

### **President's Message**

By Kristan Johnson, WWFRF President

Hello everyone,

Everything seems to be "a-changing". On one hand there's the financial news, on the other we have so many folks eager to grow their own food during these times. Whether it's an intensified focus on saving money, security for the future, fresh and organic fruit, returning to our roots (literally), or simply finding a place in our lives to take a break from everything else, the joy of hanging out in our gardens and orchards allows us some control by being able to grow our own food.

I am proud to be part of an organization whose purpose is to help people grow fruit successfully in our area. Our silver lining is that if it wasn't for the unique challenges inherent in trying to grow good fruit here, we probably would not have had such a successful Fruit Research Program over the past 40 years.

In furthering that success, I am very pleased to report that we are extremely lucky to have Steve Jones as the new NWREC Director! He spoke to us at length about his vision for a healthy Fruit Research Program program here amid the current and future financial challenges which we face. Although valiant and much appreciated funding efforts have filled some of the 2009 budget shortfalls, plans are being formulated to address a much more significant reduction in funding for Gary Moulton's position in 2010.

Carol Miles described many new ideas to help keep this Fruit Research Program on course. WWFRF Board members have been rallying to help with these efforts to try to secure grants and other funding proposals. One of these efforts is creating the year-long curriculum of the new **Master Fruit Pruner's Class**, which will be taught by Gary Moulton in the Fruit Garden, and be sponsored by WWFRF this coming year (we'll keep you informed).

I'm also looking forward to seeing you at the July 11th Sample the Cherry Harvest Day (please check for a postponement on the website, due to late ripening weather). This will be the last event in the netted Cherry Block, as the research is now completed and, as always, room will be allocated for new research projects. We'll discuss these details before we go out and sample the cherries.

Let's not let talk of cutbacks keep us from looking forward to our first ever <u>Summer Fruit</u> <u>Festival</u> on August 15!! With lectures in the air-conditioned auditorium, and fun fruit things to do, learn, and eat in the Fruit Garden, this looks to be one great all day event! Please help us put this <u>Summer</u> <u>Fruit Festival</u> on the path toward growing into a substantial event that will draw many Fruit Enthusiasts from all over and allow us to fulfill our goals in promoting fruit research and furthering fruit growing education. So please pick up the phone and call me (206-522-3663) or email me <<u>fruitgarden@olympus.net</u>> to volunteer on that Summer morning or afternoon. We welcome you to help us make this a fun and successful event (and you'll even get this cool <u>Summer</u> **Fruit Festival** Tee shirt!)



See you soon,

#### Kristan

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Susan Williams tastes the Plum Upside Down Cake that Kristan Johnson is testing for the Summer Fruit Festival.

> We need your ripe plums, jams, and preserves for sampling at the Summer Fruit Festival. If you have fruit or preserves to donate or if you would like to volunteer to help serve luscious fruit concoctions for the Summer Fruit Festival on August 15<sup>th</sup> call Sue at 206-383-8033 suefwilliams67@hotmail.com

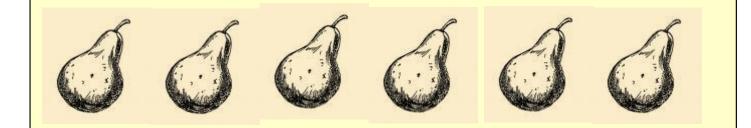
# WWFRF Financial Report: 1/1/09 – 5/1/09 By Walt Kropp, WWFRF Treasurer, Board Member

Non-Restricted Funds		Fruit Garden Funds S	Summary
Operating Expenses Income Interest Membership Dues Total Income Expenses	\$5.48 <u>\$3150.00</u> 5 <b>3,155.48</b>	Income Scionwood Sales <u>WWFRF 'Store' sales</u> Total Income Expenses Cost of 'Store' inventory Printing and Mailing	\$1136.00 <u>\$1193.20</u> <b>\$2329.20</b> \$4525.36 \$775.43
Spring Field Day Bank Charges Festival of Trees 2009 Internet Connection Fee Printing & Mailing Computer Consultant	\$693.00 \$10.00 \$41.25 \$72.00 \$809.65 \$300.00	<u>Fruit Garden expenses</u> <u>Total Expenses</u> Difference	
<u>WA State Filing Fee</u> <u>Total Expenses</u> Difference	\$30.00 \$1955.90 \$ 1199.58	Current Funds as a	<u>of 5/1/09</u> \$5266.60
Foundation Sponsored Research* Income Donations \$3280.00 Expenses		(Operating Expenses plus Fruit Garden Funds Total Funds on hand 12/31/08	Research)
<u>Total Expenses</u> Difference	\$0.00 <b>\$0.00</b> <b>\$3280.00</b>	<u>Totals</u> <u>Total Income</u> (All Categories) <u>All Expenses (All Categories)</u> Difference	\$ 8764.68 <u>\$8130.88</u> <b>\$633.80</b>

We have given WSU a \$1500 grant for maintaining the cherry block this year..

