

Fall

2023

the BeeLine

Fall 2023

Newsletter of the Western Cascade Fruit Society



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

Many Hands Make Small Work

Covid has been with us for about three and a half years. During that time many tasks that previously seemed simple became more complex. It's been three years since Marilyn Couture stepped down from her position as BeeLine Editor. No WCFS Member has since been able to fill Marilyn's shoes.

This issue of the BeeLine is an experiment that if successful will take the burden off an Individual and replace the Individual Editor with Rotating Teams of Editors from each WCFS Chapter, significantly reducing the burden on one Person and spreading that work around to many Members, giving more people the opportunity to become actively involved in their WCFS!

On the pages that follow you will find a mix of articles from various sources with some reprints from the STFS Urban Scion Post, notices of significant upcoming Events including Fall Fruit Shows, links to Fruit and Gardening Websites, and many photographs intended to perk your interest in Growing Fruit and the Friendships with like-minded Folks.

Please take the time to share your thoughts on the New BeeLine, suggest Articles to reprint from other sources, Links you would like to see included, and Fruit Websites of WCFS Members. You can submit your comments for consideration by future Rotating Editor Teams and the WCFS Board.

Welcome to the Home Orchard Society 1975-2020

The Home Orchard Society was established in 1975 as a nonprofit educational organization dedicated to assisting both novice and expert fruit growers, preserving heirloom fruit varieties, and promoting the science, culture, and pleasure of growing fruit at home. Our original 59 charter members grew into this nonprofit, educational and self-help organization that at one point had well over 700 members scattered worldwide. The vision of "growing good fruit at home" has taken root.

The Home Orchard Society served the Pacific NW community and beyond by providing accessible resources and hosting learning events for fruit growers of all skill levels. The work of Home Orchard Society preserved disappearing heirloom fruit varieties, and shared the history, culture and heritage of the Pacific NW's 19th and 20th century pioneer orchards.

The Home Orchard Society concluded operations on December 31, 2020 – closing out a 45 year history. The Board greatly appreciates those who have contributed to the success of HOS over the years. Please continue the tradition of sharing your knowledge and skills with your community and other organizations. This website has been archived for historical purposes and may only occasionally be updated. The forum community will continue at <https://forums.homeorchardsociety.org/>

Home Orchard Society 1975-2020

The announcement above from the HOS Website: <http://www.homeorchardsociety.org/> was sad news to many of us in the Pacific Northwest. HOS was once the second most active Regional Fruit Organization in the Western USA, next only to California Rare Fruit Growers (CRFG) in the activities they offered Members.

Fortunately their legacy continues in two current Organizations. The Temperate Orchard Conservancy (TOC) located in Oregon and dedicated to preserving cultivars of fruit that were once popular among Home Gardeners and Orchardists in the Pacific Northwest and beyond.

See their website: <https://www.temperateorchardconservancy.org/> for information about the TOC Mission.

The other organization filling the void created when HOS disbanded is the Home Orchard Education Center: <https://www.homeorchardeducationcenter.org/> Located at the Clackamas Community College 3/4 acre Demonstration Orchard that was previously maintained by HOS, they offer Educational Workshops, a CSA, and numerous opportunities for Volunteers to share in the bountiful harvest from the Orchard.



About the TOC

Temperate Orchard Conservancy (TOC) was established in March 2012 to preserve and share the genetic diversity of tree fruits that are grown in the temperate climate zones of the world.

TOC has completed cloning the Nick Botner Collection of apple trees and continues to add other heirlooms varieties from many generous collectors across the country. The TOC collection of apple trees is now the largest of its kind in the United States. The trees are being established at their permanent home, Almaty Farm in Molalla, Oregon. By the end of December 2018, TOC had grafted approximately 5,000 distinct apple varieties.

Goal of TOC

The goal of the Temperate Orchard Conservancy (TOC) is to preserve and share the genetic diversity of tree fruit that can be grown in the temperate climate zone of the United States and other countries.



Mission of TOC

- . To clone the private Botner collection of tree fruit varieties as well as numerous other orchards and establish an organized orchard able to grow and sustain up to 15,000 trees.
- . To establish a science research center for the genetic testing of temperate tree fruit, the identification of tree fruit varieties, and the preservation of heirloom and historic specimens.
- . To develop and maintain an education facility and a library for the provision of formal and informational education programs related to the preservation and perpetuation of temperate zone tree fruit.

* * * * *



For many people, “fruit” means “sweet”. But there are many kinds of fruit that have flavors with much more complexity: a touch of bitter, a balance of sharp, and flood of aroma. The 21st century seems like a good time for us to expand our palates and try some new kinds of fruits, and maybe even some other exotic foods.

