



# Western Washington Fruit Research Foundation

June, 2013

## Vice President's Message

*By Bob Baines,*

As we move into summer one of our most popular WWFRF events comes into view. We will be hosting our Cherry Sampling and Education Field Day on Saturday July 13 - find details later in this newsletter.

I would have to say that picking and eating cherries at their peak of ripeness is my favorite reward over many years as a "fruity". In Western Washington cherries represent one of the most challenging crops for commercial and hobby orchardists. We face the gauntlet of late frost, poor pollination, brown rot, several types of fruit flies, fruit cracking, and when it looks like we might have a decent harvest, the birds show up with the same idea. So what compels us to take on this challenge? To the hobbyist, the sweet tart taste of that perfect cherry trumpets the siren's call for fresh cherries .... again - and more! And for our commercial orchardist friends? At a Cloud Mountain Orchard tour several years ago, Tom Thornton pointed out that showing up at a farmers market with several lugs of organic cherries to sell at \$3.99/lb as opposed to bringing a truckload of squash at \$0.99 is a powerful inducement.

So if you've got the cherry growing bug (ouch) come visit us on July 13 to learn how to deal with many of those problem, sample several unique varieties, and take home a small bag to help make up for the cherries that went to the birds.

With that out of the way, I'd like to tell you about an exciting development in the world of Sustainable Fruit Growing Education.

The National Science Foundation has awarded a 3 year \$900,000 grant which brings together Washington State University and several Puget Sound community colleges to support undergraduate students interested in pursuing educational opportunities in sustainable agriculture and working on urban and small rural farms.

Edmonds Community College leads the SAgE (Sustainable Agriculture Education) collaborative project, which builds on a previous grant that successfully introduced a sustainable urban agriculture program to Seattle Central Community College, said Jason Niebler, project director and principal investigator on the NSF grant. Part of the focus is to streamline transfer options from high school to two-and-four-year colleges, including Edmonds CC, Seattle Central CC, Skagit Valley College and WSU. As the collaboration extends throughout the Puget Sound, students will also dive into service-learning and internship programs.

You can read the WSU press release at:

<http://news.cahnrs.wsu.edu/2013/01/07/educating-the-next-generation-in-sustainable-urban-farming/>



The grafting table at the Winter Field Day



Dr. Bob Norton at the Winter Field Day

## July 13<sup>th</sup> Board Meeting after Cherry Day event at Skagit Valley Co-op

All members are welcome to attend board meetings.

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**WWFRF Financial Report: 12/31/2012**  
*By Mike Ewanciw, WWFRF Treasurer, Board Member*

<b>Current Funds</b>				
	<b>Begin 2012</b>	<b>Increase</b>	<b>Decrease</b>	<b>End 2012</b>
<b>General Fund*</b>	6005.46	5004.74	3944.92	7065.28
<b>FS Research<sup>1</sup> Funds</b>	-2196.00	1604.68	4300.00	-4891.32
<b>Fruit Garden Funds</b>	38244.39	5215.90	6172.10	37288.19
<b>Total Funds</b>	<b>42053.85</b>	<b>11825.32</b>	<b>14417.02</b>	<b>39462.15</b>
<b>Liabilities</b> (Research Grant #20)	-6450.00	4300.00		-2150.00
Net Equity:	35603.85			37312.15

<b>Revenue</b>		<b>Expenses</b>	
Membership Dues	4909.00	Newsletter Expenses	1649.53
Field Days	3176.90	Field Day Expenses	1657.80
Fruit Booth	590.00	NW Flower & Garden	375.00
Donations	1604.68	Fruit Garden Expenses	4514.30
Interest	95.74	Other	172.39
Apple Sales	1449.00	Insurance	1748.00
<b>Total Income</b>	<b>11825.32</b>	<b>Total Expenses</b>	<b>10117.02</b>

**Net Income**  
**\$1708.30**

## WWFRF Fruit Garden...Update

*By De Arbogast*

Earlier this year we planted eight additional sweet cherry trees along the West espalier, using the Upright Fruiting Offshoot (UFO) training system:

- \* Two Hartland/gisela5, Two Hartland/gisela7
- \* Two Lapins/gisela5, Two Lapins/gisela7

This combination will give us a good side-by-side rootstock comparison. We'll be covering these cherry trees with 6-mil plastic this winter to control disease. The insect, Cherry Bark Tortrix, has been a problem last season and may well give us more headaches this season.

