

the BeeLine

Fall 2014

Newsletter of the Western Cascade Fruit Society



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New WCFS Chapter emerges from Peninsula Fruit Club: **Bainbridge Island Fruit Club.**

Our long-time member (and Board member), Darren Murphy, went out on a limb (fruit joke) to organize a new chapter of the WCFS. He's still in the early stages, but has almost a full set of board members after only three monthly meetings! This includes a new Media Specialist position. This Board Member is dedicated to marketing the new club in various media.

The Kitsap Peninsula is the 'Peninsula' in our club name. It is a long, large area of land. Included in it is the separate island of Bainbridge. Our monthly PFC meeting is held somewhat in the middle of the Peninsula, but members on either end have almost an hour's drive to come to our meeting and the events held in Bremerton.

Darren Murphy and a few other people make the trek every month, but Darren felt that the population of the Island was ready for a club of their own. Like Vashon Island, the people on Bainbridge are bound together by their geography. There are many avid home gardeners and home orchardists in an area that has a rich history of family farming.

The PFC is supporting Darren's efforts by lending him some equipment and presentation



Denise Syrett & Darren Murphy

materials. Darren provided about 1/4 of the scion wood to our club for our spring grafting show. He also made presentations at our monthly meetings and donated dozens of plants for our plant sales. He is a core member of PFC and we're planning to remain as 'sister' clubs as the new Bainbridge club gets underway.

We are hoping to work together with him and Friends of the Farms on the Johnson Farm on Bainbridge Island. Johnson Farm is an old farm held in trust by the non-profit organization Friends of the Farms. Their mission is to keep old farmland as farmland. There is an aging orchard of approximately fifty trees in need of repair on the farm. The Friends and our two clubs hope to develop a plan to care for the trees together. The site can potentially be used for classes on pruning, planting, and tree care in the future. Since PFC does not have a dedicated site such as this, we are excited about the opportunity to work with Friends of the Farms.

Our next PFC event is September 6th, when Darren and Kari Murphy will be giving our annual orchard tour at their home on Bainbridge Island. Darren and Kari have a home on a suburban size lot which they have developed into a fantastically diverse, gorgeous, and productive fruit and vegetable garden. After the tour, we are meeting at long time members Bonnie and John Meyer's home in Bremerton for our annual party.

Denise Syrett, President, Peninsula Fruit Club



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

WCFS Board Meeting

The meeting is to be held Sept. 13, 10am at The Grange Hall, 10340 Madison Ave. NE, Bainbridge Island.

One item to be discussed is adding the Bainbridge Island Fruit Club chapter into WCFS, the status of the newly formed club, and by-laws.

The Agenda will be firmed up prior to the meeting.



Have you seen the Apple or Nut Wizard demonstrated? Carl Groth sometimes shows up at Northwest Fruit Shows with his Nut Wizard.

**Contact information: Carl F. Groth,
206-852-8040, 3629 South 249 St., Kent, WA
98032**

**According to Erik Simpson, OOS, his
Nut Wizard works great and is easy to use.**

About WCFS

Western Cascade Fruit Society (WCFS), formerly Western Cascade Tree Fruit Association (WCTFA), was founded in 1980. Its primary objective is to bring together new and experienced fruit growers who will promote the science, cultivation and pleasure of growing fruit bearing trees, vines and berry plants in the home landscape. We provide the public with the knowledge and ability to cultivate their own fruit-bearing trees and plants. Local chapters in geographical areas of Western Washington, disseminate information through education, fruit shows, orchard tours, meetings, workshops, publications, and give financial and other support to fruit research organizations.

As a 501(c) (3) Non-Profit organization WCFS is Parent organization to eight affiliated Chapters. The newly formed Bainbridge Island Fruit Club will make nine. WCFS provides 501(c) (3) Non-Profit status to Chapters via IRS group exemption, provides liability insurance for Chapters, maintains financial records, and makes annual reports to IRS. A Board of Officers and Directors manage WCFS.

WCFS publishes a quarterly BeeLine newsletter to inform members of events, tours, articles, and reports; a Web site — <http://wcfs.org>; and, a digest forum: <http://lists.ibiblio.org/mailman/listinfo/wcfs>. Members receive automatic membership in WCFS after joining an affiliated Chapter. A portion of chapter dues go to WCFS. Please refer to <http://wcfs.org> for chapter membership and dues structure.

Become a Volunteer

Volunteer opportunities abound in all WCFS Fruit Club Chapters. These Chapters are non-profit organizations, run entirely by volunteers. Do you have a special skill or great ideas to share, or just like to visit with other fruit-growers while helping out with organized events? Please contact any Chapter Board members or officers, and let them know how you would like to be more involved.

The BeeLine Gathering Editor always welcomes your fruit-related articles. Thank you for contributing.

Marilyn Couture, OOS



Calendar of Fruit Related Events

Sept. 13, 10am WCFS Board Meeting, Bainbridge Island Grange.

Sept. 5-21, Washington State Fair Puyallup.

Sept. 13, 10-2:00, Piper's Orchard, "Festival of Fruit", Carkeek Park, Seattle.