I have recently become interested in damson plums. Now the season for asian plums has arrived. Although many people rave about the Shiro plum, I find it only sweet and insipid. The Italian prunes that ripen in September are flavorful, a good balance of sweet with tart, if picked when approaching ripeness. But these types of asian and european plums just don't appeal much to me. Sometimes I tell people I don't really like plums. But then I find an obscure type that I do really enjoy. A Mirabelle of perfect ripeness is an explosion of intense flavor. Wild plums have that delicious tangy flavor with just an edge of bit-terness. That is the direction I am heading in my search for an interesting fruit. And the damson plum is right in that target zone. Sadly, damsons are pretty difficult to find in western Washington. Hopefully people will become more familiar with the damson cultivars that are available at local nurseries like Raintree and One Green World.

The damson (*Prunus domestica insititia*) was first cultivated in the area around the ancient city of Damascus, capital of modern-day Syria, thus its name. The Romans took the damson to Europe and on to England; where it proliferated in the mild weather. The Roman cook Apicius provided a recipe for a damson, lovage, cumin, celery seed and vinegar broth to accompany roast duck that sounds delicious.

Evidence of damson is found in many British archaeology site. The Anglo-Saxons used the damson skins for dying wool. In later centuries, Market Drayton in Shropshire was famous for its annual Damson Fair, where Lancashire mill owners would buy the fruit to make dye for their cotton and woolen cloth. The color varied according to the mordant (fixing agent) used. For example, ammonia turned the cloth green and army uniforms in WWI were dyed khaki with damsons. An acid modifier was used with damson skins to make blue-grey dye for RAF uniforms in WWII and for the hat trade.

The English damson has also long been prized as the quintessential culinary plum, and was widely grown in medieval monastery gardens. Damsons were most commonly grown in northwestern England, but the scarcity of sugar during and after World War II for making preserves resulted in a significant decline in the cultivation of damson in England.

There are several other types of prunus fruits that are similar to damsons. Sloes generally found in the wild, have a very distinct green flesh with their blue-bloomed dark purple skin, as do damsons but sloe fruits are about half the size of the damson. Sloe foliage has wicked thorns, whereas the damson is almost thorn-free, making it a friendly garden tree. The subspecies of *Prunus domestica* frequently interbreed in the wild, so if you find a slightly thorny oversized “sloe” bush, then it may be a bullace. These hybrids fall between damsons and sloes and are thought to be another man-made cultivar. Research through old plant catalogues suggests there were types available in different areas but all broadly identifiable as bullaces. Damsons are to this day available in many varieties from commercial nurseries. But „wild_ damsons, bullaces and feral plums are can be found growing along stream banks and other suitable habitats.

Damson trees were brought to California by the early 1850s and used for home orchards. Damsons work well in smaller gardens as the trees are much smaller than other plum trees, from 12 to 15 feet. They are self-fertile and require only moderate pruning for maintenance. The damson trees and fruits have few pests and diseases. They do well in warmer climates like Syria and California, but also grow fairly happily in milder, wetter climates like England and the Pacific Northwest.

Damsons are clingstone, with soft, yellow flesh and a rich indigo blue, red, or purple skin. The fruits are generally oval-shaped and slightly pointy at one end. There are several cultivars of damson, each of which has a slightly different color and taste. It's hard to pinpoint one particular flavor of damson because they vary so much. The flavor can be either sweet or tart, depending on the cultivar, but all have at least a slight edge of bitterness, a unique flavor which differentiates them from all the other European plums.



The canton of Jura in Switzerland is famous for its damsons. As with most things Swiss, the harvest of damsons is highly regulated. During the harvest season of late July to early August, the damson must never be picked, as picking the fruit affects its flavor when making damassine. This is why local farmers have to wait until the ripe damsons fall into nets, suspended like swings, from the branches of the trees, before they can gather them. Damsons gathered during the first collection of the morning tend to be used more often in the production of damassine, the local eau-de-vie. Farmers harvest ripe damsons almost as soon as the aroma of the falling fruit fills the hot air in the last weeks of July. The harvest period invariably ends in August, when autumnal mists descend on the hills of the La Baroche region of Jura. The trees whose plums give the best eau-de-vie are like vines: the older plants produce the best wine.

Damsons are also distilled into slivovitz, each region of eastern Europe having its specific local damson, and its own recipes, sometimes including herbs and spices. The famous damson brandy of Trojan, Bulgaria has been distilled in the Trojan monastery since its founding in the 14th century and is made from local damson and their pits. Poland, Slovakia, the Czech republic, Moravia and Serbia all produce damson brandies that are a part of their cultural traditions.

The damson is most commonly used to make a specialty preserve, but can be preserved in many other ways. Damson cheese is similar to quince paste, and is typically eaten as an accompaniment to cheeses. It can be molded into intricate, decorative shapes, and can be aged for at least five years, like a fine wine, retaining its fruit character while developing a darker, mysterious flavor.

If you are now convinced that a damson tree is required in your own orchard, certain cultivars can be purchased from Raintree Nursery, One Green World, Dave Wilson Nursery, Stark Brother Nursery, among others.

