

# LOS ANGELES CHAPTER

March 2012 Volume XVII Issue 2

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

## MARCH MEETING

**Date:** March 24th, 2012

**Time:** 10:00 A.M.

**Place:** Sepulveda Garden Center

16633 Magnolia Blvd., Encino, CA 91316

**Program:** Edgar Valdivia and Manuel Dubon will speak on avocados. Manuel manages avocado farms.

**Edgar** will show a 30 minute video of the growing of avocados in San Diego. This video will show not only the production of the fruit but also the packing for market. Following the video, they will speak about the Hass avocado in California—growing, grafting and production as well as a little of its history. Don't miss this lecture. Remember avocado is not only delicious but good for your health (see article on page 4).

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

## APRIL MEETING

**Date:** Saturday, April 21, 2012 **\*\*PLEASE NOTE THE DATE & TIME\*\***

**Time:** 9:45 A.M. *Please be prompt*

**Program:** Tour of the Huntington "Farm". Located in the Huntington Library  
1151 Oxford Rd., San Marino, CA 91108 (Meet at the entrance of Library)

**\*\*This tour is limited to 40 people—please email or call me to reserve a spot only if you are sure you will attend\*\***

In November 2010, The Huntington returned to its agricultural roots with the unveiling of a new project, called—fittingly—the Huntington Ranch. Part outdoor classroom, part demonstration garden, and part research lab, the Ranch is pushing new boundaries once again: this time on the frontier of sustainable urban agriculture.

Located on 15 undeveloped acres northwest of the Botanical Center, the Ranch features a sprawling outdoor station, complete with vegetable garden that will serve as both an open-air classroom and a demonstration site for innovative ideas. The site also encompasses the surviving orange groves from Mr. Huntington's day and a new heritage grove of avocados (planted by the California Avocado Society) representing the 32 most significant varieties in the state's agricultural history.

**Scott Kleinrock**, project manager for the Ranch will be our guide for this wonderful tour. He is a master's student in landscape architecture at California State Polytechnic University, Pomona. **Scott** has designed several urban agricultural gardens. He envisions the Ranch as a community resource that will help bolster L.A.'s capacity to establish a sustainable and equitable food system.

**A Field Trip Not to Be Missed! No cost to our members!**

### 2011 Chapter Officers & Committees

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## WORDS FROM OUR CHAIRMAN

Dear Los Angeles Chapter Members,

**We need you!** Yes our chapter needs to form a planning committee that can work together and plan our meetings and field trips. For the last several years only a few have volunteered to do this, and what a great service they have done for us. But they are asking for a break, a well deserved break from this. We need people who will step up to the plate and function on this important committee. Where have you been over the years that would be a great place for a field trip? Maybe a grower's nursery? a farm? a market or markets that specialize in exotic fruits? Maybe you know or have heard a speaker who is willing to share with our chapter some of their acquired knowledge. I know we all are busy, I know we all work and that's why I am asking for several people so we can all share in this and still have a life. I'm in and I'm asking you to join me and others to continue to make this the Los Angeles chapter of **CRFG** the best.

Thank you soooooo much,

**Jim Schopper**

May I leave this thought with you:

“Many hands make work light” **John Heywood [1497-1580]**

## KEY LIME

Some people believe that "key lime" simply refers to the limes that are used for making the pies, or limes that grow only in the Florida Keys. Actually, the key lime is a specific variety of lime. It is not exclusive to the Keys. It was brought there years ago and became naturalized.

The key lime (*Citrus aurantifolia* Swingle) is in a class all of its own. Much smaller than regular "Persian" limes, the key lime ranges in size from a ping-pong ball to a golf ball (about 10cm to 16cm in circumference). The peel is thin, smooth and greenish-yellow when ripe. The flesh is also greenish-yellow and full of highly poly embryonic seeds (two or more plants from one seed). The interior is divided by 10 to 12 segments, quite juicy and has a higher acidity than

regular Persian limes. Key limes have a very distinctive aroma, which makes them valuable for culinary use.

The tree itself is small and bushy, rarely taller than 12 feet. It is armed with slender, extremely thorny branches. Some varieties are thornless, but these have a much lower fruit yield than the thorned trees. Its foliage consists of small, pale green, blunt-pointed leaves.

Today, the commercial lime industry based on the key lime takes place in areas other than the United States. Key limes are generally not harvested commercially in the United States due to the ferocious nature of the trees. There are exceptions, but the primary source of commercial key lime juice available in the United States comes from concentrates. The juice is shipped in large drums, it is then reconstituted, "preserved", and sold from some tropical location (usually the Florida Keys).

In foreign locations, most of the crop is used fresh in limeade, mixed drinks and iced tea, squeezed onto seafood or other foods to bring out the flavor. It is also used in bottled lime juice and carbonated beverages. The principal byproduct is lime oil, used in cosmetics and flavoring.

## KEY LIME JELLY (Thank you Shelley Smith for this recipe)

1 1/2 cups lime juice, strained

1 1/2 cups water



4 2/3 cup sugar

5 oz. Liquid pectin

Combine lime juice, water and sugar in a large kettle and bring to boil.

Add pectin and bring back to boil. Boil for 1 minute.

Remove from heat. Skim top.

Ladle into hot sterile jars and sea.

