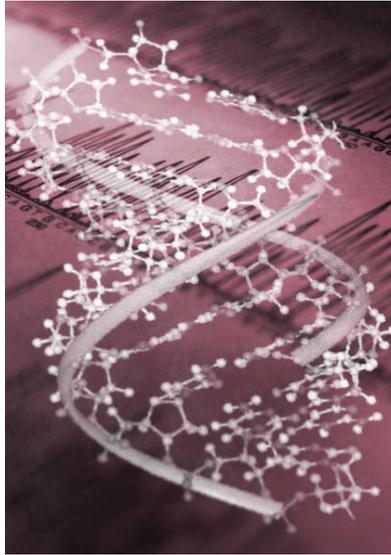
attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our attitudes.

Charles R. Swindoll

BOOK REVIEW: MINERALS FOR THE GENETIC CODE

By Phil Vogel, South Sound Fruit Society

As long as I can remember I have been interested in living a long life with good health and a well functioning mind. I was influenced by my Depression-Era, bread-winning Grandmother, who was told to lose 100 lbs or be dead in six months. My Aunt was a nurse and my Mother studied to become one. I spent my working years in general and psychiatric hospitals as a Chaplain. Recently, I came across the book, *Minerals for the Genetic Code* by Charles Walters which confirmed what I already knew and increased my knowledge about the chemical building blocks for optimum human health.



From the back of the book:

In the cell---whether plant, animal or human being----there are chromosomes, which carry almost all of the information required to direct a cell's growth, division and production of proteins. These chromosomes are in turn made up of information-bearing genes.

Radiomimetic chemicals (man-made herbicides and pesticides), faltering nutrition, injury and ---not least---an absence or marked imbalance of critical minerals can injure the chromosome by altering the chemistry of a gene so that it conveys misinformation (called *point mutation*) or by breaking the chromosome (called *deletion*). The cell may be killed, or it may reproduce the induced error. (I wonder if disease is meant here. P.V.)

In this cutting-edge book the connection is made between the physical, chemical and biological aspects of minerals and subatomic particles in the life process, and assignment is made of the specific mineral that governs each entry in the genetic Code. This knowledge, based on peer-reviewed medical literature as well as research by forgotten innovators, suggest an end to the tyranny of pharmaceuticals.

OK, I have quoted a lot from the back of the book, so what does it mean for you and me? I was "hooked" from the first page of the Foreword having had a low thyroid condition all my life, as I grew up around Lake Michigan (low iodine). "Iodine is absolutely essential for thyroid function. The thyroid gland produces thyroxin and thyroxin is absolutely essential if your want to metabolize sugar."

Then I moved to parts of the country where fluoride was added to the water and I brushed with fluoride tooth paste. "...fluorine trumped the iodine, and you end up making a bunch of stupid people. The thyroid pathways keep your memory working and your brain functioning. When fluorine enters it, it shuts down 72 known iodine pathways, and you end up getting hypothyroidism and people who can't remember their names. Add teeth-rot to the above..."

The rest of the Foreword discusses the fluoride poison position. If you happen to believe that fluoride is good, I can tell you first hand that it really does "dumb down" individuals. It is used in a large portion of psychiatric medicine to control people.

There are parts of this country where cancer is almost unheard of because of sufficient amounts of selenium in the soil "...[E]very form of cancer is a child of selenium deficiency."

Under Soil energy, cation exchange capacity is a noted topic. "Albrecht found that for best crop production, the soil colloid had to be loaded with 65% calcium, only 15% magnesium, and that the potassium cation must be in the 2-4% range. Other base elements need to be near 5%. These, Albrecht held, were the percentage figures when nature functioned at her finest balance and was capable of producing healthy crops."

There is a whole Continued next page



Book Review continued from p. 6

discussion on animals and their need for minerals. When they don't get the minerals from their grass and feed we provide mineral blocks. As a kid I saw hardware disease, cow's eating nails and staples to get the iron that they needed and calves eating the plaster off walls to get the calcium they needed.

A whole chapter is devoted to man-made poisons such as, orthophosphates, physostigmines and GMO's. The author and others suggest that these are worse than radiation and will visit people into the 20th and 30th generations.

