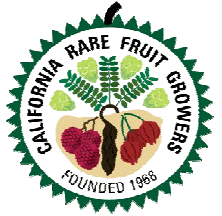


# YEAR OF THE AVOCADO

## LOS ANGELES CHAPTER

May 2008 Volume XI Issue3



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

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### May Meeting

**Date:** Saturday, May 24, 2008

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

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

**Program:** Tom Spellman, of Dave Wilson Nursery, will talk about “New Cultivars from Dave Wilson Nursery” The Dave Wilson Nursery is one of the largest growers of deciduous fruit, nut and shade trees in California. Their growing grounds are located east of Modesto in the Sierra Nevada foothills, near the town of Hickman. Dave Wilson Nursery grows trees for both commercial orchards and the home garden trade. They maintain three sales departments and provide the highest level of professionalism and integrity in the industry. **Tom Spellman** brings to Dave Wilson Nursery more than twenty-five years' experience in the Southern California nursery industry. He spent twenty years with La Verne Nursery, specializing in the production and sale of avocados, citrus, sub-tropical and deciduous fruit trees including landscape and orchard site consultation.

**Those whose last names begin with M-Z please bring something for our May tasting table. Thanks to all of you who have brought in such a wonderful array of fruits, sweets and other goodies to our last meeting.**

### June Meeting

**Date:** Saturday, June 28, 2008

**Time:** 10 am

**Place:** Sepulveda Gardens  
16633 Magnolia Blvd., Encino, CA 91316

**Program:** (NO FIELD TRIP THIS MONTH) This is your chance to share a wonderful success, a great idea or tip. Or bring a question as we open up the floor to our ‘**SHOW AND TELL**’ discussion.

**If your last names begin with A-N, please bring some fruit or sweets to share for our June Meeting. Thank you**

**The Sepulveda Garden Fair is coming up.** Please start potting some of your plants (in one gal. pots) and bring to our **LA Chapter** booth to sell. Dick Watts has faithfully manned our booth for many years, so plan on giving him a hand. It is a free event for the entire family. This event will be held **Saturday and Sunday, May 17<sup>th</sup> and 18<sup>th</sup> at the Sepulveda Garden Center.** Hours are from **9am-5pm.** This is our meeting site (along with other garden clubs and plant societies) so let's show our gratitude by supporting this event! In its 23rd year, this garden fair includes a bonsai show, plant / craft / garden item vendors, informational booths, food and a music festival. This will be the 3rd year for the music festival featuring acoustic guitar music.



## **JAMBOLAN** –(by **Alfredo Chiri**) *Syzygium cumini* - Myrtaceae

**Donated by: CRFG/Vincent and planted in 1983 (r.f.-09)**

**Common names: Black plum, Jaman, Wa, Pring bai, Duhat, Voring, Koeli, Jambool**

The Jambolan, native to India, Ceylon, and Burma, is a fast-growing tree. It reaches its maximum height at 40 years, approximately 40 to 50 feet in height. It usually forks into multiple trunks at its base. The bark in the lower part is rough, cracked, flaking and discolored. Further up the trunks are smooth and light gray. The leaves, pinkish when young, are oblong-oval, tapering to a point at the apex. The leaves, when mature, are dark green, leathery, glossy above and lighter beneath. The leaves have a light turpentine scent.

The flowers are fragrant and grow in clusters. Each flower has a funnel-shaped calyx with 4 to 5 united petals, white at first and then turning rose-pink. These are quickly shed, leaving only numerous stamens.

The fruit develops in clusters, varying from just a few to as many as 10-40. The fruit, while developing, is green, turning to light-magenta, then dark purple, then nearly black as it ripens. The higher the altitude the more the amount of fruit decreases. Above 2,000 feet it does not bear fruit. The tree develops well in heavy rainfall areas, and it has been known to withstand prolonged flooding. As an adult, the tree is tolerant to drought. Dry weather is preferred during flowering and fruiting periods. It is sensitive to frost when young, but as a mature tree can withstand short periods of below-freezing temperatures.

Jambolan seeds lose viability quickly, and the most common means of dissemination is by sowing the seeds; they germinate in 2 weeks. Other methods of reproduction produce a very low rate of survival. The skin is thin, smooth, and glossy. The pulp is white, very juicy and encloses a single green or brown seed, up to 1 ½ inches in length. The fruit is sometimes unpalatable, and the flavor varies from acid to fairly sweet.

