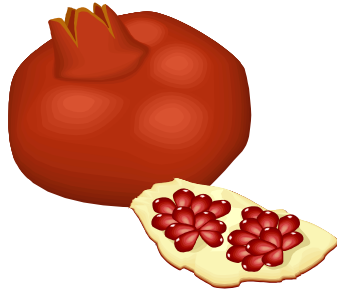


LOS ANGELES CHAPTER

November 2010 Volume XIV Issue 6

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



YEAR OF THE POMEGRANATE

2010 Chapter Officers & Committees

Chairman:
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Food Coordinator:
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Secretary/Hostess:
Edith Watts
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Development Fund:
Bob Vieth
805 495-9789

November Meeting

Date: Saturday, November 27, 2010

Time: 10:00 A.M.

Place: Sepulveda Garden Center
16633 Magnolia Blvd., Encino, CA 91436

Program: We won't have a "named" speaker, but we'll have an interactive, do-it-ourselves swap of information, tool talks, a "show-and-tell," and tips & tricks.

Bring any items, tools, and ideas that you are excited about. Those of you who are new to our Chapter don't be shy--bring your questions and concerns and/or your experiences to share with everyone. Of course don't forget to bring plants for the plants sale--there are many eager members still wanting to add to their collection.

ATTENTION ALL MEMBERS!! If your last name begins with **M-Z** please bring something for our November tasting table. Our members have asked that whenever a dish is brought that it be labeled. This will be very helpful to all of us.

December Meeting

Date: Saturday, December 18, 2010

Time: 10A.M.

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

Program: Our Festive Holiday Potluck! Remember this is a full meal, not just snacks. It is a chance to prepare your favorite dish. Please bring a dish that serves 8-- and it would be great if you would include the recipe. Bring food to share and wear colors of the Season!

We are also looking forward to **Marcia Melcombe** entertaining us with some wonderful music!

Bring plants for the raffle/sale. We will also include a gift exchange, so if you wish to participate, wrap up something you think others would like;-it does not have to be new, but in "gently used condition". Those that bring a gift will receive a raffle ticket at the door.

Today, Wisconsin is the country's leading cranberry producer.

Natural bogs evolved in Massachusetts from glacial deposits, which, over time, filled up with water and decaying matter. The resulting layers of sand and organic material comprise the ideal soil for cranberries. Last month in Plymouth County, Mass., the red-dotted landscape was evidence of thousands of years of geological evolution.

Today, of course, farmers don't just leave their harvests to the whims of nature. Contemporary cranberries are cultivated.

They have to be. Americans will eat 400 million pounds of the tart little berries this year, 20 percent of them during Thanksgiving week.

Cranberries are perfect, edible jewels. They turn any meal into a showstopper. But their glamorous exterior belies a bitter truth: They're virtually inedible as they are. Raw cranberries are mouth-puckeringly sour, which is why they're almost always paired with sugar or some other sweetener such as maple syrup.

Fortunately, they're redeemed not just by their striking good looks but also by their extensive health benefits. Cranberries are rich in antioxidants and phytonutrients. Research indicates they may reduce the risk of heart disease, stroke, urinary tract infections, gum disease and ulcers. They're also high in vitamins A and C and in potassium. The tiny berries pack a powerful nutritional punch.

They're not only gorgeous, healthful and delicious, they're fun — particularly for those of us who still like to play with our food. Small pockets of air within each berry mean they both float and bounce. This is more than a fun fact, though. This air pocket actually determines how the berries are harvested.

The berries we see in stores each fall have usually been dry-harvested. So while they might not be quite as



colorful, they keep better.

But most cranberries are wet-harvested, which means the bog is flooded and the berries float to the top, where

ELECTION OF OFFICERS

It's time again for the chapter election of officers, who will begin their service in January, 2011. Be thinking about what roles might sound good to you or another of our members whom you might want to nominate. Besides thinking about whom we want for the usual positions, we'll have some new or expanded categories. We need to form a **Program Committee**, which will plan our monthly special events--speakers, field trips, etc. Additionally, we need to augment the **Food and Hospitality** departments with people who will assist with the refreshment and clean-up service. We remain enduringly grateful to **Chris Warren, Anita Drapkin** and those others who've played a role in this crucial function, but we need to be able to count on additional members to help them in this major enterprise which we all value so much. Finally, inasmuch as **Jim Schopper** has graciously agreed to throw his hat in to the ring for the role of new Chairman, we will be interested in knowing who might like to assume or help him in his function as Publicity Director.

