YEAR OF THE AVOCADO

LOS ANGELES CHAPTER

November **2008** **Volume XI** **Issue 6**

http://www.crfg-la.org

November Meeting

Date: Saturday, November 22, 2008
Time: 10:00 A.M.
Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91316

Program: We will have as guest speaker **Roger Meyer** speaking on**" Let's grow something different".** What can we grow that is unusual for our area? Roger will be talking about unusual plants he is working with to see how they do in southern California. He will bring potted examples of these plants and discuss how they are doing. **Roge**r is a 25+ year member of CRFG. He has a degree in chemistry and worked almost 30 years as an analytical chemist, mostly for Allergan Pharmaceuticals. He and his wife, **Shirley**, bought 10 acres of land in Valley Center in 1975 to plant kiwifruit and avocado. After a few years it became apparent that the climate was not suitable for kiwifruit, so they began looking into other, more suitable crops. They were always interested in introducing unusual fruiting plants that would withstand California climatic conditions. These they found in jujube and the more unusual kiwifruit relatives. Those of you who have heard **Roger** (he spoke at the Festival of Fruit this year) know that he is a very knowledgeable and interesting speaker. **Roger** will bring some of his plants to sell
A SHORT BOARD MEETING WILL FOLLOW

Those whose last names begin with **N-Z** please bring something for our **November** tasting table. Our September fruit sampling was one of the best. Thanks everybody for sharing the fruits of your labor!

December Meeting

Date: Saturday, December 13, 2008 Please note the date****
Time: 10 am
Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91316

Program: Annual Holiday Party and Seed Exchange. Let's get in the holiday spirit and celebrate! This year we will initiate our first Seed Exchange(see page 4). Following our meeting we will have our annual pot luck luncheon, just as we did last year. So if **everyone** would please bring your favorite **main dish**, **salad**, **dessert** or **appetizer**. We will provide the paper goods and drinks.

Huntington Library Offers Free Tours

Free tours of the gardens are available with general admission or membership. Tours are offered Mondays, Wednesdays, Thursdays and Fridays between noon and 2 p.m., Saturday and Sunday between 10:30 a.m. and 2:30 p.m. Times vary depending on volunteer availability; please check in at the Information Desk on arrival for the day's schedule of garden tours. Sorry, these free tours cannot be reserved in advance.

Autumn is Fly Season

DAVIS -- Autumn is no time for an outdoor picnic, says entomologist **Lynn Kimsey**, chair of the UC Davis Department of Entomology and director of the Bohart Museum of Entomology. It's fly season.

The common house fly (*Musca domestica* Linnaeus) breeds in manure, compost piles, dumpsters, and, at this time of year, disced-over tomato fields and vegetable gardens, she said. It's commonly found on hog and poultry farms, in horse stables, and on ranches. But it also makes "house calls."

The housefly is known to transfer at least 100 different pathogens and carry about 6.6 million bacteria on its body, according to UC Davis forensic entomologist and fly expert **Robert Kimsey**. It's responsible for transmitting both parasitic and bacterial pathogens as well as viruses. Among them: typhoid, cholera and dysentery (bacterial diseases) and infective hepatitis (virus).

"In the early part of the last century," he said, "it was notoriously known as the 'typhoid fly' because of its propensity to transmit the pathogen of that frequently fatal disease."

Lynn Kimsey said, "House flies are why we need indoor plumbing and window screens. Years ago, the high infant mortality was largely attributed to house flies that carried pathogens from the latrine into the kitchen, contaminating the baby bottles on the kitchen counter."

The female housefly typically lays 600 to 1,000 eggs during her two-month lifetime and can produce as many as 12 generations a year. The eggs mature in 10 to 12 days.

"If the temperature gets high enough, flies can bang out a generation in a little over two weeks," said **Lynn Kimsey**.

"Calculated over an entire summer season, a pair of house flies could produce 191 quintillion flies, enough to cover the Earth 47 feet deep, if all their progeny were to survive," **Robert Kimsey** said.