In southern Asia, Buddhists venerate the tree. The tree is planted near Hindu temples, as it is sacred to Krishna. The leaves and fruits are used in the worshipping of the elephant-headed god, Ganesha or Vinaijaka, the personification of Pravana or Om, the apex of Hindu religion and philosophy.

Seedlings grow slowly the first year, rapidly thereafter. The plants may reach 12 feet within 2 years and begin bearing fruits in 8 to 10 years.

Harvesting is done by hand as they ripen and requires several pickings over the season. The production of a large tree can become overwhelming for the average homeowner.

Jambolans are eaten raw and can be made into jelly. Juice of the jambolan is excellent to give color and flavor to sherbets and syrups.



## **"COT" WITHOUT AN APRICOT**

Over 70 fruit enthusiasts gathered at the Sepulveda Gardens last March to relish the words of **David Karp**. His love for apricots, the descriptions of their flavor along with the beautiful pictures had everyone savoring the fruit. Unfortunately, it was only in the vivid images that **David** conjured up was the audience able to taste any. Of course, it is not the season for this fruit so it will be a few months before tasting will be a possibility. Meantime, the information gathered from this sumptuous lecture left most wanting to move to a much colder climate. Unfortunately, to grow a truly flavorful apricot a chill of at least 800 hours is required. As tragic as that is, the presentation by **David** was a wonderful insight into the “hunt” for the best tasting apricot. Thank you so much **David** for taking the time to speak to our group and look forward to hearing from you again.

## **Chocolate Apricot Souffle Cake**

**Cake, 10 servings:**

½ cup dried apricots  
Butter for the cake pan  
¾ cup (1 ½ sticks) unsalted butter  
¾ cup sugar  
5 eggs, separated, at room temperature  
6 ounces bittersweet (not unsweetened) or semisweet chocolate melted, and cooled to lukewarm  
1 tablespoon instant coffee granules dissolved in 1 ½ teaspoons water  
¼ cup chopped walnuts

**Cream Topping**

2 cups whipping cream  
2 tablespoons sugar  
1 teaspoon vanilla extract

**Garnish**

6 ounces bittersweet or semisweet chocolate  
7 dried apricots  
7 whole walnuts

**For the cake:**

Soak the apricots in hot water to cover for 30 minutes. Drain them and coarsely chop. Preheat the oven to 350 degrees. Butter an 8-inch-diameter spring pan (2 inch high sides). Line the bottom with parchment paper. With an electric mixer cream ¾ cup butter with ¼ cup plus 2 tablespoons sugar in a large bowl until light and fluffy. Add the egg yolks one at a time, blending well after each addition. Blend in the melted chocolate and coffee and stir in the chopped apricots and walnuts. Using clean, dry beaters, beat the egg whites until peaks begin to form. Gradually add the remaining ¼ cup plus 2 tablespoons of sugar and beat until soft peaks form. Gently fold the beaten egg whites into the chocolate mixture, folding half at a time. Pour the mixture into the prepared spring pan. Bake until a cake tester inserted into the center comes out clean – approximately one hour. The surface of the cake will crack during cooking. Cool cake completely in the pan. The cake will fall and look quite ugly. Run a sharp knife around the edge of cake. Invert the cake onto a plate and remove the spring pan and parchment paper.

**For the garnish:**

Line a baking sheet with waxed paper. Melt the 6 ounces of chopped chocolate in the top of a double boiler (or put a metal mixing bowl over a sauce pan) over barely simmering water, stirring until the temperature

registers 115 degrees on a candy thermometer. Dip one apricot halfway into chocolate and shake off excess chocolate. Set the apricot on the waxed paper and repeat with the remaining apricots. Refrigerate until the chocolate sets, approximately 30 minutes. Place the remaining chocolate on a piece of waxed paper and spread it thin. Refrigerate the chocolate until firm and then snap the chocolate into large, irregular geometric pieces;

**For the topping:**

Whip the cream, sugar and vanilla in bowl until soft peaks form. Put the whipped cream in a strainer over a bowl and let excess liquid drain from cream. (1 hour). Spread the whipped cream over the top of cake and place the chocolate apricots around the cake, alternating with the walnuts. Place shavings on edge around the cake. The topping can be put on the cake up to 2 hours before serving.