Fruit set is excellent on apple and pears but spotty on plums. Our kiwis and blueberries are loaded again this season.

Voies will be controlled by keeping the grass cut as low as possible with lots of additional hand-mowing and weed-wacking.

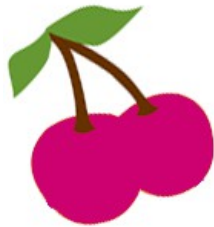
More new additions:

Three heritage apple trees (Egremont Russett, Duchess of Oldenburg and Belle de Boskoop), Virginia Crab crabapple, three newly grafted Silken apple trees, and seven mature Liberty apple trees. We plan on eliminating some of our older, diseased peach trees.

Our new Fruit Garden Management Plan has been finalized. We look forward to another successful season.

## Volunteer for the Cherry Fruit Day

We need volunteers for the Cherry Fruit Day on July 13<sup>th</sup>. We need people to help with various jobs such as registration and parking. Please send an email to [info@wwfrf.org](mailto:info@wwfrf.org) if you would like to volunteer for this event.



# Cherry Day Event!

Saturday, July 13<sup>th</sup>

11:00am – 2:00 pm

No entry after 12:30 pm.

## Cherry sampling!

*\$5/bag to help maintain the cherry plot*

**Dr. Bob Norton will speak on Growing Cherries Successfully in Western Washington.**

**Tom Wake will give a tour of the Tatura Trellising system, discuss cherry pruning and demonstrate picking technique.**

**WSU - NWREC staff will update us with the latest on Cherry Bark Tortrix and Spotted Wing Drosophila.**



**It's loads of fun!**

**PLEASE SEND YOUR DONATION ALONG WITH THIS FORM**

Enclosed is my gift of:

\$5000  \$1000  \$500  \$100  \$50  \$25 \$\_\_\_\_\_ (Make check payable to WWFRF)

**To make a donation by credit card go to: [NWFRUIT.org](http://NWFRUIT.org) and click on support.**

Please designate my monetary gift toward:  Where it is needed most!  
 Fruit Display Garden  
 Fruit Variety Trials  
 Sampling and Field Days

I would like to volunteer!  In the Fruit Garden  
 To help with Summer Fruit Festival  
 On sampling and field days  
 By doing work that can be done from my home

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email address \_\_\_\_\_ Phone # \_\_\_\_\_

Please make my gift:  In Honor of:  In Memory of:  
(Name of person) \_\_\_\_\_  
Address of person or person's family \_\_\_\_\_

\_\_\_\_\_  
(So we can notify them)

Thank you.. Please send to: **WWFRF**  
**C/O Christy Nieto**  
**2609 Cedarwood Ave**  
**Bellingham, WA 98225**

Your gift is tax-deductible to the fullest extent allowed by law. Please consult your tax accountant for details.

**Credit cards accepted through PayPal! Just go to our website and click on *support-donate* to make a donation.**

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**Volunteer in the Fruit Garden!**

**Thursdays at 9:00 am**

**Volunteering in the Fruit Garden is a great way to learn more about how to grow fruit and get to know other fruit loving volunteers! Contact Tom Wake:  
[thomas.wake@att.net](mailto:thomas.wake@att.net)**



# ***Reasons for Poor Fruit Production***

## **Weed Competition**

**Competition from weeds or grasses** can be reduced using cultivation, mulch or properly labeled herbicides. Avoid excess nitrogen fertilizer (this is the N part of the NPK on the fertilizer package). This stimulates vegetative growth at the expense of flower bud production.

## **Fertilizer**

**Over-fertilization** is one of the most common causes of reduced flower bud production in the backyard orchard. This is due to the application of high-nitrogen fertilizer to lawn areas around the tree.