The fly problem seems particularly bad around tomato fields where wet rotting tomatoes provide food for their developing larvae. A mild summer, like the summer of 2008, exacerbates this problem. Fly reproduction won't diminish until the first cold snap and the start of cold and rainy days. The common housefly overwinters in its immature stages (larva and pupa).

"The best way to control flies is to exclude them from the material their larvae breed in -- manure and household kitchen wastes, for example," **Robert Kimsey** said.

To control flies, place boric acid in the bottom of dumpsters, microencapsulated or wettable powder formulations on walls near dumpsters and other breeding sides, and fly baits near adult feeding sources.

Thanks to **Ray Imazu** for his informative presentation on weed control and irrigation. We really appreciate his taking time to address our members at our September meeting.

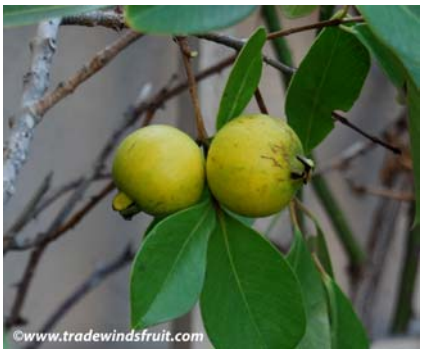
GUAVA SMOOTHIE
Prep: 10 min.
Makes: 4 to 6 servings
2 cups ice cubes
2 cups vanilla nonfat yogurt
5 guavas, peeled and chopped
1 banana
4 tablespoons vanilla-flavored whey protein powder
COMBINE all ingredients in blender or food processor container. Cover; blend until smooth.

GAGA FOR GUAVA
Mother Lode of Lycopene, Vitamin C
New government research demonstrates that guava deserves a place among the antioxidant elite. In fact, in one widely used antioxidant test (ORAC), guava scored better than strawberries, spinach and broccoli. While both the red and white-fleshed varieties scored among the top 10 of fruits and vegetables tested, the red-fleshed variety had a much higher antioxidant score. This is most likely due to the huge quantity of lycopene found in the red and pink-fleshed guavas. Actually, gram-for-gram, pink-fleshed guava has more lycopene than any other known fruit or vegetable – even watermelon and tomato!
As avid DNN readers know, lycopene is the "L word" your heart truly longs for. Guava fiber helps lower cholesterol while its potassium helps manage blood pressure. With all of these powerful nutrients, it's no wonder that a study from the Heart Research Laboratory in India demonstrated that people who ate 5 to 9 guavas a day for three months reduced their cholesterol levels by 10%, triglycerides by 8% and blood pressure by 9.0/8.0 mm Hg, while boosting their good cholesterol (HDL) by 8%.
Guava consumption might also help reduce oxidative stress and inflammation. Malaysian researchers found increased antioxidant blood values among guava-eating study subjects. The effects were reminiscent of those explored in a previous DNN story, "Anti-Stress Soup: Gazpacho Fights Oxidation, Inflammation."
Get guapa (means 'good-looking in Spanish) with guava? The pink-fleshed fruit also qualifies as a beauty food. Not only does its low calorie count (37 calories per pink-fleshed fruit) and filling fiber content help with weight management, it also contains nutrients that nourish the skin. With four times the vitamin C content of oranges, guava can support collagen formation, while its beta-carotene can help enhance sunscreen protection.

(Article appeared in DOLE newsletter January 2008)

Old gardeners never die . . . they just go to pot

LEMON GUAVA



By Alfredo Chiri

LEMON GUAVA - *Psidium cattleianum x lucidum* - *Myrtaceae*
Common names: Cattley guava, Araza, Guayaba peruana, Yellow strawberry guava, Waiawi, aracá da praia, Cas dulce, Guayaba japonesa, Calcutta guava, purple guava.

This native guava from the lowlands of Brazil is one of the possible 100 species of evergreen shrubs or trees grown in America. In their native Brazil they grow near the coast. Their cultivation is limited to a certain extent to some areas of South America, southern and central Florida and Southern California. In some tropical areas the cattley guava has become naturalized to moist areas, forming dense stands, and is being considered as a "weed tree." In the area of La Mesa, California, this plant has been producing heavily for the last 50 years.