**Dr. Mom was right — and wrong — about washing fruits and vegetables**

(American Chemical Society's Weekly PressPac)  
EMBARGOED FOR RELEASE: Thursday, April 10,

Washing fresh fruits and vegetables before eating may reduce the risk of food poisoning and those awful episodes of vomiting and diarrhea. But washing alone — even with chlorine disinfectants — may not be enough, according to a new study by researchers in Pennsylvania. Studies show that certain disease-causing microbes are masters at playing hide-and-go seek with such chemical sanitizers. These bacteria can make their way inside the leaves of lettuce, spinach and other vegetables and fruit, where surface treatments cannot reach. In addition, microbes can organize themselves into tightly knit communities called biofilms that coat fruits and vegetables and protect the bacteria from harm. This kind of bacterial community can harbor multiple versions of infectious, disease-causing bacteria, such as Salmonella and E. coli.

Now, new findings from Brendan A. Niemira and colleagues suggest that irradiation, a food treatment currently being reviewed by the FDA, can effectively kill internalized pathogens that are beyond the reach of conventional chemical sanitizers.

Irradiation exposes food to a source of electron beams, creating positive and negative charges. It disrupts the genetic material of living cells, inactivating parasites and destroying pathogens and insects in food, including E. coli and Salmonella, the scientists say.

For full-text of press release with high-resolution images:

[http://oasys.acs.org/output/process\\_last\\_run/acs/235nm/-acs-235nm-newsservice-webprogram-cgi.html](http://oasys.acs.org/output/process_last_run/acs/235nm/-acs-235nm-newsservice-webprogram-cgi.html)

## The 40th Anniversary of the California Rare Fruit Growers

will be celebrated at the

### 2008 Festival of Fruit The Year of the Avocado

at CSU Fullerton hosted by the Orange County Chapter.

Mark these dates: **September 18th and 19<sup>th</sup> 2008.** These Festivals are always a wonderful experience. There is not only a great feeling of commoradity but also an opportunity to hear great speakers, to learn about interesting fruits, and to visit many wonderful orchards.

Keep checking the [festivaloffruit.org](http://festivaloffruit.org) website for the latest updates.

### EAT YOUR BROCCOLI

**Indole-3-Carbinol Nutrient in Broccoli Protects the Heart, Balances Cholesterol**  
by David Gutierrez

(NaturalNews) Researchers have identified a naturally occurring chemical that may account for the cardiovascular health benefits of cruciferous vegetables, according to a study published in the *Journal of Nutrition*.

The cruciferous vegetable family (Brassicaceae) includes many popular food plants such as broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, collards, canola (rapeseed), kale, mustard, radish, rutabaga, turnip and watercress.

Researchers discovered that the phytochemical indole-3-carbinol reduced human cells' secretion of apolipoprotein B-100 (apoB) in a laboratory culture. ApoB is a critical component of LDL ("bad") cholesterol, and has previously been shown to be responsible for transporting cholesterol between the body's tissues. Prior studies have also linked high concentrations of apoB to the formation of plaque in blood vessels.

Indole-3-carbinol reduced apoB secretion in a dose-

dependent manner, with larger doses leading to lower secretion. A concentration of 100 micromoles per liter successfully reduced apoB secretion by 56 percent.

In addition to these effects, the scientists observed that the indole-3-carbinol-dosed cells showed decreased production of other fat compounds, including triglycerides.

"The results indicate that plant indoles have beneficial effects on lipid synthesis that could contribute to their potential cardioprotective effect," the researchers said.

A prior study has suggested that indole-3-carbinol also helps prevent and slow the growth of cancerous tumors, while many studies have demonstrated that a higher intake of fresh fruits and vegetables helps prevent against both cancer and cardiovascular disease.

According to the American Heart Association, 70.1 million people in the United States suffered from cardiovascular disease in 2002 -- 34.2 percent



**Les Warren welcoming members to his fabulous garden!**

What a tribute to **Les Warren** that such a variety of tropical and subtropical fruits can be incorporated into a backyard in such a beautiful and Zen-like setting. All the members were truly impressed. A big thank you for the wonderful April tour. Following the great morning spent at **Les and Linda Warren's** place, a fabulous lunch was shared at the Conejo Valley Botanical Gardens. Thanks to all who brought the delicious foods to feast on.