Sept. 28, Salt Spring Island, Apple Festival

Oct. 3-4, Sat. 10-5:00, Sun. 11-4:00, Cloud Mountain Farm Center "Harvest Festival", 6909 Goodwin Road, Everson.

Oct. 5, 10-4:00, Clallam County Farm Tour.

Oct. 11, 10-4:00, PFC Fruit Show, Silverdale Community Center.

Oct. 11, 9-3:00, VIFC CiderFest. Vashon Village Green, - Farmer's Market.

Oct. 12, World Apple Day, Finn River Farm and Cidery, Jefferson County. NOFC.

Oct. 18-19, 10-4:00, Home Orchard Society, All About Fruit Show, Canby Fairgrounds, Canby, OR

Oct. 25, 10-3:00, STFS Fall Fruit Show, Cedar Valley Grange.

Nov. 8, 11-2:00 VIFC Fall Fruit Show, Vashon-Maury Island Land Trust, Southwest Bank Road.

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Remember to sign up with Bill Horn, Tahoma Chapter, to work a shift at the Washington State Fair, Sept. 5-21. It's great fun!

See page 12

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WCFS NEW MEMBERS



VIFC

Steven Bechtold

Erin Burgess

Hope and Anthony Bloesch

Carol and George Butler

Leann Dousett

Scott Durkee

Audrea Walker

Judi Elgar

Chris Hedgpeth

Lisa Hasselman

Vor Hostetler

Carol Kenefick

VIFC cont.

Michael Kleer

Bruce and Katy Krogman

Charles Lovekin

Peter Luyckx

Bill Riley

Kay Rungman

Jessica De Wire

Melodie Woods

PFC

In Memoriam

PFC lost long-time member Rusty King in August. Rusty moved to Oregon a few years ago.

The Winter 2014 BeeLine was produced by Gathering Editor Marilyn Couture, with input from membership. Please contribute your articles for our next Winter issue!

Issue Deadlines:

Winter December 15;

Spring February 15;

Summer May 15;

Fall August 30

Email your articles to: couture222@msn.com
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Exceptional talks, tours, tastings and scen-

ery—This year's Festival of Fruit was special. CRFG was hosted by Oregon's Home Orchard Society and by the North American Fruit Explorers

from CRFG President, MARGARET FRANE

It was a full house! The event was held at McMenamins Edgefield in Troutdale. McMenamins, built in 1911 as the county poor farm, is on 74 acres of fertile farmland with large orchard areas where only organic growing methods are used. The many mature pear and apple trees there were covered with huge perfect red and green fruit in different varieties, but alas, the cherry trees weren't in season. Also, they have Cornelian cherry, junberries, seaberries and Aronia, none of which I had eaten before. There was also a goodsized vegetable garden. All of this was just outside our meeting room! Looking south, you could see perpetually snow-capped Mt. Hood; looking north, you saw Mt. St. Helens in Washington. The setting was unbelievably beautiful.

Wednesday many excellent speakers presented a variety of topics, including local fruit favorites, how to run mail-order nurseries, hard cider, quince and quince products, orchard techniques in the Middle East, fruit exploring, preservation of old fruit varieties, apples, mulberries, and vine berries. Steven Murray, one of our youngest crfg devotees and a two-time crfg scholarship winner, talked about fruit from China. He talked about Yang mei, *Toona sinensis* – the only tree with leaves that are used as a vegetable, salak, and marang, which I didn't know existed. Before dinner, we enjoyed a tasting of hard cider, pear brandy, apple whiskey, and other drinks. Some took a guided tour of the orchards or the winery. Others explored on their own. We listened to or asked questions of the speakers all through dinner. All speakers were just so remarkably interesting. Multiple questions kept each speaker busy and we ran quite late before we let these experts go.

On Thursday, there were two tour choices. I joined the "Fruit Loop" bus tour. It began as a trip through the Columbia River Gorge, where we learned some of the geology of the area. The magnificence of multiple waterfalls there ensured that I will visit again. Some, such as the 242-foot Wahkeena Falls, meandered down the high slopes and cliffs. Another, Multnomah Falls (the highest) plummets about 550 feet into a pool and then another 70 feet to the very bottom; it's just gorgeous! Later we stopped at several orchards (mostly peaches, nectarines, pears, apples and berries) and had tastings at all, as well as the opportunity to buy. We had a most interesting tour of the Mid-Columbia Agricultural Research and Extension Center at Hood River, an experimental farm where we learned about new ideas being explored for growing fruit trees. The other tour group went to the House Hazelnut Farm, where they walked through the very large hazelnut orchards

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and learned about the difficulties of growing hazelnuts and possible solutions. They observed the processing methods for dehydrating hazelnuts. Art DeKleine noted that there was a lot of discussion about how to overcome eastern filbert blight, or efb. The group also went to Red Ridge Olive Farm, where there is an olive mill. To make olive oil, the owners supplement their olive produce with olives from other locations. The Red Ridge Farm also has a well-known vineyard and the group enjoyed a wine tasting. In addition, they went to Durant Vineyards and learned about winemaking. We all returned to McMenamins for dinner with an exceptionally interesting keynote speaker, Susan Dolan of the National Park Service. She has the fascinating job of finding and preserving historic orchards throughout the U.S.