Sources:

"The Fruit Manual". Hogg, Robert. Cottage Garden Office, London (1860)

Bug Woman, Adventures in London: Wednesday Weed-damsons.
www.bugwomanlondon.com

"Guide to Damsons". Daw Sizer. Self published. Oct 2013

DAMSON CULTIVARS

The "Shropshire damson" (Prune Damson, Long Damson, Damascene, Westmoreland Damson, Cheshire Damson) is a very old cultivar, with oval, blue-purple fruit, known for its full, rich, astringent flavor. Particularly suitable for canning.

"Aylesbury Prune" (Bucks Prune, Michaelmas Prune) is a somewhat feral damson from the area of Buckinghamshire and Berkshire. Relatively large-fruited, but poor for canning.

"Frogmore Damson" is a cultivar developed in the 19th century at the Royal Gardens at Frogmore, raised by the head gardener Thomas Ingram. The fruit is sweet, roundish, purplish-black and ripens in early September.

"King of the Damsons" (Bradley's King) is a late-season cultivar from Nottinghamshire. The tree is very vigorous and spreading. The fruit is medium to large, oval and purple with somewhat dryish flesh.

"Merryweather damson" is also from Nottingham. It was developed by Henry Merryweather in 1907, and although the parentage is not known, it may also have some domestic European plum ancestry. The fruit is large, deep blue, and noticeably sweet when ripe, although it does have the typical damson astringency.

"Early Rivers" was raised by Rivers' Nursery from a seed of St. Etienne, released in 1871. This is one of the earliest damsons, ripening in mid-August. The fruit is small, roundish, red-purple with a chalky bloom. It is very juicy but does not have a true damson flavor.

"Farleigh" (Crittendon's Prolific, Strood Cluster) is a compact tree, with small, round, black fruit with a blue bloom, ripe in mid-September. A very heavy bearer. It is named for the village of East Farleigh in Kent, England, where it was raised by James Crittendon about 1871. Best known as a cooking plum.

"Blue Damson" (as offered by Willis Orchards) Round to oblong, smooth, shiny deep purple to black skin. Firm amber flesh; spicy, tart flavor.

PICKING PEARS**By Robert A. Norton, Jackie King, Gary A. Mouton, WSU**

A frequent question every year as fall approaches is "When should I pick my pears?" Most people know that if you let pears ripen on the tree, they are likely to break down at the core and be soft and mushy when eaten or canned.

Commercial growers use a pressure tester to determine proper pear maturity for harvest. By determining the pressure necessary to puncture the flesh, they can determine when pears are ripe enough to pick, but not overripe. What do you do if you don't have such an instrument?

In most years we can determine within a week or two, when individual pear varieties should be getting close to proper maturity. The following table should cover Western Washington fairly well. Choose the earlier date for Southwest Washington and the later date for more northerly or colder areas.

The next step in determining picking readiness is ease of fruit removal. If you notice several pears dropping from the tree, you may already be too late, but it's a pretty sure sign they should all be picked.

Better yet, every few days as you approach the harvest period shown above, give the pears the "lift test." Putting your index finger on the stem, lift the pear from its hanging position to a horizontal or flat position, perhaps with a slight twist. If the fruit snaps off cleanly between the stem and the twig, the pears are ready to strip from the tree. If you have to wrench off the fruit, either breaking the twig or the fruit stem, the fruit is probably not ready. Note that on larger trees, fruit growing in the top often ripens earlier than fruit in the shaded interior.

Certain late ripening pear varieties such as Anjou,

Bosc and Comice may not ripen properly if just picked off the tree and allowed to ripen naturally. These varieties, particularly Anjou, need 3 - 4 weeks of storage at 32° - 45°F. This can be done in a refrigerator or possibly in a cool root cellar. Some kind of wrapping to reduce shriveling is a good idea.

How about Asian pears? These are easy since they ripen on the tree. Simply sample them from time to time as they ripen from greenish to various shades of yellow or orange. When they taste good, pick them. You don't have to pick them all at once, but if they are left on the tree too long, they may develop a "winey" taste that you may not like.

Pear Variety	Estimated Picking Date
Clapp Favorite	Aug. 20 - Sept. 1
Bennett	Aug. 22 - Sept. 3
Bartlett	Aug. 25 - Sept. 5
Aurora	Aug. 19 - Sept. 9
Rescue	Aug. 25 - Sept. 10
Orcas	Aug. 28 - Sept. 15
Sirrine	Sept. 4 - Sept. 12
Flemish Beauty	Sept. 10 - Sept. 26
Comice	Sept. 19 - Oct. 9
Seckel	Sept. 25 - Oct. 9
Highland	Sept. 25 - Oct. 12
Anjou	Sept. 25 - Oct. 15
Bosc	Sept. 25 - Oct. 15
El Dorado	Oct. 1 - Oct. 21



Pear Problems

By Marilyn Tilbory, STFS

About 1990 some nursery stock including junipers infected with *Gymnosporangium sabinae*, a fungal rust disease, were imported from Germany to Vancouver BC. The disease caused by this fungus on junipers is only noticeable during moist periods in April or early May when orange jelly-like fruiting bodies appear, so it escaped detection by the Canadian plant protection service on these young nursery plants.