THANK YOU, 2010 OFFICERS!

We give enormous gratitude to Chairman **Bill Brandt** and all the other officers who served us this year. It was certainly a special and challenging year, during which our chapter hosted a spectacularly successful Festival of Fruit

WHY AMERICANS RELISH CRANBERRIES

America's dinners will get very colorful in the next couple of weeks. Most of us will eat lots of green vegetables and an abundance of orange, from sweet potatoes to pumpkin pie. But the star of the plate will be that Thanksgiving peacock, the cranberry.

Cranberries are grown in the northeastern United States, Wisconsin, Washington and Oregon, as well as in Canada. Massachusetts has the oldest cranberry story — some vines date to the time of the Pilgrims. When colonists arrived in North America, they found a cranberry that was twice the size of the berries they were used to back in Europe, though just as tasty. (America has been super-sizing portions from the very start.)

they're easily scooped up by farmers in waders. These can be a bit redder than the others; they're usually used in processed foods, juices and sauces.

Of course, indigenous people have been cooking with cranberries for hundreds of years, long before wet harvesting was even invented, according to Eleanor Jackson of Plimoth Plantation in Plymouth, Mass. Wampanoag Indians in Massachusetts laboriously picked the berries from the vine and added them to porridge or pounded them by hand into what she calls "the original fruit leather."

It's debatable whether cranberries were present at the "first Thanksgiving" (which was not, in fact, a thanksgiving but a shared harvest celebration). If they were served at that special meal hundreds of years ago, it was almost certainly not in a sugar-sweetened sauce.

More likely, the Wampanoag guests brought dishes containing unsweetened berries. If the English used cranberries, it was probably to add tartness and color to a sauce. It wasn't until years later that the colonists started sweetening them with sugar.

Regardless of who used them, when and how, there's one timeless truth about cranberries: It's a shame not to use them year round. And while their growing season is over for now, they freeze extremely well. There's one more thing to love about cranberries: No need to thaw them before using.

So come February, when everything's looking drab, grab some cranberries from the freezer, whip up a simple pie or sauce, invite some friends over and turn an otherwise average midwinter Sunday supper into a colorful feast.

GRAND MARNIER & CRANBERRY MUFFINS

1-1/4 cup orange juice
1/4 cup Grand Marnier liqueur
3/4 cup canola oil
2 cups chopped cranberries
2-1/2 cups all-purpose flour
1 cup whole wheat flour
1-1/2 cups sugar
2 Tablespoons baking powder
1/2 teaspoon salt
1-1/2 Tablespoons chopped orange zest
4 egg whites
Preheat oven to 400 F.

Combine the orange juice, Grand_Marnier, and the oil

and set aside.

In a large bowl, combine the flours, sugar, baking powder, salt, and orange zest.

In another large bowl, beat the egg whites until frothy. Combine the juice mixture with the beaten egg whites. Add the egg mixture and the cranberries to the flour mixture, stirring just until moist.

Using a 1/4 cup measure, divide the batter among 24 muffin cups that have been lined with paper cups. Bake muffins for 25 minutes or until golden brown and puffed.

Yield: 24 muffins

Recipe Source: [Killer Pancake](#) by Diane Mott Davidson

FRUIT GARDENER GETTING COLOR!

If you have not already received your November/December issue of the *Fruit Gardener* you are in for a treat. Starting this month, the magazine will be in full color on every page from cover to cover! Thanks to the success of the Festival of Fruit, our Los Angeles Chapter has donated \$1500 to cover the cost of publishing in color for the next year. Following our lead, the Orange County and the Santa Barbara chapters have also made a donation for that purpose. Another giant step for CRFG!