Friday, we again had a choice of tours. My group arrived at the North Willamette Research and Extension Center, in northwest Oregon near Aurora. This facility, operated by Oregon State University Extension Service, emphasizes vegetables, specialty seed crops, berries and small fruits. We got to walk through row upon row of berries, picking as we went!

Huge delicious blackberries, marionberries, raspberries, blueberries and others. Some were new varieties being tested, while others were common for the area; all were wonderful. I believe I ate my weight in berries, as did everyone else! Our host did explain techniques as we walked, but I was too busy picking to hear as much as I should have! He also showed us how to prune the vining berries: he leaves a stub, using a very slightly angled cut, with the longer side on the bottom. This encourages lateral growth under the cut. We stopped for wine tasting at Willamette Valley Vineyards on the way back to McMenamins.

The other tour group went to see the Oregon State University hazelnut breeding program at the University Research Station. They learned what new cultivars have been developed and how they are developed, again with emphasis on resistance to efb. They also had a hard-cider tasting at 2Towns Ciderhouse, which has won awards for the quality of its cider. Their last stop was at the National Clonal Germplasm Repository, which collects, maintains, distributes, evaluates, and documents germplasm of hazelnut, strawberry, hop, mint, pear, currant, gooseberry, blackberry, raspberry, blueberry, cranberry and specialty temperate fruit and nut crops and their wild relatives.

Saturday, we had an opportunity to go to One Green World's nursery and see their large collection of berries and other plants; they have many unusual and diverse plants. The HOS hosted an open house at the Arboretum with another cider tasting. The talks, the tastings, the tours, and just the views, were exceptional. However, the people were the best part! The members of HOS and NAFEX and, of course, our CRFG members, were very enjoyable to talk with and get to know. Overall, it was a great and memorable trip!

president@crfg.org



Vashon Island Fruit Club's 10th year Anniversary Celebration

Vashon Island Fruit Club members and guests celebrated our 10th anniversary at the Sunrise Ridge Orchard on Saturday August 2, 2014. Carolina Nurik, President, opened the program and Bob Norton followed with a memorial speech about Helen Brocard, who recently passed away. Helen reintroduced the Marshall strawberry to the island and had a special interest in many types of berries. Karen Dale created a display for the member's memory/ history project that was placed on the orchard fence. The orchard was then open to tours of the tree fruit and berry collections.

Sunrise Ridge Orchard

Touring the orchard one sees that VIFC, with help in funding from WCFS, has the Adara(PuenteTM) interstem research project underway. One hundred and sixteen trees on 6 different rootstocks with Adara (PuenteTM) as the interstem are planted. To each interstem, different varieties of cherry, apricot, plum, peach and almond have been grafted. The project will evaluate the differences in compatibility, fruitfulness in addition to other parameters. Truly, this is an experiment in developing a "fruit basket tree" as Dr. Bob likes to say.

Anne Woodward and Bob Norton are the team leaders for the Adara project.

The VIFC nursery stock also has a home at the orchard. Members visited future trees for home planting. The blueberry bed project was completed late winter and has 9 varieties of blueberries. Three re-purposed strawberry boxes contain 6 different varieties and are a delight to sample! Emily and Gar Macrae are the loving caretakers of these areas.

The permanent collection contains 18 apples, 10 pears and 9 peaches and 5 Prima Almond trees. The orchard committee members (Emily & Gar Macrae, Bob Norton, Anne Woodward, Jerry Gehrke, Mike Ligrano, Bob Dixon, Ken Miller, Dan Connolly and Hooper Havekotte) care for and are examining the viability and adaptability of these varieties to our maritime island microclimate.

The Hugelkultur bed was planted this spring, has raspberries, honeyberries and jostaberries along with cranberries and alpine strawberries. This project was spearheaded by Gloria Bradford and is tended by Anne Woodward, Mike Ligrano and Bob Dixon.

The nectarine shelter is a concept developed by Jerry Gehrke, with construction help from Don Connolly and Mike Ligrano. Jerry is testing how a Hardy Red Nectarine and an Apricot perform under this type of cover. This is a sustainable, recycled hand built structure from old island materials.

Two Sunrise Ridge founders' trees are planted to honor Opal Montague and Dorothy Johnson. They are examples of "fruit basket trees" that Dr. Bob talks of. Each stone fruit tree has the Adara (PuenteTM) interstem and that is grafted with an almond, cherry, peach, plum and apricot.

The espalier project is being planned for an early 2015 planting. Dan Connolly will be the team leader for this project.

There are numerous other orchard tasks/jobs that have been completed such as fence building, tilling, irrigation system installation, weed eating, mulching, planting and watering that the orchard committee has completed with the help from general members. Thanks to the committee of Gar & Emily Macrae, Bob Norton and Bob Dixon, Jerry Gehrke, Mike Ligrano, Ken Miller, Dan Connolly and Hooper Havekotte and others who have helped bring the dream of an orchard to reality!