Unfortunately this disease has obligate hosts—European pears, *Pyrus communis*, Chinese and Vietnam pears, *Pyrus calleryana* and Asian pears, *Pyrus pyrifolia*. It is a serious disease of pears in Europe and is commonly known as European pear rust. Here the same disease is usually called pear trellis rust.

Before the Vancouver folks comprehended what had happened, their ornamental Bradford pear street trees, a cultivar of *P. calleryana* which were often underplanted with susceptible junipers along boulevards, developed so many rust lesions on their leaves that the pear trees had to be removed.

If the only junipers in the area were those under the street tree pears, removal of them would have saved these trees, but junipers are a common component of urban gardens and those were also now becoming infected with this fast spreading fungus. By 1997 this new rust disease had been observed in Bellingham and it was found along the east coast of the US by 2012.

Several *Gymnosporangium* species cause rust diseases in various rose family fruit trees. They each have at least one juniper evergreen winter host and a rose family deciduous summer host. The evergreen host is minimally

affected by infection but the poor summer host may die if defoliated over several years. This summer saw a number of pear street trees here succumb to pear trellis rust and drought stress.

If you grow pears, what to do? Most junipers in the nursery trade are susceptible to this rust but three species are highly resistant: *Juniperus communis*, *J. horizontalis* and *J. squamata*. Removing susceptible and almost certainly infected junipers growing within one hundred feet upwind of pears may help enough to enable growing pear trees tho they will still suffer some rust damage. Fungicides are ineffective and are not registered for this disease on pears.

Folks from the eastern US are familiar with cedar-apple rust, another *Gymnosporangium* species which has *Juniperus virginiana* (known as “eastern red cedar”) and a number of other junipers as the alternate hosts. It has not come to our area yet. There are also cedar-quince and cedar-hawthorn rusts with various susceptible species of junipers as winter hosts.

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Gymnosporangium has another trick up its sleeve. In addition to many junipers as winter hosts, a species originating in California, *Gymnosporangium libocedri*, uses incense cedar (now botanically known as *Calocedrus decurrens* rather than *Libocedrus*) as its evergreen winter host. Incense cedar is native to western CA and OR and grows well in WA and BC. Its summer host is, alas, pear, and thus this disease is called West Coast pear rust.

The disease has now spread up the coast to our area where it causes fruit drop of young pear fruit wherever incense cedars are infected. Since incense cedars can be tall trees, rust spores can spread over a large area. The only control for pears is removal of the incense cedars.

By now eastern researchers have developed lists of apple cultivars and their relative susceptibility to cedar-apple rust. Highly resistant apples include Enterprise, Liberty and McIntosh.

Pear cultivars also have variable susceptibility to pear trellis rust so perhaps with time a similar list can be developed for the European and callery pear cultivars grown in our maritime area. It's likely that there is also relative susceptibility to West Coast pear rust. These two diseases affecting our pears are only a problem in areas with wet springs, like ours.



Pear Trellis Rust on leaf top



Pear Trellis Rust spore cases on same leaf bottom

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Recipe for Fun

Autumn Fantasy Fruit Salad-feeds 1-5 people

Ingredients:

1 Apple, cored & sliced
1/4 cup Aronia
1/4 cup Berries
1/4 cup Cornus mas, pitted & chopped
1 large Fig, chopped
1/2 cup Seedless Grapes, whole, stems removed
1 large Kiwifruit, peeled & diced (or 5-10
Kiwiberries cut in half)
1 Medlar, peeled, cored & sliced
1 large Paw Paw, seeded and chopped
2 Pears, (1 Asian & 1 European), cored & sliced
1 Persimmon, seeded and chopped
1 Quince, peeled, cored & sliced
1/2 cup Ginger Ale
Fresh Home Grown Nut meats chopped for garnish

Preparation: Time varies significantly as some ingredients are not available in grocery stores but may be found in Home Gardens.

Wash, peel, core, remove non-edible seeds, and slice or chop all Ingredients as necessary. Mix in large bowl. Pour Ginger Ale over ingredients and stir to coat all fruit. Allow to set in refrigerator for 15 minutes or more depending on your preference. Remove from refrigerator and stir again to coat all fruit with the Ginger Ale.

Serving:

Fill individual pint bowls with Autumn Fantasy Fruit Salad & top with Nut meats for Garnish. Add plain Yogurt if you like or serve Yogurt as a side dish. Pairs well with your favorite Cider.

Autumn Fantasy Fruit Salad, option 2- feeding large groups:

Since the most time consuming part of making Autumn Fantasy Fruit Salad is finding the ingredients, many of which are not available in local Grocery Stores, there is an alternative!

Come with a group of fruit growing friends and attend a WCFS Chapter Fall Fruit Show.

Granted, you won't get the fruit in a salad but you may find and possibly sample fruits that you haven't tried before, as well as enjoy the company of knowledgeable Home Fruit Growers!