The chapter on trace minerals is a mine of pertinent information. Whoever heard of yttrium? Yet if we don't have it in our brains, calcium will step in and calcify them. Lou Gehrig's disease, Alzheimer's, multiple sclerosis, and Parkinson's disease are all relate to yttrium deficiency.

On the same frequency as yttrium is boron. In many respects both are very similar. There is a very low incidence of Alzheimer's and old age dementia in India because of their daily use of the spice turmeric which takes boron across the blood-brain barrier pushing out aluminum. The author claims that to stall the degenerative conditions cited above we need yttrium, boron, and turmeric with a maximum dose of selenium. So I started taking boron capsules and using turmeric and curry in my cooking and noticed a big difference—better cognitive functioning and less Parkinson's type of shakiness.

This book discusses each mineral in detail and what the lack of or over abundance of each of them does to our physical and/or mental condition. I have only focused on the minerals and chemistry because that is my major interest and it tells me what I need to know now.

According to Kevin Roberts, this book links together Western healing methods, such as chiropractic, with Eastern methods, specifically the meridian systems used by acupuncture

Another hundred pages details the natural food sourcing of the minerals.

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**If your ship doesn't come in,
swim out to it.
Jonathan Winters**

CHERRY ROOTSTOCK TRIALS: A PROPOSED COLLABORATION

By Judi Stewart, North Olympic Fruit Club

Western Cascade Fruit Society (WCFS) and Washington State University Mt. Vernon Research and Extension Center are hoping each chapter and a minimum of 20 volunteers will participate in a proposed cherry rootstock trial for 2010.

Backyard growers have been searching for dwarfing, precocious, and productive cherry rootstocks but because of the complexity of multiple scion evaluations at various sites and non-uniform rootstock treatments, the answers are not there. We would be evaluating the performance of specific scion cultivars on three or four rootstocks in each location. Performance summaries would indicate which locations together with the cultivars play a role in a rootstock's performance. This trial would be for the benefit of backyard fruit growers in western Washington.

Survival, yield, fruit size, brix, tree growth and flower density will be evaluated. We hope to determine the rootstocks which provide improved precocity, productivity, vigor, disease tolerance and adaptability for our soils and micro-climates. Development of shoot growth, spurs, buds and flowers, etc., will also be measured.

We will be trialing self-fertile sweet cherry cultivars, though the rootstocks can be used with both tart and sweet cherries. The rootstock will determine the performance of the scion. At this time, possible rootstocks being considered are

Gisela 3, Gisela 5, Krymsk 6 and Weiroot 158. There's no need to include a pollinizer cultivar with self-fertile cherries. Self-fertile cherries have a consistent level of cropping provided there's adequate bloom and pollination. They set a crop on their own as well as cross-pollinate other cherry cultivars. Cultivars being considered are Sandra Rose, Santana, Sonata, Stella, Lapins, Sweetheart, Benton, Selah and Skeena.

The approximate cost of this trial is \$2,000 based on minimum participation. A grant application will be written by WSU. If a grant is unavailable, it's hoped that WCFS will be able to provide the funds.

Dwarf cherry trees should produce fruit in their third year (10 to 15 quarts). Therefore, the trial will take place over a 5-year period. Participants will be asked to submit data sheets periodically during this commitment period. It's necessary to have a sunny site with good air circulation, well-drained soil and room for three to four trees. Low areas where frost and standing water are problem areas should be avoided as well as soils where cherries, peaches or plums have been grown previously.

Please let your chapter presidents know if you're interested in taking part in this trial. The trees and the cherry crop, minus study samples, will belong to trial participants. This is a preliminary proposal.

Join the Discussion Through the WCFS Forum!

Use the Forum to: ask other members for advice,
give advice
open a discussion
even find a ride to a meeting or event.

The Forum is only for members of our organization and is closed to the general public. Simply send me an email and tell me you'd like to join the WCFS Forum. Hope to hear from you soon.

Judi Stewart js@olympus.net



The 11th Annual Salt Spring Island, BC Apple Festival Celebrating Heritage Apples: TRAVEL BACK IN TIME Sunday, OCT 4, 2009

The Salt Spring Island Apple Festival is your chance to visit Apple Heaven while still on earth!

This festival is farm based, connecting you to the organic farmers on Salt Spring island. They are your best guarantee of food quality and good health plus your best food survival strategy.

