

LOS ANGELES CHAPTER

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<http://www.crfg-la.org>



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JULY MEETING

Date: July 28, 2012

Time: 10:00 A.M.

Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91316

Program: Charles Portney, a life member of our LA Chapter as well as the West LA Chapter has a beautiful organic garden consisting of about 200 fruit trees and multiple herbs and spices. He also grows over a hundred varieties of vegetables.

Charles will talk to us on the underlying principle of all organic gardening; taking care of the soil. Pay attention to the health of the soil and the soil will take care of the health of the plants. FDR said, "the nation that destroys its soil destroys itself". Building up the soil results in more successful edible gardening with ultimately less work.

Charles will also be generously donating the following plants for our plant sale: tamarillos, sugar-cane, babacos, cherry of the rio-grande, blackberries, peppinos, thornless cactus pear, pineapple sage, etc.

Charles has requested that before our members have a chance to get to the plants, he be given an opportunity to discuss what he has brought in for the sale. Please note, that none of these items will be available until **after** the lecture is over and **David** officially opens up the plant sale. Let's follow **Charles'** generous lead and also bring in plants for the sale

ATTENTION ALL MEMBERS!! If your last name begins with **A-M** please bring something for our **July** tasting table. Please **label** whatever you bring.

AUGUST MEETING

Date: Saturday, August 25, 2012

Time: 10am

Place: Gery Katz' garden

Program: Gery Katz will open up his garden to us. You may remember visiting his home in Somis in 2009. It was great then, it is fantastic now! What a collection of fruit he has and so beautifully landscaped. Some of the unusual stuff he has is a Chilean wine plum that is delicious, canistel, goji berries, wampi, and then there is jojoba, sapodilla longans, papayas, a crab apple from Russian that you can actually eat. The list could take up this page. And just wait till you see his vegetable beds! Just join us for the tour and see all the marvels for yourself.

This tour is for members only. If you have recently joined and need directions please contact editor@CRFG-la.org



WORDS FROM OUR CHAIRMAN

Dear Los Angeles Chapter Members,
I want to encourage all to attend the **CRFG “Festival of Fruit” September 11-13, 2012**. It’s being held in Santa Rosa, California in conjunction with Baker Creek Heirloom Seeds National Heirloom Exposition.

Here’s an article from the *Heirloom Gardener* magazine Spring 2012:

“The fair of all Heirloom fairs is our own **National Heirloom Exposition** in Santa Rosa, California. The second annual Expo will feature three full days of old time music, traditional foods of many cultures, chef demonstrations, the world’s largest produce display, farmers market, trade show with more than 250 vendors, a spectacular lineup of nationally and internationally acclaimed speakers that include **Dr. Vandana Shiva, Percy Schmeiser, Jeffrey Smith, Daniel Ravicher**, and many more. Thousands of people from around the world will come together to celebrate traditional crops, foods, seeds, poultry, and livestock.”

Expo website is: www.theheirloomexpo.com The California Rare Fruit Growers will also have invited speakers, booths, plant sales etc. More info to follow as it comes in. (See the article on the next page for more about the festival.) Hope to see you there!

Best,

Jim Schopper

May I leave you with this thought: “Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful” ~**Jim Carrey**

The National Heirloom Exposition is a not-for-profit event centered around the pure food movement, heirloom vegetables, and anti-GMO activism. Their first annual event held mid-September, 2011, in Santa Rosa, California, drew more than 10,000 people from around the country and beyond. With more than 70 speakers and 250 natural food vendors, the event was the largest gathering in pure food history! The Heirloom Expo has gained incredible interest among

home growers, farmers, school groups and the general public—so much so that it is being called the “World’s Fair” of the heirloom industry!

WHAT IS AN HEIRLOOM PLANT?

By Janet Beal (this article is from gardenguides.com)

Discover these beautiful plants.