## **Proper Fruit Tree Fertilization**

1. **Apply ¼ lb. of nitrogen** just after planting
2. Reduce or eliminate additional fertilizer until the tree begins to bear.
3. Once trees begin to bear, apply **0.1 lb. nitrogen per inch of tree trunk diameter**.
4. Note the length of new shoot growth during the previous season (should not exceed 18-20 inches). If less, then add nitrogen.

## **Pruning**

**Excess pruning** can **delay the onset of flowering in young trees** and stimulate vegetative growth at the expense of flower bud formation in bearing trees. In young **non-bearing trees**, prune only as needed for developing a strong, desired framework. In bearing trees, adjust the amount of annual pruning based on the length of terminal shoot growth as with fertilization rate. Prune out water sprouts.

## **Freezing Temperatures**

Open blossom parts can be injured by **freezing temperatures**.

- If overnight freezing temperatures are expected, cover the trees to the ground with plastic sheeting, old bed sheets, or similar materials.
- Another alternative is to use sprinklers. Turn the spray on when the temperature reaches the low 30s. Ice will form on the tree surfaces, insulating the tissues from temperatures falling below freezing. This occurs because as water freezes, heat energy is released. The sprinkler **MUST** be kept on until the ice melts on its own or more severe injury can occur.

## **Pollination Considerations**

**Self-unfruitful** trees, such as apple, pear, sweet cherry, Japanese plum and some European plums, need an additional pollinator tree (peach and apricot are self-fruitful). When selecting cultivars, consider the bloom period. An early blooming apple will need a pollen producer that is either an early or midseason bloomer so that the bloom periods will overlap sufficiently. Some apple cultivars (Baldwin, Gravenstein, Stayman, Winesap, and Rhode Island Greening) are poor pollen producers and need to be grown with two other cultivars to ensure a good pollen supply for all. One exception is Golden Delicious, which is self-fruitful.

The hardy kiwi and persimmon require individual male and female trees (female trees have only female

flowers and bear fruit while male trees only have male flowers that produce pollen). Have one male tree for every six females.

### **Pollinators**

The most important pollinators are bees. Minor pollinators include flies, wasps, beetles, butterflies, moths and other insects. Fruit trees that require cross pollination should be spaced in close proximity to each other without crowding to increase pollination. **The better a flower is pollinated, the more seeds the fruit will have and it will be larger and more uniform.** Cold, rainy or very windy weather during bloom will reduce bee activity which will result in reduced fruit set.

### **Fruit Thinning**

Fruit tree flower buds **are set during the summer** for the following year. Too many fruit developing on the tree lessen available nutrients for flower bud formation. For apple and pear, **thin to one fruit for every two spurs within 30 days after bloom.** Sweet and sour cherries, apricots and peaches will be able to produce flower buds while carrying a heavy crop.

### **Insects and Disease**

Diseases decrease its ability to put nutritional resources into flower bud formation and/or fruit development. Insect pests reduce plant vigor by feeding on the leaves and reducing photosynthesis or by feeding directly on the flowers or developing fruits.

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#### **The Berry Tart**

3/4 cup sugar	2 pears
2 1/2 cups flour	2 cups sour cream or greek yogurt
1/2 tsp baking powder	3 egg yolks
1/2 tsp salt	3/4 cup brown sugar
1/2 cup butter (cold)	1 tsp vanilla flavoring
2 Cups blueberries	optional - 1 tsp grated orange zest

Preheat oven to 375 degrees

combine dry ingredients in bowl of food processor . Cut butter into 1/2" pieces. Add butter to flour and pulse process for 3 seconds until pea size crumbles. Press into 9-10" tart dish. Bake shell for 15 minutes.

Reduce oven temp to 350 degrees

place blueberries and pears (cut into thin slices) onto crust. In food processor, add yogurt or sour cream, egg yolks, brown sugar, vanilla and orange zest and process until smooth.