We have a very unique, diverse, exciting organic Apple Festival. The 1500 or so happy people who attended in 2008 are our best advertising. They were delighted. They all became Salt Spring Island apple connoisseurs. Where else do you have over 350 different apple varieties being grown organically?

Highlights from 2008:

- ◆ The display of 308 apples (just for viewing), all grown organically on Salt Spring Island.
- ◆ Tasting of 120 apple varieties at just one farm (Apple Luscious). Most other farms have tasting of their apple varieties.
- ◆ The Women's Institute Pie Ladies baked 139 apple pies using 15 varieties of apples. Pies are sold according to the varieties used to bake them.
- ◆ 15 farms open to the public. Connect right with the farm growing the apples.
- ◆ Historical reenactments by Johnny Appleseed (2009), Theodore Trage (2008), the Queen and Captain Apple
- ◆ A rich history of apples going back to 1860. Salt Spring was the main apple growing area in BC in the 1800's.
- ◆ At least 23 varieties of fabulous tasting red-fleshed apples.
- ◆ An on-site narration by Naidine Sims tracing her black history on Salt Spring back to 1860
- ◆ Tours of most farms.
- ◆ Educational information on organic apple growing.
- ◆ Apple identification services.
- ◆ Orchard bee and honey bee experts available.
- ◆ Apple art by local artists.

To view Highlights of the 2008 Apple Festival: www.appleluscious.com,
<http://www.saltspringmarket.com/apples/>.

What is your definition of a heritage apple?

Two definitions which have crossed my desk recently:

1. Heritage apples refer to any apple variety that was growing before 1900. These apple varieties were all chance seedlings and as such grew without any human intervention. They are then gifts of Mother Nature. From Harry Burton

2. What I am calling a "heritage apple" is a variety which dates back to before 1930; supposedly after 1930 the production of new varieties with deliberate cross-pollination was more common. From Tom Brown

So my question to all of you is what is your definition? Please email responses to carlynbee@teleport.com for our next issue, deadline Aug. 15.

MAD SCIENTIST

By Roger Eichmann, North Olympic Fruit Society

The major factor in any plant crop is the weather and the main driver of weather is the sun. When the solar sunspot cycle is high, the sun puts out more heat and vice versa when it is low. The cycle is now very low to none. If this pattern holds, then this winter will be colder and longer than the last one. I recommend you go to the two web sites at the end of this article for more information.

My early fruiting plums bloomed so late this year that they are nicely set with fruit for the first time. Puget Gold apricot has even been reported to be setting cots and my pluot is loaded.

The apple grafted to a hawthorn lived 3 years and finally died. It had a very bad union at the graft. Last year, I grafted an unknown scion on a hawthorn, and it seems to be doing very well, it appears to be an apple. This spring Elstar apple was added to the tree and seems to be recovering from the deer nibbling on the fresh growth.



A report from Spain suggests that the parasite *Nosema ceranae* (Microsporidia) may be causing colony collapse of bees. They were having good success in treatment with the antibiotic Fumagillin.

Having city water is really nice. Maybe now a few more plants will live through the summer. Of course dampening the soil before I weed helps and when I squirt the hose down along the roots of thistle they almost float out of the ground.

Seedlings are scattered all over and now include apple, pear, plum, apricot, peach, almond, flowering quince, rhubarb and one grape. Most will be of little or no merit, but there are many of current interest. The weaker plants have died out so what are left are the fitter ones for this climate. Darwin rules! Now, if they will ever produce a decent fruit, otherwise, they are rootstock.

<http://science.nasa.gov/headlines/y2009/01apr-deepsolarminimum.htm> and also www.isthereglobalwarming.com. To view Current Unordered Raw LASCO EIT Image go to <http://www.spacew.com/eit/index.html>.

Big Mama's Apple Cake (An Old Mississippi Recipe)

- 3 cups tart apples
- 1 1/4 cups oil
- 1 teaspoon soda
- 2 teaspoons baking powder
- 2 cups sugar
- 3 eggs
- 2 1/2 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

- 1 cup chopped walnuts or pecans
 - 1 teaspoon allspice
- Peel and chop apples fine; set aside. Pour oil, sugar, and eggs in bowl and beat well. Sift flour, salt, soda, baking powder, and spices together. Add flour mixture to creamed mix and add vanilla. Fold in apples and nuts and pour into a tube pan. Bake in 350 F oven for one hour or until toothpick comes out clean.