We owe WSU \$8600 for Addendum #19 (2008).

In 2009 all donations to WWFRF, unless otherwise designated, will be applied to foundation sponsored research.



# Master Fruit Pruner Training

Training will begin in the winter of 2010. Each training session is anticipated to be four to six hours long. Most of the training sessions will be held at the Washington State University Northwest Research and Extension Center in Mount Vernon but other locations may be designated for specific sessions. Trainees will receive literature beforehand and will be expected to come to class ready to discuss and apply the information. This program is sponsored by WSU and the Western Washington Fruit Research Foundation.



For further information or to apply, please visit the WSU Fruit Horticulture website:

## http://mtvernon.wsu.edu/FruitHorticulture.html

# **Fruit Gardeners Wanted!**

WWFRF is looking for volunteers to contribute to the maintenance and development of a regionally significant 7 acre Fruit Garden located just West of Mount Vernon, WA



#### **DESIRED**:

- Knowledge of fruit trees
- Desire to grow great fruit
- Desire to learn and do pruning

#### **REQUIRED:**

- An unconditional passion for fruit
- Adventurous palate
- Frequent attendance

#### **BENEFITS:**

- First chance to register for Master Fruit Growing Classes
- Special opportunities to taste fruit
- Ongoing participation in Fruit Garden activities

### For further information please email: Western Washington Fruit Research Foundation NWFruit.org

## PLEASE SEND YOUR DONATION ALONG WITH THIS FORM

Enclosed is my gift of:			
\$5000\$1000\$500\$1	00\$50\$25 \$	(Make check payable to WWFRF)	
To make a donation by credit Washington Fruit Research Fou		ww.networkforgood.org/ and type in "Western ed "charity".	
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 Display Garden To help with Summer Fruit Festival On sampling and field days Tell me how I can help	
Name		•	
Address			
City		StateZip	
Email address	SPhone #		
Please make my gift:In Ho (Name of person) Address of person or person's fa	amily		
(So we can notify them)			
Thank you Please send to:	Walter Kropp WWFRF Treasurer 29838 Marine View Dr. Federal Way, WA 9802	-	

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

# Credit cards accepted!

#### Here's how to donate to WWFRF or renew your membership through Network for Good:

- 1) Go to www.networkforgood.org (we will soon have a direct link on our website to Network for Good.)
- 2) On the first screen, type 'Western Washington Fruit Research Foundation' in the box labeled 'charity'
- 3) On the second screen click 'donate now'

- 4) On the third screen, type in the amount you wish to give and specify whether this is a one-time or recurring donation. Also, in the box labeled 'designation', **please specify whether you are paying membership dues or giving a donation**, or giving a donation specified for the demonstration garden.
- 5) The fourth screen gives you the option to change the information you have given. Click 'proceed to checkout'.
- 6) Subsequent screens ask you for your email address, credit card information and other relevant data. You also have the option to add an additional 4.75% of your donation to your total to cover the amount we pay Network for Good for processing.
- 7) You will receive an acknowledgement of your donation by email.

### Board of Directors Minutes: January 20, 2009

By Kim Siebert, WWFRF Recording Secretary, Board Member

Held at: Plymouth Congregational Church 1217- 6th Ave Seattle, WA

Meeting opened at 10:00 AM.

**Board Members Present:** Tom Mueller, Sam Benowitz, Bill Davis, Bradley Smith, Rachel Petrich, Tom Wake, Kristan Johnson, Shirley Kropp, Walter Kropp, Kim Siebert.

#### Board Advisors/Reps/other guests: Ellen Cooley, Bob

#### Agenda Items:

**1.** *Treasurer's Report – Walter* Walter gave the WWFRF financial report for 2008. WWFRF took in \$72,000 last year, of which \$64,000 was for the Fruit Garden. The 2007 WSU addendum has been paid off completely. The Letter of Intent to Fund Addendum #19 (2008) has been signed by WSU. Research in 2008 was paid for by a combination of 2008 membership dues and existing non-restricted funds from 2007. In 2009 all donations to WWFRF, unless otherwise designated, will be applied to foundation sponsored research. Insurance may go up this year. Tom Wake motioned to approve the Treasurer's Report, seconded by Tom Mueller. Passed. Tom Wake moved that we give a vote of confidence to Walt to invest the current funds and report back to the board, seconded by Sam Benowitz. Passed.