2023 Fall Fruit Shows**PENINSULA FRUIT CLUB'S****FALL FRUIT SHOW****OCTOBER 28, 2023****10 AM – 4 PM****WEST SIDE IMPROVEMENT CLUB****4109 WEST E STREET, BREMERTON 98312****TAKE LOXIE EAGANS BLVD EXIT OFF HWY 3**

- Fruit tasting
- Apple identification
- Pest and disease tips
- Mason bee information
- Speaker presentations
- Learn about growing fruit
- Ask an expert





Past Fall Fruit Shows:

HOS All About Fruit Show October 10, 2009



HOS All About Fruit Show October 9, 2010



Over 30 Kiwiberry varieties



Over 50 Grape varieties





STFS Fall Fruit Show October 23, 2011



STFS Fall Fruit Show October 14, 2017



RESCUING A FIG TREE by kiwibob - STFS

In response to the following question

"Hello, We have had this Desert King fruit tree for about five years, and as you can see, the limbs are too heavy for the trunk. The tree is producing great fruit, but the limbs just can't support the weight. I know I can prune 1/3 of the limbs in the Spring, but I'm wondering what can be done until that time comes? I would greatly appreciate any advice you can provide. This fig tree is located on the Sammamish Plateau if that helps you. Thank you very much."

* * * * *

Choosing the appropriate form for a Fig tree depends on several factors including Variety, Climate/Microclimate, and ability to prune and harvest the tree. Some basic knowledge about edible Figs (*Ficus carica*) is a good place to start.

The edible fig is neither a fruit nor a flower. It is called a "Syconium" which is a hollow structure with flowers covering its inner surface. These flowers are either male (staminate) or female (pistillate). Female flowers occur in all Fig syconium, and both occur within Caprifig syconium. Some varieties require pollination (caprification) to set and mature the syconium while others don't. There are four types of figs: 1-Caprifigs which describes all Figs with male flowers in their syconia, & may or may not set a first crop of their three annual crops. The following three types are capable of setting two crops a year, the Breba (first crop) and the Main (second crop): 2-Smyrna type figs which contain only female flowers. This type rarely produces a Breba crop (first crop). It requires caprification by a specialized wasp to set either crop of figs. 3-San Pedro type figs which generally set a good Breba crop but requires caprification to set the Main crop. 4-Common type figs which may set no Brebas, have a moderate, or a good Breba crop. Figs of both the Breba crop and Main crop common figs mature without caprification.

Since the Blastophaga wasp which "caprifies" figs is not present in Washington, you can forget growing the Smyrna type here. With few exceptions, figs grown outdoors in our area rarely if ever set and mature more than the Breba crop due to lack of heat during our growing season. Only in low-lying protected micro-climates like some areas of Vashon and Bainbridge Island is it possible to reliably set a Main crop without extreme measures like potting the tree and moving it indoors for the winter or burying it in mulch.

Pick a pruning method:

Breba Crop Figs always form just above the leaf petiole scar on the previous year's wood only, not on current year's growth or wood that is more than one year old! To get maximum Breba production each year in the Puget Sound Region, I've come to the conclusion that Fig trees are best pruned as a multi-"trunk" shrub rather than a tree form. Each Spring before budbreak, prune out the tallest one of every three "trunks" at or very near its source by the ground. By pruning this way on an annual rotating basis, you stimulate new trunks growing from the base and have the other two of every three "trunks" able to

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to produce Brebas, with no need to climb a ladder to prune or pick the Figs. Other people prefer to prune their Fig trees in a conventional tree-form with a main trunk, several primary scaffold branches, each with several secondary scaffold branches. Generally you will need to use a ladder to pick and prune Fig trees in this form!

To see videos of pruning Desert King Fig trees in this Region, check out these links:

<https://seattlegardenfruit.blogspot.com/2017/04/how-to-prune-desert-king-fig-for-max.html> for the multi-“trunk” shrub, and https://www.youtube.com/watch?v=RB0D_tuKgtQ for the conventional tree-form. To see some examples of what not to do, see my website: <https://kiwifruitsalsa.wordpress.com/page/F9.4>

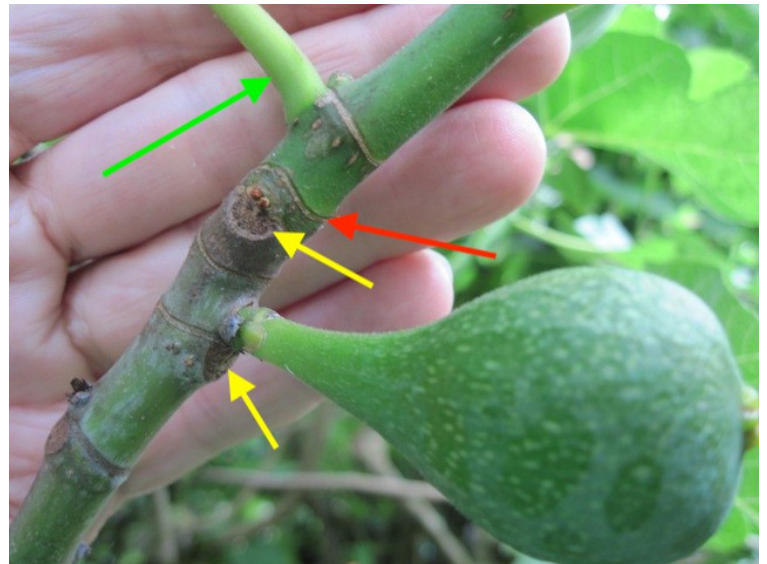
My answer:

To answer the question posed at the start of this article, you can prune Fig trees any time of year that suits you. Although I haven't done any in-depth studies of timing, my best results have come from late Winter or early Spring pruning before budbreak. Choose the pruning form that works best for you, and realize that you may have to sacrifice Fig production entirely for a few years until your tree adapts to the chosen form. Keep in mind that Desert King is a San Pedro type fig that produces the greatest number of Breba crop Figs of any variety we can grow here, and it's also capable of putting on 4-8 feet of new growth on vertical trunks/limbs each year!

Enjoy the fruits of your labor, kiwibob



Almost ripe Desert King Brebas, the Raccoons got them all before the next morning!



Desert King Breba just above last year's leaf petiole scar. Petiole scars at yellow arrows. Current year's growth above red arrow. Current year leaf petiole at green arrow.

STFS member Book Review:

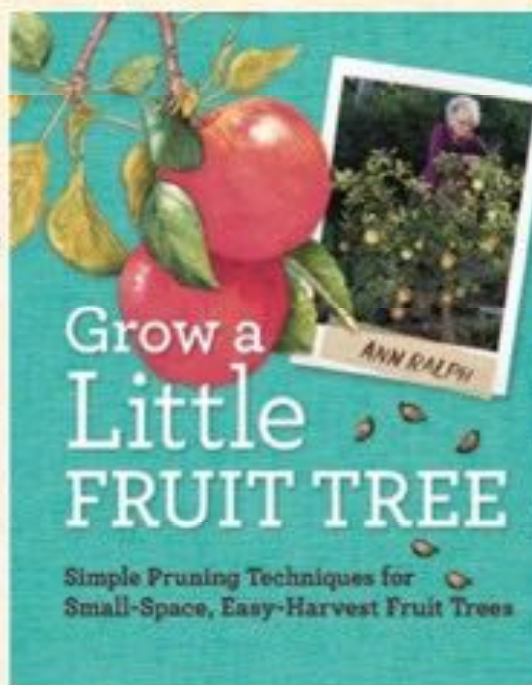
Grow a Little Fruit Tree by Ann Ralph

As an urban or suburban gardener, growing an assortment of full-size fruit trees is clearly not an option. Dwarf trees sound great, but the term "dwarf" is slippery. Genetic and ultra-dwarf fruit trees stay short, but limit your choice of varieties. Their small root systems compromise a tree's anchoring and health. In contrast, semi-dwarf rootstocks are the industry standard and excellent rootstocks for lots of reasons, but don't control size the way people expect, often with shocking results. Grafted combination or family trees pose the challenge of keeping the most precocious variety from taking over. Instead, the author recommends that you choose your favorite variety first, grafted to rootstock that works well with your soil and climate. With the Short Fruit Tree Method, outlined in Chapter 2, she solves the height challenge with well-timed pruning.

The book spans many topics such as close-planting techniques, pruning styles and seasons (the advantages of winter and summer pruning), helpful rootstock, scion wood, and disease information — even citrus — and the bravest chapter of all, Chapter 6: *The Hardest Pruning Cut You'll Ever Have to Make*.

I found Ann's style of writing engaging and easy to translate into my mini-orchard setting. Her method saved me many hours of 'out of reach pruning' and saved me from being overwhelmed. Ann is exceptionally skilled at distilling and reformatting fruit

growing and pruning information, so an average home gardener can understand this complex topic and actually put it to practice. She sums this up beautifully on page 11: *Why Little? This book offers a revolutionary vision for backyard fruit trees: a simple and ingenious technique that uses timed pruning to keep fruit trees as short as six feet tall... they are easy to care for and produce fruit in quantities we're likely to be able to use. Small trees create the opportunity to have more trees in the backyard and to plant different varieties of fruit to ripen all summer, through fall, and even into winter.*



In my opinion, this shift in mindset is at the essence of this book. It is written for us home growers. We are also the end consumer. The goal of an average family isn't to grow the most fruit. In a way it's similar to buying fruit at the market. The goal is to have access to a variety of beautiful, healthy fruit you can reach, and care for, with both feet on the ground. Think **about it!**

I've read this book for the third time now and it gets better each

time, well no - not the book. I get better each time as my understanding and orchard practice deepens.