If you have ever admired a pin or bracelet worn by a friend, you have probably heard the response, Thank you; it's an heirloom. Most dictionaries define an heirloom as an inherited object: Aunt Emma's pearls, Grandma's brooch and something passed from one generation to another with affection and treasured by the receiver. Since it's rare that one's share of an inheritance includes items from a garden, it's logical to ask, “What is an heirloom plant?”

The Science of Heirloom Plants

Gardeners and garden associations offer the following insights into the heirloom designation. An heirloom plant is open-pollinated, created by the natural visits of bees and birds rather than the human intervention that produces what we know as hybrid plants. Plants grown from the seeds of open-pollinated plants tend to grow true to type. That means that the seeds of a pineapple tomato will produce more pineapple tomatoes, sustaining the memorable flavor this tomato variety has always possessed but also requiring the particular extra care pineapples have always needed. Amateur and casual gardeners may find the extra work required for some heirlooms beyond their capacity.

Hybrid Heirlooms

Especially for the amateur gardener, hybrids have considerable virtue. Usually they contain the best attributes of at least two members of a plant family consolidated in a single, new cross-bred variety. The new hybrid will most likely have larger and more abundant blooms than its parents. Resistance to pests and diseases, greater height, more attractive foliage, longer growing season and the ability to withstand drought or excessive moisture are also attributes that hybridizers work to produce in new strains of plants. Better than ever, Foxfire II or a cross of Blanche and Blanca are frequent reflections of the hard and patient work of hybridizers. Commercial nurseries offer a wide variety of hybrid plants, counting on their reliable performances to please both neophyte and experienced gardeners.

Fruits and Vegetables

Hybrids, rather than heirlooms, represent the bulk of commercially-grown fruits and vegetables. They've been bred for their ability to withstand the rigors of shipping, uniform size and predictable ripening times. These

varieties yield a predictable and reliable supply of produce for supermarkets both in and out of season. Yet recently, more and more purchasers of fruit and vegetables see the shortcomings of commercially-raised hybrids. Farm stands and city green markets have educated a new generation of locavores, people who pursue heirloom produce as part of their efforts to eat and support the growers of fruits and vegetables that have historically flourished in their local region.

Passing Them On

The historical definition of what is an heirloom plant varies from plant to plant, region to region, and even from gardener to gardener. Anyone who has moved to a small settled community and wondered how long they will have to live there before neighbors cease to call their house the old Smith place will understand the concept of variable history. For some garden organizations, 50 years of true-to-type growth qualifies a plant as an heirloom. For others what is required is that more than 100 years of sustained and documented growth is an heirloom plant. What is true of all heirlooms is that they have been passed from generation to generation with affection and pride.

Old Strains of Plants

If old strains of plants require more care, what is so appealing about growing an heirloom plant? Gardeners who succeed have a long list of reasons. For what are commonly called old roses, one of the reasons is fragrance. Growers must put greater weight on other attributes like uniform bloom size or durability in a variety of temperatures when they're hybridizing roses for large-scale commercial production.

The delicacy that prohibits commercial growers from producing large amounts of some other flowers may be the quality most prized by heirloom growers. For fruits and vegetables flavor and variety top the list of attributes that stimulate heirloom gardeners to extra effort. An heirloom vegetable gardener will rave about the flavor of his Brandywine tomatoes and the squash once grown by the Sioux. With luck he or she will support the enthusiasm with a taste or a handful of saved seeds.

Heirloom Gardeners

Befriending an heirloom gardener is only one way to begin producing heirlooms in your own garden. Local garden clubs, historical societies, green markets and commercial nurseries can serve as sources for what is an increasing variety of heirloom plants and seeds. Seed-saving networks, organic-gardening organizations and specialized nurseries make heirloom plants available in many regions of the country. Some heirlooms, like jewelry, can come only from family. Heirloom plants are bequeathed by gardeners to all new enthusiasts. The best way to honor their gift is to grow and enjoy the heirlooms they have left to a new generation.