Cattleianum is P.littorale var longipes, while Lucidum is P. Littorale var littorale, indicating that this variety could be a hybrid species.

This type of guava shrub or small tree is fairly slow-growing, ranging from 2-4 meters (6 -12 ft) tall, but some of the yellow-fruited types may attain 40 feet. They have smooth bark, and are rather loosely branched.

The fragrant flowers are white with prominent stamens and are borne in groups of 3's in the leaf axils. The fruit is sulfur-yellow with white flesh somewhat translucent and with many seeds. It is acid when ripe.

The tree is good for reforestation and is adaptable to tropic and subtropics areas. In California it produces fruit in late summer, and this is primarily canned, preserved, made into jam, relish, and chutney. Its greatest commercial use is for jelly. On a good soil and under irrigation a tree would produce up to 300 pounds.

It reproduces from seeds easily; the seeds are sown in flats or pans of lightly sandy soil and kept there until permanent planting. It also can be propagated from budding, grafting or cutting, but this technique is not too

common because of its thin bark.

This type of guava is hardier than the common guava and can survive temperatures as low as 22º F. it can easily survive wherever citrus is grown without artificial heating.

The cattley guava does well in limestone and poor soils. It is shallow-rooted but is fairly drought tolerant and is able to endure flooding for short periods.

The cattley guava is considered as disease- and pest-free. In California, there are occasional infestations of the greenhouse thrips.

Many thanks to member **Charles Portney**, **AGAIN!** If you were at the September meeting, you saw the healthiest looking plants you could ask for including rose apples, mountain papayas, babacos, Celeste figs, and assorted other plants. Thanks, **Charles**, for donating all of those plants and adding to our Los Angeles Chapter treasury well over $200. What a guy! This is exactly the kind of participation we need. Hope it inspires more of us to follow his example.

Nothing Seedy About This

Are you saving those seeds? Don't throw them away; don't add them to your compost. Remember the wonderful plan **Candice Rumenapp** has come up with? At our December meeting we will have a seed exchange. Once you have saved the seeds (be sure they are non-hybrid) store about 10-12 seeds in ziplock bags and label them with their name and characteristics, for example: taste, if it is prolific, where grown and so on. For each bag you bring you can exchange with someone else. **Candice's** idea is a great way to begin a collection for that vegetable garden, or add to your existing fruit trees. Also, with the price of food going up, this is a fantastic way to save a few dollars. So if you haven't already, start saving now. No doubt about it- our December meeting is going to be lots of fun!!

A GREAT WAY TO SPEND A SATURDAY

Where in the world would you expect to find a temperate zone fruiting Medlar growing alongside a Mamey Sapote? In the **Payton's** front yard, of course, along with mulberries, Asian pears, strawberry tree, carissa, strawberry guava and monstera deliciosa. Wow! We hadn't even walked across the driveway yet. And the backyard beckoned. **Karen and David** led two tours amazing us all with their knowledgeable comments about what grew, what didn't, why and what they have done to improve their growing collection. And it is a large collection! On the steep banks in the terraced back yard we saw lots of guavas, a beautiful Oro Blanco pommelo-grapefruit and other citrus, loquats, figs, stone fruits, bananas, grapes jujubes, apples and pears In the ground they have planted more than 50 kinds of fruit (several varieties of most); potted plants holding many of the rarer and more tropical fruits lined the terraces. About 45 CRFG members from LA and WLA chapters convened for the tour Saturday, October 25. We were all pleased with the knowledge of our hosts as well as their hospitality. They certainly do have "green thumbs"
Karen & David, thanks so much for opening up your garden to us! (***Article written by Kathy Vieth)***

Welcome new member

***Beena Shenoy**.
We hope your membership brings you many hours of enjoyment. Be sure to introduce yourself around at the next few meetings. We know you will enjoy our wonderful tasting table and hope you will soon be contributing the fruits of your labor to it.