



LOS ANGELES CHAPTER

March 2013 Volume XVIII Issue 2

<http://crfg-la.org>

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MARCH MEETING

Date: March 23, 2013
Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91316
Time: 10 am
Program: **Glen Woodmansee** on Air layering

You may remember hearing **Glen** back in 2010 when he gave a very comprehensive presentation on feijoas to our Chapter. An active member of the WLA Chapter, **Glen** recently spoke on 'air layering' to his Chapter. It seems that he is also a very knowledgeable source for information on this subject. For those of you who might not know, air layering is a highly successful way to reproduce plants especially those hard to root ones. We can all benefit from this lecture.

ATTENTION ALL MEMBERS: If your last name begins with **A-M** please bring something for our March table. Since we are usually eating at noon and even though we all love those sweet treats, **please consider** bringing a dish more appropriate for a lunchtime meal.

APRIL MEETING

Date: Saturday, April 27, 2013
Time: 10 AM
Place: **Garden of Sandy & Robbie Patten**

This field trip is for members only. Please contact the newsletter editor for directions: editor@CRFG-la.org

. You are invited to the home of **Sandy and Robbie Patten**, and the childhood home of **Jacky Surber**, grateful follower of the CRFG. There are many old and mature fruit trees dating back to the 1950's as well as many trees that have been planted in the last 30 years even as late as last year. In this charming, spacious valley garden you will get a chance to see mature trees in standard form like, asian pear, pineapple guava, mission fig, grapefruit, valencia orange, and tangerine, as well as semi-dwarf apple, blood orange, pink grapefruit and more. A 50' long grape arbor features two varieties of table grapes and creates a beautiful dining space. Many of the trees have been grafted with the generous cuttings from the annual CRFG Scion exchanges. This garden will inspire you to tear out your lawn and plant luscious fruit trees and California native plants that will attract the right insects to pollinate your blossoms for abundant fruit. Please join us for a lovely morning . Parking is on the residential streets; please do not block

any driveways.



WORDS FROM OUR CHAIRMAN

SACHA INCHI 'INCA NUT'

Dear Members:

I'm excited about this year. Great opportunities are before us. When I was elected chairman of the Los Angeles chapter one of the first priorities of mine was to prepare the chapter for the future. I believe that involves bringing in members and specifically targeting young people, as the next generation and the future of not only our chapter but the entire California Rare Fruit Growers organization.

We must bring them in and pass on our knowledge and passion for what we do. If we don't, this organization will be one of the finest ones that went into extinction. **Bob Vieth**, working with various chapter members of **CRFG**, reaches out and demonstrates grafting to many high school students giving them a hands on experience, In November 2012 **Bill Brant** and chapter members worked with high school students at Pierce College. For the past year I've worked with Steve List the horticulture instructor at Sylmar High School. It's been my observation that the young people are ready, and when we instruct, teach, talk or demonstrate they listen. It's not always easy to get their attention, I've found it takes a little preparation so I can make it short and sweet and fun!

I want everybody to help in this effort; I'm personally sponsoring a high school student in our chapter this year. And I'm talking and inviting more students to join us and attend our meeting. So please get excited with me and reach out to a young person; they all like to eat and we always have strange fruit they have never seen or tasted and always have a great potluck meal after the meeting. You might have to pick them up and drive them to the meeting; some like me will sponsor them with a year's membership to our chapter and the parent body organization.

Believe me what we do for **CRFG** today will make a difference tomorrow. I do not want such a great chapter and organization to die off. So invite your kids, neighborhood youngsters, grandchildren and get them involved with something that will last their entire life.

Best,
Jim Schopper

Plukenetia volubilis, commonly known as Sacha Inchi, Sacha Peanut, Mountain Peanut or Inca-Peanut, is a perennial plant with somewhat hairy leaves, in the Euphorbiaceae. It is endemic to the Amazon Rainforest in Peru, where it has been cultivated by indigenous people for centuries, and will grow in warm climates up to altitudes of 1,700 meters (5,500 feet) as long as there continued availability of water and good drainage. It grows better in acidic soils, alluvial flats near rivers. The plant reaches a height of 2 m (6' 6"), with alternate, heart shaped, serrated leaves, 10 to 12 cm long (4"-4.7") and 8 to 10 cm (3.1-3.9") wide, that have petioles 2-6 cm (0.8-2.3") long. It flowers five months after being planted, and bears seeds around the eighth month. The male flowers are small, white, and arranged in clusters. Two female flowers are located at the base of the inflorescence. In tropical locations it often is a vine requiring support and producing seeds nearly year-



round.

The fruits are capsules of 3 to 5 cm in diameter with 4 to 7 points, are green and ripen blackish brown. On ripening the fruits contain a soft black wet pulp that is messy and inedible, so are normally left to dry on the plant before harvest. By two years of age, often up to one hundred dried fruits can be harvested at a time, giving 400 to 500 seeds a few times a year. Fruit capsules usually consist of four to five lobes, but some may have up to seven. Inside are the seeds, oval, dark-brown, 1.5 to 2 cm in diameter and 45 to 100 grams of weight. The cotyledons are open, similar to those of almonds, and covered with a whitish film. Raw seeds are inedible, but roasting after shelling makes them very palatable.

The seeds of Inchi have high protein (27%) and oil (35 - 60%) content. Its oil is one of the largest plant sources of the Omega family of fatty acids, an essential for human life. It contains Omega 3 (48%), Omega 6 (36%), and Omega 9 (9%). They are also rich in iodine and vitamin A.