Artful New Table Unveiled at the Picnic

The Orchard Committee Builders (Mike Ligrano, Dan Connolly, Jerry Gehrke and Bob Dixon) have worked tirelessly in building the fencing around the orchard, stone fruit shelter, wooden structure for netting the blueberries, gates to the orchard, etc. For the picnic, Bob Dixon and Mike Ligrano created this artful table out of three ugly stumps.



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The Annual Picnic/Potluck

The Club hosted 99 members and guests, and greeters, Kristine Gregonis and Lotus, with the RSVP list assembled by Rachel Petrich. After the orchard tours were complete, member volunteers coordinated the grilling of the salmon and hot dogs. Past Presidents Ron Weston and Elizabeth Vogt together with Jim Hunziker, Roger Newby, and Ivan Weiss worked the grill. Elizabeth brought her signature dill sauce to accompany the salmon, Yum! Volunteers Karen Dale, Barb Wells, Hans Hahn and Hooper Havekotte organized the side dish/ appetizers to insure the serving line would run smoothly. Members brought delicious side dishes such as fresh homegrown tomatoes and peppers, a variety of summer fresh salads, beans and pasta and grain salads. Club members are the best cooks around who take time to prepare and share their best recipes for our annual picnic/potluck.

During dinner, Karen Dale presented her playful “spoof” crafted or grafted from the member’s comments about their experiences with the Fruit Club. The title was “John and Jane Newbyfruit”. The membership found it hilarious!

Rick Edwards and his sweet team of bakers and servers (Mary Faine, Anne Woodward, Joyce Hunziker, Carla Pryne and Emily Macrae) hosted the strawberry shortcake dessert table. The dessert made for a nice ending to an “event-full” day at the orchard. The set up /clean up crew (Elizabeth Vogt, Jerry Gehrke, Mike Ligrano, Carolina Nurik, Dan Connolly, Karen Dale, Randolph Farrar, Vor Hostetler, Hope & Anthony Bloesch, Anne Woodward and Joe Orint are to be commended for all their behind the scenes preparation. To all volunteers who made this event possible, a big thanks! Thanks to the Local Merchants and Non Profits

The VIFC Board recognizes Laurie at Vashon Thriftway for coordinating and prepping the salmon for us, Doug at Vashon True Value for delivering the grill, Chuck Hurst at Center Creek Tractor for help with the orchard tilling and Carol Olsen, of the Sunrise Ridge Board of Directors for helping us with extra tables and chairs. Thank you for helping us make our 10th Anniversary Picnic at the orchard a success! Submitted by Carolina Nurik, President

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VIFC 10th Anniversary Event

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Temperate Orchard Conservancy

Temperate Orchard Conservancy (TOC) was established in March 2012 to preserve and share the genetic diversity of trees fruits that are grown in the temperate climate zones of the world. TOC is starting its work by cloning the largest private collection of heirloom apple trees in the United States, the Botner Collection. The trees, some 4,500 distinct apple varieties, are being established at their permanent home, Almaty Farm in Molalla, Oregon.

The Mission of TOC includes cloning the private Botner fruit tree collection in Yoncalla, Oregon; establishing a science research center for genetic testing of temperate tree fruit, identifying tree fruit varieties, and preserving heirloom and historic specimens; and, developing and maintaining an educational facility and library for the provision of information education programs related to the preservation and perpetuation of temperate zone tree fruit.

TOC is an official 501(c)3 non-profit organization, all donations are tax deductible and receipts will be sent to donors. Board Officers include: Joanie Cooper, Shaun Shepherd, and Franki Baccellieri.

<http://www.temperateorchardconservancy.org/>
contact: Joanie Cooper <pomonascion@gmail.com>



Outwitting the Robins

Jean Williams, PFC

Finally a crop of raspberries and gooseberries for me! We have a HUGE flock of robins that want to call this place home. The pickings are way too easy for them. For the last few years, we have hardly harvested a single berry. Dozens of robins help themselves to a feast. They strip the strawberries, Willamette raspberries, Tayberries, Cascade berries, Black Diamond berries, Hinnomaki Red gooseberries, and Hinnomaki Yellow gooseberries. Later in the season the day before I want to pick the grapes, they all disappear. We have lived here for 41 years, and this problem has only begun in the last three or four years. The birds have always stolen the blueberries unless they were completely covered, but the carnage in the other kinds is recent. I'm trying to grow fruit for people, not for the nasty robins. Something had to change, as the long runs of bird scare flash tape were not doing the trick.

A few years ago, we bought some 17' wide knitted bird netting in Yakima. I sewed three widths together to make a piece large enough to make a square cage over the blueberries. It has worked extremely well to keep the birds out. There was still some netting left, so this year we decided to make a cover for the 60' long raspberry/gooseberry row. We cut 20' pieces of old 1" PVC down to 17' and made arches over the row by slipping the pipe over rebar pounded in the ground. We secured the edges of the netting by laying an old hose along the edge and putting earth staples over the hose. There wasn't a lot of room inside to get around for picking, but the crop was enormous since we were getting all of it. Next year we will try to figure out how to put a single piece of netting over all four rows so we can harvest the other kinds of berries and grapes as well. That will be a challenge, but the results will be worth it. Of course, you know as soon as we get everything protected from the birds, the SWD's will be here.