Heirloom plants are plants that were created by bees and birds and were grown from the seeds of open-pollinated plants.

FESTIVAL OF FRUIT 2012

The CRFG Festival of Fruit 2012 – The Year of Heirloom Fruit, will be held this year on **Monday through Thursday, September 10, 11, 12, and 13** in association with the 2nd Annual Heirloom Expo in Santa Rosa, CA.

Historical, heritage, heirloom and exotic fruits of all kinds will be celebrated, with speakers, displays, and tastings at the National Heirloom Expo. The schedule is still being formed, and is already filling up.

Monday will feature tours in Santa Rosa and Sebastopol followed by a reception in Petaluma.



CRFG scheduled speakers will talk at 9:10 a.m. and 10:10 a.m. each morning in three venues. Confirmed speakers include **Bob Hornback** speaking about Luther Burbank, **Amigo Bob Cantisano** speaking about Felix Gillet, and **Ram Fishman** speaking about Albert Etter. **John Preece**, Research Leader at the USDA Germplasm Repository at UC Davis, will speak about the extensive fruit collection at Wolfskill experimental farm, including heirlooms from around the world. **Axel Kratel**, a fruit collector who has grown over 500 varieties of apples, and other deciduous and subtropical fruits, will speak about his experience with European heirloom cider and fresh eating apples.

The National Heirloom Exposition **Admission Price:** adults \$10.00 or **3 days for \$25**. Anyone 17 and under gets in free.

Hours: 11 am to 9 pm daily

Location: The Sonoma County Fairgrounds, Santa Rosa California

These **hotels** have special rates for the Festival and Expo:

- **Americas Best Value Inn** Santa Rosa - 1800 Santa Rosa Avenue
- **Travelodge Santa Rosa**-1815 Santa Rosa Avenue
- **Flamingo Conference Resort and Spa**- 2777 4th Street Hilton
- **Sonoma Wine Country** -3555 Round Barn Boulevard

If you want to camp with or near other Festival goers, contact Luke Parkhurst at:

lukingforthetruth@gmail.com for more information.

** Since the first Expo in 2011 drew more than 10,000 people from all over the country, **it is important to make your reservations early****

The July/August **Fruit Gardener** magazine has the registration form and more details

Want more information about the festival in general?

Contact: johnvalenzuela@hotmail.com or iwgarden@earthlink.net



Frosty Fireworks (Non-Alcoholic 4th of July Drink)

Blueberry juice

Cranberry or pomegranate juice

Sprite or any clear carbonated beverages

plain ice cubes

Directions

Fill the sections of one ice cube tray with blue juice, and place in freezer for several hours or until frozen solid.

Fill the sections of the other ice cube tray with the red juice and place in freezer until frozen solid.

When ready to serve, place about 4 clear ice cubes in a highball glass or tall tumbler.

Add two blue ice cubes and two red ice cubes to the glass.

Fill the glass the rest of the way with a clear carbonated soda. I prefer Sprite, but you can use 7-Up, Club Soda,

Seltzer water (or try a fruit flavored seltzer), or your favorite lemon-lime soda.

Now wait to see the special effects to begin. As the cubes melt, colored bubbles will swirl through the soda and create a sparkling "frosty fireworks" effect.



Arnold Bernstein shows what his property looked like over 40 years ago. More than 60 members of the Los Angeles Chapter saw first hand how he has transformed his Malibu home into a paradise of wonderful fruits!



Memorial Day weekend did not keep our fruit loving group away from attending the Los Angeles Chapter May meeting. **Dario Grossberger**, co-owner of Condor Growers and current President of the California Cherimoya Association, spoke to the group on how to grow and breed cherimoyas. He also donated a selection of cherimoyas for our plant sale. Thank you **Dario**, for the wonderful lecture and donation. If you are interested in learning more or in purchasing fruit, you can go to his website: www.cherimoya.com