Sacha Inchi oil production is increasing in the Peruvian Amazon and is gaining international recognition for its taste and health properties. In June 2007, Sacha Inchi oil won the Médaille d'or (Gold Medal) at the AVPA Specialty Foods Commodities competition. Sacha Inchi has been called a super food because of its high content of essential fatty acids. The oil has a mild flavor, not bitter, with a nutty finish. With new research emphasizing the health benefits of Omega fatty acids, interest in sustainable sources of Omega is increasing. Sacha Inchi oil is used in vegetarian diets to provide a plant source for Omega-3 fatty acids. Humanitarian group Oxfam and a group called SEPAR are collaborating to develop techniques for growing Sacha Inchi. Used as a cash crop, Sacha Inchi is bringing money to rural areas and allowing indigenous groups like the Ashaninka to stay in villages. Also, the Sacha Inchi seed has been marketed as a health food snack due to its high concentration of Omega-3 and complete proteins.

MARCH EVENT ALERT!

Fruit Tree Symposium with **Tom Spellman** from David Wilson Nurseries and **Bob Ludenkins** from L.E. Cooke.

Where:

Sylmar High School
13050 Borden Avenue
Sylmar, CA US 91342

When:

March 9th, 2013 — Saturday — 10am to 2pm

Information:

Fruit Tree Symposium with **Tom Spellman**: "Antioxidants From Your Garden!" – hosted by the San Fernando chapter of California Association of Nurseries and Garden Centers and Los Angeles Chapter of the California Rare Fruit Growers.

Tom Spellman: www.dwnbeta.com

California Association of Nurseries and Garden Centers: www.cangcsfv.org

Los Angeles chapter of the California Rare Fruit Growers: www.crfg-la.org

RSVP – Reservation required! Steve List: 818.399.4273 or Jim Schopper: 818.314.8735

PS: Please bring a dish for a pot luck. (Our regular March meeting will be held on 3/23/2013 at Sepulveda Garden Center.)

DID YOU KNOW?

Amazon Purchases.

Amazon gives a small percentage of the purchase price of *any* item when the Amazon website is accessed through the link on the CRFG.org website: <http://www.crfg.org/pubs/books.html>. Please remember to **first** use the link when purchasing items on Amazon: "Donate to CRFG at no cost to you"

Santa Barbara International Orchid Show (Something fun to do on Sunday)

68th Annual Orchid Show

March 8-10, 2013

Earl Warren Showgrounds

3400 Calle Real Santa Barbara, CA
Highway 101 Las Positas Road Exit
9am-5pm



Fabulous displays of exotic orchid species and hybrids installed by exhibitors from around the world
Thousands of blooming orchid plants, as well as corsages, art work and orchid supplies for sale
Juried exhibition of orchid-themed fine art and photography
Free workshops on orchid care led by orchid experts
Unique flower arrangement and corsage exhibition

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on

it. If it comes out of the ground easily, it is a valuable plant.

LOOKING BACK

By Member at Large- **Debbi Schopper**

January meeting:

Our anxiously awaited annual scion exchange was held January 12, 2013. The meeting began with the viewing of the DVD film, "Fruit Tube". This film was sponsored by the David Wilson Nurseries. A grafting demonstration was presented by **Bill Brandt**. **Arnold Bernstein** demonstrated the veneer graft. Members shared their tried and true tips for tree grafting as follows: use a clean knife so diseases are not spread, make three grafts onto one tree in case one doesn't take, secure graft with 1" tape, apply asphalt tree sealer to seal all cuts, mark and date varieties, cover graft with a paper bag, look for tree varieties that are not-patented, use a washer when making a cut to save your thumb from being sliced, cover cut with thin coating of white glue to form a water seal, use latex paint to form a water seal, use a hand plane instead of a knife for grafting, and always remember drying out is the number one enemy of grafting.



Bill Brandt demonstrates grafting technique

Bill Jones from ARS Japanese tools, had tools for sale at this meeting. *By the way **Bruce Blavins** is taking orders, if anyone is interested.* 25 copies of Baker Creek Seed Catalogs were available, Following the films, demonstrations, shared information, business and raffle (which included bags of fertilizer, garden books and plants) our scion exchange began. Thank you everyone for participating and bringing your scions and seeds to exchange.



Members enthusiastically choosing scion cuttings

February meeting:

This month's field trip took us to an urban organic farm located in the Los Feliz area. **Jacky Bolbat Surber** designed and created this farm which actually includes two properties. Wild Oak Farms is located on a hillside, from which you can look up to view the famous



Hollywood sign.

This garden, referred to as the "lower garden" is terraced and steps down from the house. Many fruit trees, wild strawberries, plants and flowers are grown here. There is also a bee hive on this lower hillside. Because the garden area is mostly shaded, the homeowner and **Jacky** contacted a neighbor who lives across the street and made an agreement to utilize some of his unused property for an organic vegetable garden; this is known as the "upper garden". Members were inspired by **Jacky's** work and enjoyed seeing the before and after photos of these properties. Vegetables, herbs and flowers grow side by side in these gardens. There is also an area of raised beds and a triangular potato patch. Beautiful pots filled with many varieties of plants and trees adorn the "upper garden". **Jacky** spoke on the use of cover crops and crop rotation. She also shared how she has dealt with ground squirrels, deer, coyotes, and rabbits. It was a delight to see **Jacky's** work.

BENEFITS OF BEING A CRFG MEMBER

One of the wonderful perks of being a member of the parent organization, CRFG, is that you are welcome to attend as a guest to any of the other Chapters' meetings.

A description of the meetings is usually described in the CRFG website. Just go to 'Local Chapters' and click, that will take you to all the Chapters; click on any Chapter and there you will find all the information for that month's meeting. No excuse for us fanatics to have a boring Saturday!