Raspberry Netting



Blueberry Netting



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Peninsula Fruit Club will hold the 2014 Fall Fruit Show on Saturday, October 11 from 10 am to 4 pm at the Silverdale Community Center, 9729 Silverdale Way NW, Silverdale. Join us for sampling over 150 apple varieties and other fall fruits. There are lots of educational displays too. Here's a link to our poster: <http://wcfs.org/wp-content/uploads/Fall-Show-Poster2014-Rev1.pdf>.



PFC Fall Fruit Show

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Pacific Northwest Cider References

Juice Quality of Cider Apples in Northwest Washington, C. Miles, J. King, G. Moulton, A. Zimmerman, J. Roozen, and K. Craig . WSU Mount Vernon NWREC , 11/2013, <http://maritimefruit.wsu.edu>

Cider variety classifications defined by the Long Ashton Research Station, Bristol, U.K.

Type	Tannin (%)	Acid (%)
Sharp	< 0.2 Low tannin	> 0.45 High acid
Bittersharp	> 0.2 High tannin	> 0.45 High acid
Bittersweet	> 0.2 High tannin	< 0.45 Low acid
Sweet	< 0.2 Low tannin	< 0.45 Low acid

WSU Cider Information, Bulletin PNW 621 Hard Cider Production and Orchard Management in the Pacific Northwest 11/2010.

Hard Cider Nurseries: Tree Sources 2013, Carol Miles and Jacqueline King, WSU Mount Vernon NWREC

Characteristics of Varietal Ciders in Western Washington, C. Miles, J. King, A. Zimmerman, G. Moulton, J. Roozen, and K. Craig, WSU Mount Vernon NWREC, 11/2013

The Northwest Cider Association— a group of cider makers and orchardists from western Washington, Oregon and British Columbia who have organized to promote the production and appreciation of hard (fermented) cider.

Grafton, G. and P. Gunningham. 1990-2005. The New Real Cider and Perry Page. A very useful website full of detailed information on both perry and cider, including Perry pear varieties, History, and Perry Making Guide.

Get to Know Oregon, Oregon Cider Farms. It is a 'pressing' time of year at Bull Run Cider near Forest Grove in Washington County. They are processing apples with names you've likely never heard Mendocino Cox, Newtown Pippin, Jonwin or Harry Masters Jersey. <http://traveloregon.com/trip-ideas/grants-getaways/oregon-cider-takes-root/>

CIDER Act. Passed by Congress. Cider Industry Deserves Equal Regulation Act (CIDER Act). H.R.2921. This bill amends the section of the I.R.C. to allow cider makers to produce fermented cider using the natural products available without the possibility of facing increased tax liability. Specifically, the legislation (1) increases the carbonation level for cider, thereby meeting customer expectations, (2) includes pears in the definition of "hard cider," and (3) aligns the alcohol content standard for cider with the natural sugar content of apples.

Assorted references were assembled by Marilyn Couture, Gathering Editor.

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The Year of the Quince

CRFG declared this the “Year of the Quince” and featured five speakers at the HOS-NAFEX-CRFG Conference in August. The rock-hard relative of apples and pears, quinces are only edible when fully cooked. After cooking they become pink and meltingly delicious. Served with both savory and sweet foods, they are most commonly preserved as marmalade or paste. Quince paste or Membrillo is frequently served with Manchego cheese in Spain and Portugal.

Quince Paste or Membrillo

Here is a simple recipe for making membrillo (Quince paste). It is time consuming and requires lots of stirring time. Since Quince paste is a gourmet specialty, it can be purchased online year-round or at Trader Joe’s.

2 to 3 quinces Approximately 2 cups of sugar

Juice of 1/2 lemon Pinch of salt

Peel and core the quince. Cut into large wedges. Place fruit in a pot and cover with water. Add lemon juice. Bring water to a boil, and cook fruit until very soft. Drain and let cool for 5 minutes. Process fruit in a food processor or blender until smooth, like applesauce. Measure fruit — around 2 cups — and place in a heavy-bottomed pot. Measure 3/4 of that amount in sugar (so if you have 2 cups, add 1 1/2 cups sugar), and stir sugar into the fruit. Bring sugar and fruit to a low boil and simmer, stirring frequently, on low heat. Cook slowly, keeping the mixture barely at a boil and stirring often to prevent burning, until mixture thickens. Continue to cook over low heat, stirring constantly, until mixture is a thick paste that stays together in a ball. The mixture should seem almost dry, and stretchy. The fruit will change color and become bright orange-red. Pour into a lightly oiled dish and let cool. Slice when firm. Fruit paste will keep for several weeks covered in the refrigerator.