From Tom Brown's article on Heritage Apples.



HERITAGE APPLES

By Tom Brown, Reprinted with permission from New Life Journal, www.newlifejournal.com.

Three years ago, I became interested in searching for heritage apples. These are varieties which were known 100 years ago, but now have been "lost." They were apples with wonderful names (Night Dropper, Bug Horn, Bumble Bee Sweetning), apples with unique properties (Vance for jelly and Yellow Buff for



drying), and many with long histories of production (Sumner Cheese and Kaighn). This effort is a race against time, as the old trees are being cut down and the older people who know the apple names and uses are passing away. Once an apple variety is found, cuttings for grafting are offered to many people who sell heritage apple trees as well as preservation orchards, thus saving them from extinction.

The apple I most wanted to find was the Junaluska, the personal apple tree of the famous Cherokee Chief Junaluska. Many years ago, the government wanted to buy land from the Cherokee. There was a reluctance to sell because the land contained the Chief's favorite apple tree. Eventually, \$50 extra was paid because of the apple tree. Luckily an early southern orchardist, Silas McDowell, lived in the same era in Macon County, NC. He sold Junaluska apple trees until 1859 (hopefully, they were grafts from the original tree). I decided to go to Macon County to look for the Junaluska, even though it had been over 140 years since it had been sold in the area. I talked to a man at a country store who told me about a few apples and said I should go see George Crawford. George was a spry 80 year old, full of energy and with many stories of the area. On my next trip to Macon County, he took me to several local homes. Our second stop was at the home of a delightful 93 year old woman who lived on top of a mountain.

She had two apple trees called the John Berry Keeper, (from the old John Berry, home-place). As soon as they described the apple (it was then April), I knew that it sounded like the Junaluska. When I was able to get apples, I found that they fit the description of the Junaluska perfectly.

Also, I was able to find three people from Haywood County and one from Jackson County who remembered seeing a Junaluska and were able to identify it. I grafted three Junaluska apple trees which will be planted this fall at the Chief Junaluska Grave Site and Memorial near Robbinsville, NC.

There were no native North American apples except a few varieties of crabapple. The early settlers brought with them several hundred varieties from Europe. Later, the government brought in additional promising varieties. One of these was the Lieby, which was imported from Russia in 1870.

On one of my adventures, I met a man from Wilkes County who told me about remembering a Lieby apple. This started a two-year search that ended by my finding the Lieby apple in Iredell County, NC. It is crisp with a subtle spicy taste and is slightly dry. The key to finding the old varieties, I've found, is to talk to as many elderly people as humanly possible.

Apple trees are cross-pollinated, and any that grow from seed are different from their parents. Even though grafting is an ancient art, many were grown from seed until early in the last century. Seed-growing caused an explosion in the number of apple varieties. The best of these were grown locally and some were carried by nurseries. There were well over 10,000 varieties in our country. Some of these new "seedling" apples had interesting names,

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such as the Stump The World apple sold by a Tennessee nursery. I happened to look in the index of a book about apples. I commented to the man I was with, "This has to be the strangest apple name ever, Stump The World." He replied that people had mentioned the apple in the neighboring county of Avery. The next weekend my wife and I were just across the mountain (Roan Mountain) at a country store. We were looking for the Hall apple. I asked an older man at the store if he knew the location of a Hall apple and the Stump The World. He said no. I was standing right beside the middle-age lady clerk. She replied, "Yes, I know about the Stump The World apple, someone brought one to the store two days ago." Sure enough, three miles up the road was an apple tree with big beautiful yellow apples, the rare Stump The World.

Years ago, apples had many different uses as compared to today. They were used for drying, baking, stewing, apple dumplings, cider, vinegar, jelly, preserves, brandy, fresh eating, livestock feed, etc. Many of our English ancestors used apples extensively to make their favorite drink, hard apple cider. Many of the old apples are great cooking apples or have special uses. For example, some apples

are best for drying, storing, or making apple butter. One of the ones good for drying is the October apple. It was found in Alexander County, NC. It is a deep beautiful red color, having a dense yellow flesh and is great for drying and general cooking. In the same area, I found a Custard apple, perfect for open-faced apple pies with its spicy taste, holding its shape during cooking.