(Shelley “I tried the recipe with 1 cup of strained juice and 2 cups of water and thought it was too bland so I tried the above recipe and felt it was far superior”)

Be sure to sterilize the jars with a ten minute boil then

process the finished product with another 10 minutes in the boiling water.

## Annual International Orchid Show

**Date:** March 16<sup>th</sup>-18<sup>th</sup> 9am-5pm

### Location

- Earl Warren Showground Exhibit Building
- Highway 101 and Las Positas Road
- Santa Barbara, CA 93105
- 805.687.0766

### Daily Admission

- General: \$12
- Seniors (age 65 and older), Students with ID: \$10
- Children 12 and under (with adult): FREE

### Show Highlights

- Displays of hundreds of different orchid species and named varieties by exhibitors from North & South America, the South Pacific, Australia, and Asia.
- Vast selection of blooming orchid plants, corsages, and orchid supplies for sale.
- Works of art with an orchid theme for viewing and sale.
- Free workshops on orchid care led by orchid experts.
- Unique flower arrangement and corsage exhibition.
- Santa Barbara-area orchid nursery growers' open houses.

### General Show Information

E-Mail: [sborchidshow@gmail.com](mailto:sborchidshow@gmail.com)  
[www.sborchidshow.org](http://www.sborchidshow.org)

### Food & Refreshments

Available in the exhibit building



**Ed Hager enjoying the lunch as he admires his tropical fruit basket**



**Bob Chambers, Bob Vieth, Ed Hager, Herb Drapkin and Dick Watts-the pillars of CRFG!!**

## The Avocado

**By Paul Fassa-Natural News.com**

The avocado should be the crown jewel of a vegetarian or vegan diet, even though it is not a vegetable. It is actually a fruit, an oily berry, sometimes called an alligator pear because of its shape, outer skin texture, and color. Avocado, along with organic rice and beans, would be more than enough to silence a meat eater's claim that you are not getting enough protein as a vegan or vegetarian. While avocados are wrongly disdained by weight watchers for their fat content, many are ignorant of the avocado's high and complete protein content.

It is important to understand that a body needs fats, as long as they're healthy ones. Omega 3 fatty acids are missing in the average western diet. And

the absence of fatty acid is the cause of some bad health and disease. Many people now take supplements in order to consume more omega-3 fatty acids to lower their risk of heart disease. Avocados are high in omega 3 and omega 6. In fact, you can get the entire omega 3 you need from daily avocado consumption! There is no cholesterol in avocados. They are a rich source of non-toxic beneficial fats. The notion that avocados are fattening is false. You will be healthier and leaner by using avocados in your diet often.



Like olive oil, avocados boost levels of HDL (the "good" cholesterol). HDL cholesterol can help protect against the damage caused by free radicals. This type of cholesterol also helps regulate triglyceride levels, which helps to prevent diabetes. A study published in the *Canadian Medical Association Journal* found that a vegetarian diet, which includes HDL fats, can reduce levels of LDL (the "bad" cholesterol) as effectively as statin drugs.

The protein in avocado is readily absorbed by the body. Avocados also contain fiber. As an avocado ripens in the sun, it develops easily digestible amino acids. It thereby provides all 18 essential amino acids needed to create complete protein. Proteins represented by amino acids are easier to digest.

Avocados are bursting with enzymes and rich in minerals, including the usually deficient mineral, magnesium, which is involved in over 300 metabolic functions of the body. Avocados help provide the body with glutathione, the important anti-oxidant that helps the liver replenish all other anti-oxidants. Vitamins A, much of the B complex, K, E and C are also very available in avocados. Vitamins can not work in the body without minerals, and neither minerals nor vitamins get into your cells without enzymes, so all of them are important for health. There are not many great tasting foods that pack as much nutritional value as avocados.

Avocados are an excellent source of carotenoids. Although many people associate carotenoids only with red and orange produce, avocados are also an excellent

source of this phytonutrient. Avocados offer a diverse range of carotenoids including not only the better-known ones such as beta-carotene, alpha-carotene and lutein, but also lesser known varieties such as neoxanthin, zeaxanthin, chrysothamnaxanthin, neochrome, beta-cryptoxanthin and violaxanthin. Every time you consume foods rich in carotenoids, you deliver high quality vitamin A to your body, which, among other benefits, protects eye health. Carotenoids also enhance the functioning of the immune system and promote healthy functioning of the reproductive system. Since carotenoids are fat soluble, eating avocados optimizes the absorption of these nutrients.

The combined effect of the deluxe package of nutrients contained in avocados offers powerful anti-inflammatory benefits. The avocados' unique combination of Vitamins C and E, carotenoids, selenium, zinc, phytosterols and omega-3 fatty acids, helps guard against inflammation. This means avocados can help prevent or mitigate against both osteo- and rheumatoid arthritis.

## GREEN SCENE EVENT COMING SOON

**Come bring your wagon to the Fullerton Arboretum for a spectacular, weekend long outdoor garden event. Green Scene is the spring event to find bulbs, succulents, organic vegetables, varietal plants, garden accessories and garden products.**

**Shop over 80 vendors for beautiful and unique plants, vegetables, garden art and accessories**

**This annual event takes place at the Fullerton Arboretum, CSU Fullerton on April 14-15<sup>th</sup>, from 10am-4pm.**

**1900 Associated Road  
Fullerton, CA 92831**

**Tickets are \$6.00.**