Quince Chutney

This recipe goes well with roast chicken, turkey or pork. In a heavy saucepan, combine:

2 cups each of cored and peeled quinces and apples

1/2 to 1 tablespoon minced fresh ginger root

1/2 to 1 tablespoon crushed dried hot peppers

1 cup each of raisins and chopped onions

1 tablespoon mustard seeds

1 cup each of cider vinegar and apple juice

1 3-inch piece of cinnamon, broken into smaller pieces

2 cups brown sugar

Stirring constantly, bring to a boil. Lower heat and continue cooking slowly for about 1 hour or until very thick, stirring often. Pour into hot sterilized jars and seal. Yields about 3 cups. For conserve, add 1 cup chopped walnuts.

Wintry Quince Bisque

This is a delicious fall or winter soup. It is light and refreshing, and the quince peel provides a lot of flavor.

2 large quinces (about 1 1/2 pounds) unpeeled, quartered, cored and sliced

1/8 teaspoon cinnamon

Pinch of freshly grated nutmeg

3 cups chicken broth

Salt and freshly ground white pepper

3/4 cup creme fraiche

Combine the quinces and the chicken broth in a large soup pot and bring to a boil over high heat. Reduce the heat, cover the pot and simmer until the quinces are very tender (ten or more minutes). Cool, then puree in small batches in a blender or food processor. Return the mixture to the soup pot, stir in the creme fraiche, cinnamon, nutmeg, and salt and pepper to taste. Bring to a simmer and serve immediately. Serves 4 to 6.

Creme Fraiche in One Easy Step

1 pint heavy cream 2 tablespoons cultured buttermilk

Combine buttermilk and heavy cream in nonreactive container. Cover and allow to rest at room temperature until thickened to desired texture, about 12 hours. Store in the refrigerator for up to 2 weeks. Makes 2 cups.

Recipes submitted by Kathy Vieth, Food Editor CRFG.

Queen of Quince, Barbara Ghazarian, wrote *Simply Quince*, 2009, available through Amazon.



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Cold Climate Fruits and Berries Sea Buckthorn or Seaberry

Beverly Alfeld, CRFG

Sea Buckthorn or Seaberry is a fruit most usually eaten after cooking, as it is quite acidic, although fruit lovers more tolerant of tartness can eat them out-of-hand. The fruit freezes well, and is highly nutritious no matter how you might decide to use it. Sea buckthorn plants make good hedges, as their thorns serve as a good deterrent for two-legged or four-legged trespassers.

Seaberry is a deciduous, suckering shrub or small tree of the Elaeagnaceae family averaging 19 feet (6m) by 8 feet with spiny branches, silvery gray foliage, yellow flowers appearing in the spring and orange-yellow berries lingering through winter. The flowers are dioecious (male or female with only one sex on one plant) and are pollinated by wind. Most varieties are hardy in the North. This nitrogen-fixing, pistillate plant is often laden with countless, colorful berries, causing the branches to bow down from the mere weight of spectacular yields. It can grow in nutritionally poor soil or with maritime exposure, but does not grow well in the shade. Its USDA hardiness zone ranges from 3 to 7.

If this fruit interests you, consider the characteristics common to acceptable sea buckthorn varieties: good taste, high fruitacid and ascorbic acid, high yields, resiliency after cutting and pruning, extended fruiting season, fewer spines, lower height growth (for less pruning), weak fruit attachment, and good content of oil, carotene and tocopherol.

Viability as a Commercial Crop There is huge demand for the sea buckthorn fruit. The health benefits are there and the plant is easy to grow, but the fruits are very hard to harvest. People are experimenting with the alternative methods of harvesting, but each method has its advantages and disadvantages. The vacuum-cleaner-like suction methods harvest very slowly, but does not damage bushes and allows for heavy production each year. Another method, chopping of branches and feeding them into a machine that squishes the juice (East German method), causes destruction to the bush that takes 2 to 3 years to recover. It is also possible to cut off the branches and freeze them and then shake off the berries by hand. Picking the fruits by hand is messy and/or dangerous due to the sharp thorns and highly acidic fruit.

Growing Sea Buckthorn like raspberries, the trees sucker quite a bit, so one needs to be prepared. Sandy loam is preferred with a soil pH of 6.5 to 7.5. The male is required for the pollination of the female trees. The females produce the berries.

Sea Buckthorn a Superfruit buckthorn is regarded by many as a superfruit. Up to 190 bioactive chemicals including vitamins C, E, K, beta carotene, unsaturated fatty acids, essential amino acids and flavonoids can be found in the seeds, pulp, fruit and juice. The seed contains an almost perfect 1:1 ratio of omegas 3 and 6 as well as vitamin E. Twenty-eight trace elements including magnesium, calcium and zinc are present in the berry, which also contains the plant sterol b-sitosterol. Because of its high nutritive value, sea buckthorn has not only application in the food industry, but in nutraceuticals, cosmetics, pharmaceuticals and the pet industry.

Best Tasting Sea Buckthorn Varieties Two Russian varieties, Chuskaya and Trofiminkaya, are some of the sweeter tasting ones. Genetics is the main determinant of the berries' flavor.

Growing Sea Buckthorn from Seed It can be grown from seed. However, because the sex of the plant determines whether a plant is a pollinator or the bearer of berries, it is best to buy plants that are 3 years old – and therefore already producing fruit if female.