Pour over fruit. Bake 30- 40 minutes. Serve warm or cooled

## **WWFRF Board Meeting**

**February 23, 2013 1:00pm – 4:00pm**

**Held at The Convention Center in Seattle**

Board members present: Sue Williams, Bob Baines, Kim Siebert, Sam Benowitz, Mike Ewanciw, Ira Collins, Christy Nieto

WSU Advisor : Carol Miles

**Treasurer's Report** – Mike - All funds are now in one bank account. Our account to WSU is now paid off completely. We had a net income of \$1731.71 (later changed to 1708.30 due to additional fees, *Treasurer's note*) last year not including the two payments of \$2150 we made to WSU. Mike and Sue are to work with the Financial Committee to work on delineating which categories funds should be in.

**Membership** - Christy – February newsletter was sent to 197 members. Online registration for events and memberships is way up. Last year at Winter Field Day 2012 we had 49 new or renewed memberships. Let's hope for a similar or higher rate of new memberships. It is our biggest event due to Spring Fever and less competing events. We need a publicity person!

**Honorary Memberships** – Bill Davis has suggested and we have agreed that we will add Greg Giuliani to the list of people with honorary memberships.

**Committees** - We will invite members to serve on committees during the presentations at the Winter Field Day. The Publicity Committee should make a priority for publicity release many weeks before events. We also need to make presentations that can be given at other groups' events with possibly more than one presentation to suit different groups. Christy said that she was interested in working on this. Bob said that he could help. The Finance Committee should meet at least once per year.

**Support for President's Position** – Sue expressed concern about how difficult the position of president is and how the position needs support. Various board members volunteered to assist with helping presidential role in ways that will be defined at a later point.

**Horticulture Student Membership** - Bob moved and Ira seconded that we create a membership for horticulture students. Passed with Christy abstaining. Ira moved and Kim seconded that the Horticulture Student Membership cost \$15. Passed. A group rate for horticultural classes may be considered at a later time. The hope is this will attract students to be active volunteers. In the future Carol might mentor WWFRF member students that can help to mine research data that in particular has been collecting on De's computer or help to manage volunteers in the garden.

**Garden Management Plan** – Carol told the board the Garden Management plan is well overdue to NWREC and WSDA. This document needs to be reviewed and signed off very soon. This document needs to be reviewed and signed off at least yearly. This is a 'living' document which, as new information is available will be reviewed and considered for updating. The guidelines for accepting changes will be: 1. Changes to be reviewed first by the Garden Committee and an assessment of the impact provided. 2. If the change is controversial or there is uncertainty of the impact of the change, the requested change shall be sent to a third party for review. 3. Final acceptance of the change will be with Carol Miles or WSU-NREC representative. Bob will revise the decision making matrix. Bob will take the next stab at revising. (Note: it was later determined that since there was great urgency to complete the plan, Jay will work with Carol and Jonathon. Kristan, as chair of the Garden Committee with help to create the version that is acceptable to WSU). When Bob provides his edits, they will follow the procedure outline above to be approved and added to the plan.

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## **WWFRF General Membership Meeting**

**March 2, 2013**

*Held at the Winter Field Day*

Board members present: Sue Williams, Bonnie Swanson, Bob Baines, Kristan Johnson, Jay Scott, Kim Siebert, Mike Ewanciw, Hazel Sittner, Ira Collins, Christy Nieto



**Financial Report: - Mike** – We have now paid off WSU with the final payment being early in 2013 and aside from two WSU payments in 2012 we had a net income of \$1,731.71 for 2012.

**Membership** – The newsletter went out to 197 members, not all of whom are current. Quite a few new members and one day participants for the Winter Field Day have paid online.

**Membership** – JoeAnne Hilgart, John Valentine, Richard Houghton, and Darlene Granberg were nominated as new board members. Kristan motioned and Kim seconded that we elect the following people as board members: JoeAnne Hillgard, John Valentine, Bob Baines, Sue Williams, Mike Ewanciw, Jay Scott, Darlene Granberg and Richard Houghton. Passed.

Hazel Sitner was appointed to the board in September, 2012.  
Georgia Jensen and Keith Rubin have resigned from the board during the year.