I have been enriched by the wonderful stories of the many elderly people I've talked with about apples. They've told me how to make water apple dumplings, how to preserve apples using sulfur and hot coals, the 1923 great flood, walking over a mountain in the snow to go to school, the shooting at the court house, delivering apples to a distant city with a wagon and a team of mules, etc. Along with the many unique, beautiful and delicious varieties of apples, these wonderful stories are also rapidly slipping away.

Do you know of an old apple variety? To help Tom Brown in his search for rare and "extinct" apple varieties, or to find out more, see his website, www.applesearch.org, or call him at 336-766-5842. Tom Brown is retired and lives in Clemmons, NC. He is also the brother-in-law of New Life Journals editor and publisher.

WCFS

Board Meeting Highlights 14 March 2009

Meeting was called to order by President Mark Youngs at 10:15 there were 15 Members Present and 3 guests. Minutes and treasurers reports were read and approved. Patti volunteered to make an action list format that can be added to the minutes and send it to Jeb.

Treasurer Report- Hildegard asked about policy guidelines for money being sent to WWRF. Mark made a motion that when a donation is made to WWRF by the chapters it is sent through WCFS for reporting the fulfillment of our commitment to support research.

Hildegard explained the proposed 2009 budget which was accepted. Hildegard also reported that the insurance company will fax proof of insurance as long as they have a point of contact and updated information.

Chapter Reports- Carlyn made a motion that chapter Presidents submit chapter reports to the Beeline so all members have access to them. Motion was seconded and passed.

OLD BUSINESS

The conference call was set up for 13 June at 10:00 a.m. Erik will send out an e-mail on this. Erik reported that Judy's computer crashed so all chapters might need to send an updated list of e-mails to her.

Carlyn reported that article submission to the Beeline has been extended for 1 week and



that normal submission dates are 15 Mar, 15 June, 15 Sept, and 15 Dec.

NEW BUSINESS

Mt Vernon will be conducting a rootstock test and were looking for a variety of locations to conduct these tests. It was determined that more information was needed by the chapters. It was proposed that Judy Stewart, working with Mt Vernon writes up a proposal for WWFRF to get funds from WCFS. Motion seconded and passed

Opening back issues of the BeeLine - Motion made by Erik that at the end of each calendar year we archive all issues for that year and that archived issues will no longer be password protected. Motion seconded and passed.

Website report- Patti reported that there is an area within our website where we can add photos and that from now on we will direct people from the Forum to view pictures on the

website.

Hats- Jeb made a motion to allow Erik to buy 24 hats (12 of each style) for chapters to have to sell.

Meeting closed at 12:35 PM

Annual Meeting

Annual Meeting was called to order by President Mark Youngs. Ron Weston suggested that we vote on a slate of candidates instead of individually. The slate of candidates was

Treasurer- Hildegard Hendrickson' With Mark Youngs agreeing to do all tax forms

Vice President- Ron Weston

Directors- Jean Williams and Mike Shannon

There is one director vacancy.

Meeting adjourned.

Respectfully submitted

Jeb Thurow

CHAPTER NEWS

Peninsula Fruit Club's April meeting was a grafting workshop where we learned several different grafts so we could add more varieties to existing apple and plum trees. We also visited 3 different schools to teach the students how to graft apple and pear scion wood to rootstocks to make their own tree. At our monthly meeting we watched a video by Dr. Margriet Dogterom and learned about the Mason Bee and their houses.

At our May meeting we had a fund raising plant sale and made \$245.00. On May 17 the club had a pruning workshop at the homes of Fran & Don Kiehnle and Chris Phalen. Fun was had by all while we learned a lot and had the best home cooked mid-day dinner and dessert ever! Three of our members, Mike Shannon, Jean Williams, and Sally Lorée had a great time attending the Vashon Fruit Club's tour of Ron Weston's orchard/farm.

At our June meeting Jean Williams showed her very informative PowerPoint presentation to help us learn more about the apple maggot, codling moth, tent caterpillars, and pear blister mite, and ways to control them. On

June 18 we will be learning to do bark grafts on an apple tree to help restore it.

Our club's annual picnic will be held at John Meyer's house this year on Aug. 15. Members from other clubs are welcome to join us. Also in Aug. we will be having a booth at the Kitsap Fair.