Purchasing and Growing Sea Buckthorn Sea buckthorn is excellent for soil erosion prevention, land reclamation, wildlife habitat enhancement and nodule rooting capability of fixing nitrogen from the atmosphere. If one wants to have berries, one should be sure that the plants bought are male and female. One male can be adequate for pollinating 8 to 10 females. Because of its habit of suckering, one needs to have the time to keep them at bay or one will end up with a forest that is difficult to walk through. Pruning is essential. Light needs to get to the center of the trees for adequate fruit production, and berries grow on second-year growth.

The **Sea Berry** is prized throughout Europe and Asia for its nutritious fruit, medicinal value, attractive habit and tolerance to even the most inhospitable growing situations. It is an excellent source of vitamins A, E and especially C (7 times the vitamin C as lemons)!





Carmel Spice Pear Butter (“Love in a Jar”)

Submitted by Leslie Rosaschi from Old Canning Book.

15 Bartlett Pears
 2 C water
 6 C sugar
 1 tsp. ground cloves
 1 ½ tsp ground cinnamon
 ½ tsp ground ginger
 2 Tbs. lemon juice

Wash the pears but do not peel or core them, slice pears into a heavy 5 –quart saucepan. Add water, cover, and cook until tender (about 30 minutes). Remove from heat and press the pears through a colander or a food mill. Measure the pear pulp (you should have about 8 cups) and return to the pan. (If yield is 6 cups reduce the amount of sugar by 1 cup).

Using a frying pan, heat 1 1/2 cups of the sugar, stirring until it melts and caramelizes to a medium brown color. Pour immediately into the pear pulp (the syrup will sizzle and harden, but dissolve again as the preserves cook).

Add the remaining sugar, cloves, cinnamon, and ginger. Cook uncovered, until thick (about 45 minutes). Stir frequently as it begins to thicken to prevent it from sticking. Stir in lemon juice just before removing it from heat.

Pour hot mixture into sterilized 1/2 pint jars, put on lid, and crew band tightly. Process in boiling water bath for 15 minutes. Total Time: 1 hr. 50 minutes. Prep Time: 20 min. Cook Time 1 hr. 30 min. Good served on almost everything – especially on ice cream.



Farm antibiotics may be linked to food allergies *Healthday News*

Allergic reactions to food are a concern for millions of Americans, and now a study suggests there's a potential new player on the immunology front: Some people may be allergic to the antibiotics used to keep pests away from fruits and vegetables.

The study profiles the case of a 10-year-old girl who had a severe allergic reaction after eating blueberry pie. She suffered from asthma, seasonal allergies and allergies to milk and penicillin, but nothing in the pie seemed like a likely culprit.

The researchers determined that the problem was a blueberry that had been treated with streptomycin, an antibiotic that's used in people to fight off germs and in plants to keep bacteria, fungi and algae at bay.

"As far as we know, this is the first report that links an allergic reaction to fruits treated with antibiotic pesticides," said allergist Dr. Anne Des Roches, the lead author of the study published in the September issue of *Annals of Allergy, Asthma and Immunology*.

"Certain European countries ban the use of antibiotics for growing foods, but the United States and Canada still allow them for agricultural purposes," Des Roches said in a journal news release.

New federal rules could reduce the level of antibiotics in food, making this kind of incident less likely. "This is a very rare allergic reaction," said allergist Dr. James Sublett, president-elect of the American College of Allergy, Asthma, and Immunology. "Nevertheless, it's something allergists need to be aware of and that emergency room personnel may need to know about in order to help determine where anaphylactic reactions may arise. Anyone who is at risk for a life-threatening allergic reaction should always carry epinephrine. They also need to know how to use their epinephrine in an emergency situation."

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Chapter News
WCFS**Washington State Fair**
Sept. 5 - 21, 2014

Lend a hand to Tahoma Chapter and help man the booth at Washington State Fair. Contact Bill Horn and let him know what shifts you can work. Fair Tickets are available.

Send Bill an email & be sure to include a mailing address for you. Although Evergreen Hall burned down right after the Spring Fair, the Tahoma booth will be in a tent at the same location.

Thanks,
Bill Horn
253-770-0485

hornbill66@msn.com

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**Apple Festival on
Salt Spring Island****Sunday, Sept 28, 2014**

A chance to visit Apple Heaven while still on earth!
Growing over 350 apple varieties ORGANICALLY.

- 1) Apple Festival Website: saltspringmarket.com/apples/
- 2) Apple Festival Past Highlights: www.saltspringapplefestival.org
- 3) Apple Festival Video Channel: youtube.com/user/SSIAppleFestival/videos
www.appleuscious.com

Harry Burton, Salt Spring Island, BC

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Olympic Orchard Society

In August, a small group of OOS Members picked blueberries at a local blueberry farm.

September 9 program features speaker Linda Pfafman on worms and vermaculture. Fruiting on The Olympic Peninsula is about three weeks ahead of schedule so our in house fruit show for OOS Members may be moved up to October 14 instead of November 11.