### End of General Membership Meeting

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### Begin Board Meeting

Board members present: Sue Williams, Bonnie Swanson, Bob Baines, Kristan Johnson, Hazel Sittner, Jay Scott, Kim Siebert, Mike Ewanciw, Ira Collins, JoeAnne Hillgart, Richard Houghton, John Valentine, Darlene Granberg  
The following slate for officers was nominated:

- President: Sue Williams
  - Vice-president: Bob Baines
  - Coordinating Secretary: Ira Collins
  - Recording/corresponding Secretary: Kim Siebert
  - Treasurer: Mike Ewanciw
- Passed unanimously.

John Valentine joined the Fruit Garden Committee. Richard Houghton has an interest in the Fruit Garden. JoeAnne is interested in working in the Fruit Garden on the weekend.

### MEETING CLOSED



**2013 UFO Cherry Tree Addition in the Fruit Garden**  
*Upright Fruiting Offshoot training system*

**WWFRF would like to thank our commercial members.**

**Bee Diverse -**  
[www.beediverse.com](http://www.beediverse.com)

**BeezNeez-[www.beezneeziary.com](http://www.beezneeziary.com)**

**Northwoods/One Green World -**  
[www.onegreenworld.com](http://www.onegreenworld.com)

**Raintree nursery -**  
[www.raintreenursery.com](http://www.raintreenursery.com)

**Skagit Farmers Supply -**  
[www.skagitfarmers.com](http://www.skagitfarmers.com)

## Fruit Scones

(Jay, De and Bill love it when I bring these for coffee breaks. Sue Williams)

preheat oven to 375 degrees

2 cups of all purpose flour or 1 cup whole wheat flour and 1 cup AP flour

1/2 cup sugar

1 TBSP baking powder

1/2 tsp salt

1/2 cup butter cut into small pieces

1 egg beaten

1 cup buttermilk or plain yogurt with milk added

1 cup fruit (blueberries, sliced strawberries, slices peaches are some of my favorites)

Mix dry ingredients and set aside. Mix wet ingredients (except fruit) add wet to dry ingredients and barely mix until can form 2 balls.

Flour hands and flatten dough balls into discs about 12" in diameter. (best to do on a greased cookie sheet. Add 1/2 of fruit into each dough center. Sprinkle with cinnamon sugar. Then fold over dough into center, covering fruit. Again flour hands to seal edges. Cut each circle into 4 pieces. Optional to sprinkle with sugar

Bake for about 20-25 minutes until show signs of bubbling. Serve warm and enjoy!

## BENEFITS OF MEMBERSHIP

Annual memberships cost \$25/year for Individuals and \$40/year per Family (Parents with their minor children). Membership entitles you to the newsletter, participation at all Field Days/Open Houses and Sample the Harvest Days, at no additional charge; other types of memberships are also available. Visit [nwfruit.org](http://nwfruit.org) to download the membership form OR use the membership form found in this newsletter.

The **WWFRF Newsletter** is printed 3x/ year in February, June, and September and mailed to all members.

**FIELD DAYS/ OPEN HOUSES** are free to members, and open to non-members for One-Day only fees of @ \$15/ Individual and \$30.00/ Family (Parents with their minor children) for each event.

<sup>35</sup><sub>17</sub> **The Winter Field Day/Open House** is the first Saturday of March, and consists of hands-on pruning, grafting and budding, talks on insects and pests, scion wood sale, and root stock sale.

**HARVEST DAYS** are free to members, and open to non-members @ \$15/ Individual and \$30.00/ Family (Parents with their minor children) at **each** event:

<sup>35</sup><sub>17</sub> **Sample the Harvest Days** are held in July and October. The following fruit is harvested in season: cherries, pears, plums, and apples. Paid members and non-members are allowed to keep their portion of the harvested fruit.

<sup>35</sup><sub>17</sub> **Special Volunteer Harvests** occur on an as-needed basis to assist the WSU NWREC staff in harvesting specific fruit for data collection. This harvest is open to paid members only, and paid members are allowed to keep a portion of the harvest.