Ann's website: www.littlefruittree.com -Goodie U (STFS mbr)

Buy the book: <https://www.indiebound.org/book/9781512120546>

SPL: <https://seattle.bibliocommons.com/item/show/3079251030>

This Old House:

<https://www.thisoldhouse.com/landscaping/21018751/grow-little-fruit-trees-for-big-rewards>

Publisher's Weekly:

<https://www.publishersweekly.com/978-1-51212-054-6>

<http://www.sfchronicle.com/homeandgarden/article/Planning-to-grow-fruit-trees-Start-here-14515140.php?cmpid=ss-stfs-rcsult>



Apple Oatmeal Maple Breakfast Pudding

Contributed by Tracey Bernal

I decided on this autumn appropriate recipe to use up my homemade almond milk, which doesn't keep more than a few days after making it. There are very few Akane apples on our tree this year, so I was able to use some of the far from perfect ones. I usually give away some of the nice looking apples, but this year, I'm keeping them all.

This recipe can be assembled the night before and refrigerated until time to bake it (just add another 5-10 minutes to the baking time), or it can be baked immediately after mixing up the ingredients.

Adapted from the book *Rise and Run: Recipes, Rituals, and Runs to Fuel Your Day*, by Shalane Flanagan & Elyse Kopecky

2 cups rolled oats
¼ cup ground flax seeds
1 ½ teaspoon ground cinnamon
½ teaspoon ground cardamom
¼ teaspoon fine sea salt
1 teaspoon baking powder
4 tablespoons butter, melted
2 eggs
1 ½ cups whole milk, nut milk, or water, or a mix of water and your choice of milk
¼ cup maple syrup
2 cups cored and diced apples
1/3 cup chopped pecans
Yogurt and additional maple syrup for serving, if desired

Preheat the oven to 400 degrees F. and butter a 9 inch baking dish.

Combine the oats, flax, cinnamon, cardamom, salt and baking powder in a large bowl.

Make a well in the center of the combined dry ingredients and crack the eggs into the well, followed by the milk, maple syrup and half the melted butter. Whisk well and stir in the apples and nuts. Scrape out into the buttered baking pan and smooth the top, then drizzle the remaining melted butter all over the top. Bake on the center rack of the oven until set in the middle and golden on top, about 40 to 45 minutes.

Cool slightly before cutting into squares and serving, topped with a little yogurt, maple syrup and a few blueberries (if you still have some you can go pick right now from the garden.)



from the Fruitful Kitchen: **Spring Avocado and Berry Salad**

Ingredients

Ruby Red grapefruit
2 or 3 small limes, juiced
Pinch of sugar
Salt and pepper
¼ cup extra virgin olive oil
9 medium strawberries
2 large firm-ripe avocados
½ jalapeno, seeded, or not, finely sliced
¼ teaspoon pink peppercorns, crushed lightly
Fresh cilantro leaves
A few fresh basil leaves torn, if you have some

Instructions

Peel and section the grapefruit, saving the juice. For the dressing, combine the juice with juice of 2 of the limes in a jar with the sugar, salt, pepper, and oil; shake to blend.

Slice the strawberries however you like. Slice the avocado and sprinkle with juice from the remaining lime.