During the HOS-NAFEX-CRFG Conference Marilyn Couture assisted in housing, registration and led a group through the Columbia Gorge. Her son, Joseph Couture, a geologist, also led a bus of participants through the Columbia Gorge and into the Hood River Fruit Loop.

Note: Sea Buckthorn or Seaberry as described on page 9 is available in Sequim at Sunny Farms. Ji Douglas manages the Farm Store.

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Attention WCFS Members

Want to know instantly what's happening in the organization?

Subscribe to the WCFS Forum. It's a benefit of membership. The Forum is private and closed to the public. It keeps us together and on top of what's happening in our chapters.

Click on this link and follow the prompts:
<http://lists.ibiblio.org/mailman/listinfo/wcfs>

Judi Stewart, Forum Administrator

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Vashon Island Fruit Club

VIFC started the summer off with a tour of Richard & Becky Janke's home orchard and vineyard. Members were able to see their raspberries as well as many other types of grapes and fruits. Berry, lovely garden, thanks for hosting!

In July, club members visited Preben Martin's orchard and vineyard. He has a uniquely situated vineyard of Regent grapes on a southeastern facing slope. A variety of pears, Asian pears, apples and plums, which are 3 to 4 years old are at the lower part of the property. Preben showed us the irrigation system and advised us on the best set up for irrigation systems. Bob Norton reviewed each of the trees in the orchard and gave tips to the audience on pruning, shaping and training of young fruit trees. Afterwards, members were treated to a tasting of Preben's unique cider blend from the fall of 2013.

Later in the month, VIFC hosted a booth at the Vashon Island Strawberry Festival. Volunteer members took 2-hour turns manning the booth by distributing membership information to the public. Thanks to all volunteers who participated.

In early August, the club held its 10th Anniversary Picnic at Sunrise Ridge Orchard. For more detail, please see story.

On August 23rd the club will meet at the two orchards that were pruned last year and early this year. Basics of winter pruning and summer pruning, pome and stone fruits will be discussed Dr. Bob Norton will lead the workshop.

Preparation and planning are being made for Cider fest at the Village Green in Vashon town. This is our club's major fundraiser. A dedicated group of volunteers headed by Ron Weston and Jerry Gehrke, pick and press cider from island grown trees. The fresh cider is available for sale to the public. The club sells apple crisp from our most excellent club bakers. Custom grafted fruit trees adapted to this area will be available for order at this time. Visit us at Vashon Island Ciderfest on October 11!

For more information and current news on the club, please visit us at: <http://vashonislandfruitclub.wordpress.com/>
Carolina Nurik, President

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WCFS OFFICERS AND BOARD MEMBERS

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Links

Here is a list of sites on the web that may be of interest to you.

Related Organizations

Backyard Fruit Growers

www.sas.upenn.edu/~dailey/byfg.html

California Rare Fruit Growers

www.crfg.org

East of England Apples and Orchards Project

www.applesandorchards.org.uk

Indiana Nut Growers Association

www.nutgrowers.org

Midwest Fruit Explorers

www.midfex.org

North American Fruit Explorers

www.nafex.org

Northern Nut Growers Association

www.northernnutgrowers.org

Oregon Sustainable Agriculture Land Trust

www.osalt.org

Western Cascade Fruit Society

www.wcfs.org

Western Washington Fruit Research Foundation

www.wwfirf.org

Home Orchard Society

www.homeorchardsociety.org/

Seattle Tree Fruit Society

www.seattletreefruitsociety.com/

Seattle Tree Fruit Society—Apple ID program

www.seattletreefruitsociety.com/appleid.php

Fruit Research

National Clonal Germplasm Repository

www.ars-grin.gov/cor

Tree Fruit Research and Extension Center, Washington State.

www.tfrec.wsu.edu

Northwest Berry and Grape Infonet.

berrygrape.oregonstate.edu

Pedigree: A Genetic Resource Inventory System

www.pgris.com

Oregon Department of Agriculture

www.oda.state.or.us

Government Sites

US Dept. of Agriculture

www.usda.gov

USDA Agricultural Research Service

www.ars.usda.gov

Helpful Sites

Orange Pippin

www.orangepippin.com

Kiyokawa Family Orchards

www.mthoodfruit.com

Red Pig Tools

www.redpigtools.com

Friends of Trees

www.friendsoftrees.org

Cornell Gardening Resources

www.gardening.cornell.edu

http://www.fruit.cornell.edu/tree_fruit/GPGeneral.html

The National Arbor Day Foundation

www.arborday.org

UBC Botanical Garden

www.ubcbotanicalgarden.org

The Reckless Gardener

www.recklessgardener.co.uk

Farm & Garden

www.farm-garden.com

SeeMeGarden.com

www.seemegarden.com

GardenGuides.com

www.gardenguides.com

VitiSearch: Helpful Resources about Grapes

www.vitisearch.com

Avant-Gardening: Creative Organic Gardening

www.avant-gardening.com

The Hardy Plant Society of Oregon

www.hardyplantsociety.org

Ask the Berry Man

www.asktheberryman.com

BackyardGardener.com

www.backyardgardener.com

Tom Brown's website

www.applesearch.org

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