**Have you renewed your membership yet?** WWFRF membership is valid for 12 months from the date your check is received. Your membership expiration date is printed above your name on the mailing label indicating the month and year that your membership expires. Renew your membership before it expires by completing the Membership Form and mailing it in. You can also renew online. (see credit cards on page 6)



## Western Washington Fruit Research Foundation Membership Form

Please check one box ONLY:  Renewal  New Member

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ 9-DIGIT ZIP: \_\_\_\_\_

TELEPHONE: ( \_\_\_\_\_ ) \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

I would prefer to receive email newsletters instead of by regular mail when WWFRF is prepared to send them.

I allow notice of membership meetings to be given to me by email.

Please check all applicable lines to designate type of membership, extra donation, and/or individual or family open house/field day:

\_\_\_\_\_ \$25 FOR ANNUAL **INDIVIDUAL** MEMBERSHIP (*One person only*)

\_\_\_\_\_ \$40 FOR ANNUAL **FAMILY** MEMBERSHIP (*Parents with their minor children*)

\_\_\_\_\_ \$ \_\_\_\_\_ FOR **GIFT** MEMBERSHIP FOR: (Please note for Whom Above)

\_\_\_\_\_ \$60 FOR ANNUAL **SUSTAINING** MEMBERSHIP (*Individual or family membership with higher level of financial support*)

\_\_\_\_\_ \$125 FOR ANNUAL **COMMERCIAL (List Only)** MEMBERSHIP (*Includes 3 people, and also includes business name on our website*)

\_\_\_\_\_ \$200 FOR ANNUAL **COMMERCIAL (Full)** MEMBERSHIP  
(*Includes 3 people, and also includes a link from our website to the commercial members' website*)

\_\_\_\_\_ AN **EXTRA DONATION** of \$ \_\_\_\_\_ for WWFRF

\_\_\_\_\_ \$15 FOR **INDIVIDUAL One-Day** OPEN HOUSE/FIELD DAY **ONLY**

\_\_\_\_\_ \$30 FOR **FAMILY One-Day** OPEN HOUSE/FIELD DAY **ONLY** (Parents with their minor children)

**SIGN ME UP TO HELP WWFRF AS CHECKED BELOW** (please check all applicable lines):

\_\_\_\_\_ FIELD WORK IN THE **WWFRF FRUIT DISPLAY GARDEN**

(usually held every Thursday from 9am-12noon; March-Nov.)

\_\_\_\_\_ A **FIELD DAY** such as our Winter Field Day , Cherry Day, or the Apple and Pear Day

\_\_\_\_\_ **NORTHWEST FLOWER & GARDEN SHOW** in Seattle (usually held in late February every year)

\_\_\_\_\_ **FRUITBOOTH EVENTS** (Throughout the year)

\_\_\_\_\_ **SELLING APPLES AT VARIOUS FALL FRUIT SHOWS** (Seattle & Port Townsend)

\_\_\_\_\_ **BY DOING WORK I CAN DO IN MY OWN HOME USING MY COMPUTER OR TELEPHONE**

\_\_\_\_\_ **SERVING AS A BOARD MEMBER (4 meetings a year)**

**Please make your check payable to: WWFRF and MAIL your completed membership form and check to:**

**WWFRF  
C/O Christy Nieto  
2609 Cedarwood Ave  
Bellingham, WA 98225**

**Western Washington Fruit Research Foundation (WWFRF)**  
C/O Christy Nieto  
2609 Cedarwood Ave  
Bellingham, WA 98225

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Please check your label to see if your membership needs renewing.



## **In This Issue**

**Cherry Day!**

**Reasons for Poor Fruit Production!**

**Recipes!**

**Check out our wonderful newly revised website at: [Nwfruit.org](http://Nwfruit.org),  
where you can see the color version of this newsletter**

**Mission: WWFRF exists to advance fruit horticultural programs for our unique Western Washington maritime climate through advocacy, research, education, and demonstration for the benefit of the general public and the small farmer.**