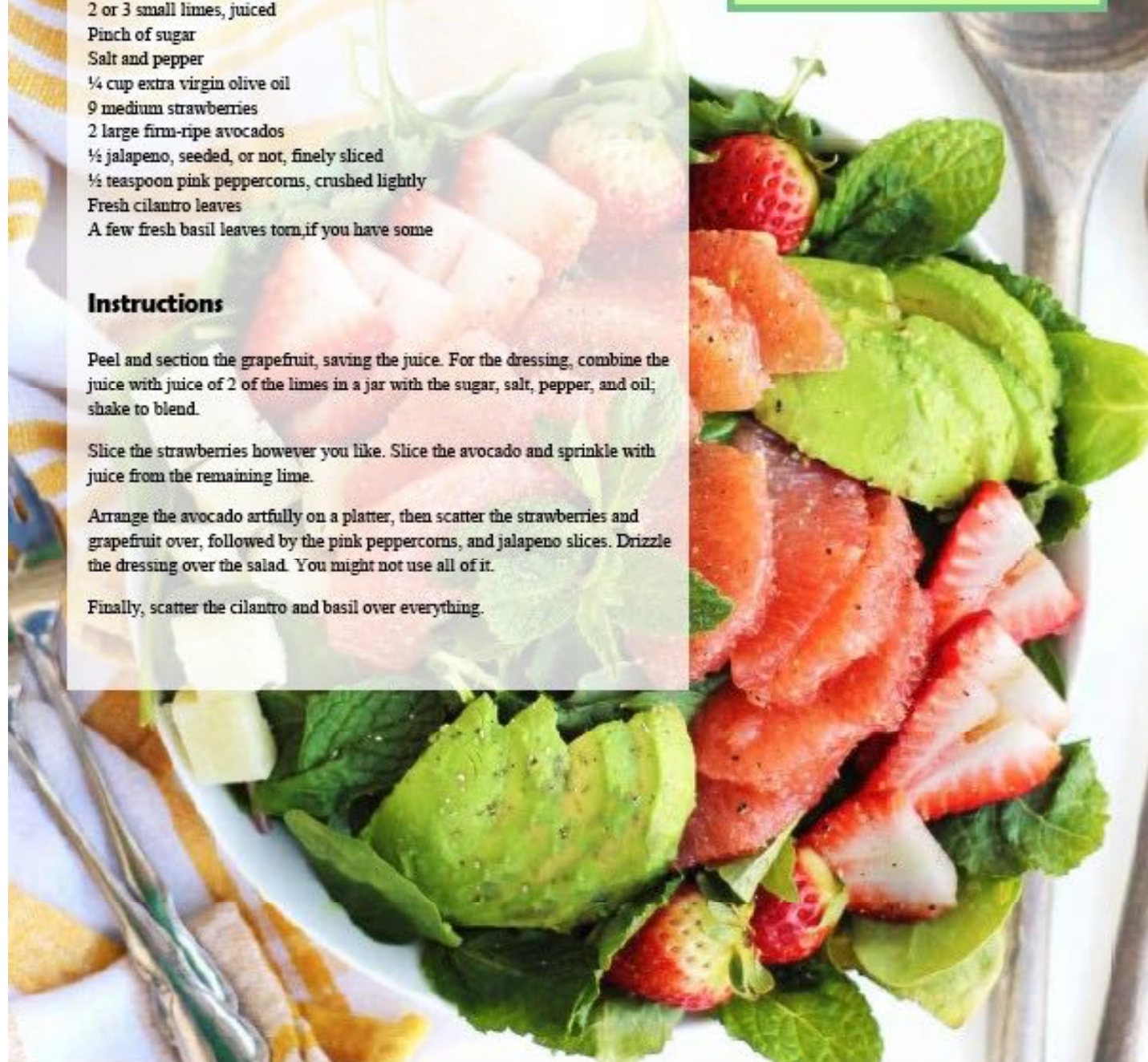
Arrange the avocado artfully on a platter, then scatter the strawberries and grapefruit over, followed by the pink peppercorns, and jalapeno slices. Drizzle the dressing over the salad. You might not use all of it.

Finally, scatter the cilantro and basil over everything.

I made this wonderful salad a few times over the past couple of years since I acquired the book *Every Day Dorie* by Dorie Greenspan, from which the recipe is adapted. It is good even using California strawberries, and there are still very good grapefruits available as the strawberries are arriving.

Contributed by Tracey Bernal

Photo: Rhubarbarians



**WCFS Chapter News**

(Future Chapter News will go here)

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WCFS OFFICERS & BOARD MEMBERS

President Ron Weston
ronweston09@comcast.net
Vice President Darren Murphy
Gardendadbi@gmail.com
Secretary Carlyn Syvanen
syvanenx@teleport.com
Treasurer Jerry Gehrke
jerrygehrke60@gmail.com

Directors

2021 Steve Vause
Svause@teleport.com
Elizabeth Vogt
eavogt@comcast.net
2022 Jackie Furrey
Jackie_furrey1@yahoo.com
2023 Bill Horn
hornbill66@msn.com
Patti Gotz
pls.gotz@gmail.com
Paul Gotz
paul.gotz6@gmail.com

Chapter Presidents

Bainbridge Island Darren Murphy
Gardendadbi@gmail.com
Olympic Orchard Amy Preusser
apreusser@yahoo.com
Erik Simpson
orchards42@olypen.com
North Olympic Duncan Haynes
haynesduncan@gmail.com
Peninsula Stuart Gergen
sgergen@gmail.com
Seattle Tree Fruit Mike Ewanciw
mikewan@aol.com
Snohomish County Cynthia Smith
snohomishcfs@gmail.com
South Sound Deb Jaqua
ssfsoly@gmail.com
Tahoma Paul Mallary
paulmallary@gmail.com
Vashon Island Ann-Charlotte Gavel (Lotta) Adams
lotta@uw.edu

Links

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

Related Organizations

Backyard Fruit Growers

www.byfg.org

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

Western Cascade Fruit Society

www.wcfs.org

Western Washington Fruit Research Foundation

www.wwfrf.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

Tree Fruit Research and Extension Center,

Washington State.

www.tfrec.wsu.edu

Pedigree: A Genetic Resource Inventory System

www.pgris.com

WCFS Member Websites

Kiwibob's Website - Kiwis & Figs

<https://kiwifruitsalsa.wordpress.com/>

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.cals.cornell.edu

The National Arbor Day Foundation

www.arborday.org

UBC Botanical Garden

www.botanicalgarden.ubc.ca

The Reckless Gardener

www.recklessgardener.co.uk

GardenGuides.com

www.gardenguides.com

Avant-Gardening: Creative Organic Gardening

www.avant-gardening.com

The Hardy Plant Society of Oregon

www.hardyplantsociety.org

BackyardGardener.com

www.backyardgardener.com

Tom Brown's website

www.applesearch.org

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