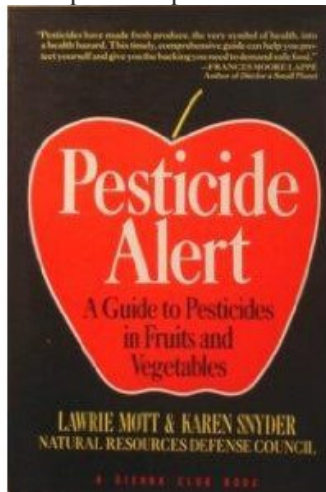
Bruce Blavin captured our attention with his enthusiastic presentation of all the wonderful plants he has growing in his backyard. With about two acres of land, there is not only an abundance of fruit trees, but also beautiful flowers, palms and bamboo to admire. **WHAT A BEAUTIFUL GARDEN!**

We thank **Bruce** and his wife **Marge** for their warm hospitality and for providing us with such a lovely Saturday excursion.

BE CAREFUL OF PESTICIDES

After listening to the number of pesticides on the following fruits, it is obvious why so many people are going organic.

This list was submitted by **Candice Rumenapp** along with the recipe to help wash off the pesticides.



There are over 50 pesticides on strawberries; 40 on apples plus wax that has a fungicide; over 40 on spinach; over 60 on peaches. The two of the cleanest grown in the States are onions and kiwi.

Recipe for washing off fruits and vegetables:

In a large bowl add 1 cup of white vinegar, 1 cup of water the juice of ½ of a lemon and 1 Tablespoon of baking soda. This will foam up when the baking soda is added.

Spray the solution on the fruit/vegetables and let sit for 5 minutes. Rinse off with purified water.

Celebrate the Art and Culture of Japan at Descanso This Weekend

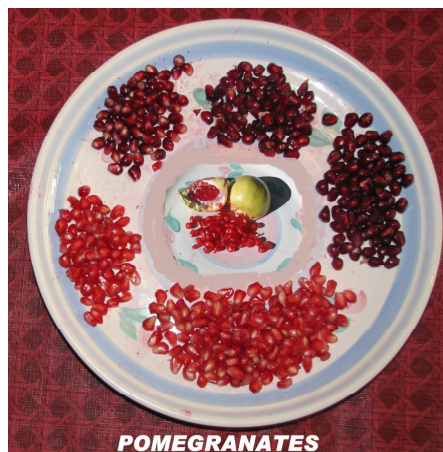


Descanso Gardens celebrates Japanese arts, crafts and culture with the annual Japanese Garden Festival

on **Saturday and Sunday, Nov. 6-7. The festival runs from 10 a.m. to 5 p.m.**

Always a crowd favorite, taiko drummers will perform at noon on Saturday. A floral exhibit by the Glendale Chrysanthemum Society will be on view in Van de Kamp Hall through the weekend. Much beloved in Japan, the mum is the emblem of the Japanese emperor.

Suiseki stones – naturally occurring stones which evoke images of nature in their patterns – will be exhibited both days in the Minka. And a Descanso summer favorite, the Camellia Lounge, will make a return appearance for the weekend in the Full Moon Teahouse. Enjoy a Japanese-inspired menu from Patina Catering -- including sake -- from 11 a.m. to 4 p.m.



Here you can see 6 different types of pomegranates that will be soon influencing the market. Most of them are soft seed, tasty and don't stain! Here are the names of some of the better tasting poms: Angel Red, Medovyi Vahsha, Wonderful, Azadi, Eversweet and Rosamia. At the USDA in Winters, there are almost 130 different varieties being grown. Cuttings from these plants are available to you if you request during the month of December. For more information go to Yahoo groups and join 'Pom worldwide' (Harvey Corriea).

Save a Tree! Go Paperless! If you're still receiving your newsletter by postal mail and you have an email address, please consider receiving it electronically. In addition to receiving it a lot earlier than postal delivery, you will also receive time-sensitive information on special events that is usually too late to post in the newsletter. Past issues of the newsletters are also posted on our website. Thanks to all of you who are already paperless.