Seattle Tree Fruit Society held an Urban garden/orchard tours, Saturday June 27th. Four club members gardens were open for the tour. Chris Haynes showed espaliered apples trees, grapes, climbing roses and herbs in an area that was once orchards and farms. Elizabeth Waddell showed an urban micro garden with dwarf apples, blueberries, grapes, peach and plum, as well as sour cherries, raspberries, herbs and veggies on a city lot. Vickie Brodine showed her chickens, veggies, 25 fruit trees including plum, pear, apple, fig, blueberries, marionberries, strawberries as well as serious container gardening. Pamela Perrot's garden was also on the tour.

A tour of Edgewood Garden is scheduled for Sunday, August 23rd at noon. Use Google Maps to find location. Michael & Ilgaa Jansons

12727 32nd ST. E. Edgewood, WA. 98372 are the owners. This garden is open to the general public on this day. It is eight acres including large ponds. Small unsupervised children are discouraged. Fruit plantings are new, but this is a garden of note. You are welcome to bring lunch and picnic. Restrooms available.

October 31, we will hold our Fall Fruit Show with fruit tasting and lectures @ Center for Urban Horticulture

On March 20 & 21, 2010, we will hold the Spring Fruit Show with grafting, scion sale and lectures & demos.

South Sound Fruit Society will have Steve Whitcher as our speaker on pests and summer pruning on July 7th. He is a Master Gardener, Certified ISA Arborist, WSU trained Horticulturist, a member of Plant Amnesty and a Member of WCFS. He has had decades of experience in these various fields. Please bring your question. We meet at the Farmhouse on Evergreen College Campus, 2712 Lewis Rd, Olympia, WA. He can be reached at:

ww.master@gurugardener.com. All are welcome!

On August 4, the club is taking a trip to the Yelm Earthworm and Castings Farm at 6:30 PM for a tour of their vermiculture composting facilities. It is located at 14741 Lawrence Lake Rd., Yelm, WA 98597. www.yelmworm.com. 877-339-6767 All are welcome!

Tahoma has two life members and 36 regular members/families.

We are moving ahead with the plans and staffing for the 17 day Puyallup Fair, September 11 thru September 27. If you are interested in helping staff the booth (admission and parking tickets available) please contact me, Bill Horn, 253-770-0485 or hornbill66@msn.com.

Olympic Orchard Society has a membership of 83 individuals from 51 households.

About fifty persons attended OOS's March 2 grafting workshop at McComb Nursery. Several members demonstrated grafting, and we sold root stock, scion wood, and grafted trees. About half of the attendees were non-members. Several of these joined our club after the workshop.

During March and early April a half dozen or so OOS members met several times and grafted 150 trees which will be sold at our 2009

Fall Fruit Show.

On March 27 seven OOS members met with Darrell Sharp's horticulture students at Sequim High School. We demonstrated the Owens square graft, and OOS members and some of the students grafted 52 trees, which the students will care for, and then take home to plant. This is the fifth year in an on-going project working with students in the Sequim School System.

The main speaker at our regular April meeting was Erik Simpson. His talk was on "How to Keep and Maintain Enough Mason Bees to Pollinate One's Orchard and Garden."

The main speaker at our regular May meeting was Sid Maroney, founder of Sequim and Port Angeles Locally Grown Mercantile. Locally Grown Mercantile is an on-line farmer's market featuring locally grown (and made) products. Sid explained how the system works. Several of our members who are professional (or at least semi professional) growers already market some of their produce using the system. Sid explained how it can also be used by non commercial growers to sell their surplus fruit, vegetables, eggs, and so on.

In June our members and other interested parties met with Nash Huber and toured parts of Nash's Organic Produce operation, including his packing sheds, green houses, growing tunnels, etc. Nash spoke with considerable passion about the need to preserve good farmland and to encourage young people to go into farming -- two obviously related issues. He also talked about where he markets his produce, the kinds of things he grows, innovative techniques he employs, his use of what appears to be antique farm equipment, the growing of seed, etc.

Our club's plans for the near future include our annual picnic, July 26, at the home of Steve and Carlyn. In August Rick Shadforth will speak on Vermiculture. Our Fall Fruit Show will be on October 24.

On a rural road a state trooper pulled this farmer over and said: "Sir, do you realize your wife fell out of the car several miles back?"
The farmer replied, "Thank God, I thought I went deaf!"