**2.** Computer Consulting Walter Kropp moved that we appropriate \$300 for additional computer consultation, seconded by Kim. Passed.

3. **MOU**: Bradley Smith has been working with WSU on the Memorandum of Understanding. The significant changes in the MOU are that the Foundation will appoint a volunteer coordinator who will periodically meet with the NWREC Director or a NWREC faculty member and WWFRF shall be an affiliated volunteer organization of WSU with all the attendant rights, responsibilities and benefits. Bill Davis motioned that we accept the new MOU. Seconded by Tom Mueller. Passed. Tom Wake is to be the Fruit Garden manager. Bradley Smith is the volunteer coordinator.

**4. Board Positions**: Tyler Campbell and Tarn Mower have resigned from the Board. Rachel Petrich and Shirley Kropp were appointed to the board by the President. Shirley was appointed as temporary Coordinating Secretary.

5. Fruit Advisory Board: All apples, cherries, pears and alternative crops are to be removed from the WSU fields as the research on them is complete.

6. Fruit Pruning Class: Tom Mueller moved that WWFRF become a sponsor of the Master Fruit Pruning classes. Seconded by Walter Kropp. Passed.

7.. Fruit Garden/Cherries: Bradley motioned that WWFRF pay \$1500 to pay WSU to keep the cherries in the cherry block this year and that we have a committee with garden volunteers holding a majority that reports to the Board of Directors. Seconded by Sam. Passed. Brad is continuing to coordinate the Fruit Garden volunteers. Tom Wake, Bradley, De Arbogast, Kristan Johnson, Kim Siebert and Bill Davis are on the committee. The other members will be Fruit Garden volunteers. Kim and Kristan are the only ones who are not Fruit Garden volunteers.

8. Stickers: Shirley motioned that we allot up to \$400 to print variety stickers, seconded by Tom Mueller. Passed.

**9.** Summer Fruit Festival: Kim motioned that we authorize 10K for the preliminary budget for the Summer Fruit Festival. Seconded by Tom Mueller. Passed

**10.** Electrical connections for Garden: Tom Mueller motioned that we spend up to \$3k to bring electrical connections into the Fruit Garden. Seconded by Shirley. Passed.

Meeting closed at 1:00 pm.

# **Plum Tart** Based on a recipe by *Bon Appetite*

2 cups tawny Port
½ cup (Packed) brown sugar
¼ teaspoon allspice
1 ½ pounds prune plums, halved, pitted, each half quartered
1 tablespoon all purpose flour
Pie crust

Preheat oven to 376°F. Boil Port, ½ cup brown sugar, and allspice in skillet until reduced to 2/3 cup, about 10 minutes. Place plums in large bowl. Sprinkle flour over, toss to coat. Drizzle 1/3 cup of the syrup you just boiled over plums, toss to coat. Reserve remaining syrup.

Lay pie curst onto parchment-lines baking sheet. Spoon plums into center of crust, leaving 1 ½ inch boarder. Drizzle any remaining syrup from bowl over plums. Fold crust edges over plums on the sides, most of the plums will not be covered. Brush crust with water, sprinkle crust and plums with 1 tablespoon of brown sugar.

Bake tart until crust is golden and syrup is bubbling, about 45 minutes, Cut warm or room-temperature tart into wedges. Serve with scoop of vanilla ice cream. Drizzle additional syrup over the ice cream.

Serves 6

### Marionberry Buds Survive 5° Weather By Kim Siebert

Last summer I planted a Marionberry. When the temperature got down to 5° in December I wondered if the flower buds would survive, since they are more cold sensitive than other blackberries, but this spring I was pleased to find that since I had left the canes on the ground they were protected by the 7 inches of snow we had at the time and they are now blooming!

# Summer Fruit Festival / Plum Symposium

Washington State University August 15, 2009

#### Western Washington Fruit Research Foundation

Held at:

Washington State University, Northwest Washington Research and Extension Center 16650 State Route 536, Mount Vernon, WA 98273

#### 8:30 - 9:00 AM Registration–All members & non-members must first register and pay (if membership is not up-to-date)

Admission Fee for WWFRF Members:Included in annual paid duesAdmission Fee for Non-Members:\$15.00/ Individual; \$30.00/ Family (Onehousehold only, does not include parents or grown children not living with members)Free/ Children age 12 and below; Free/ Caregivers

#### All presentations will be in the auditorium

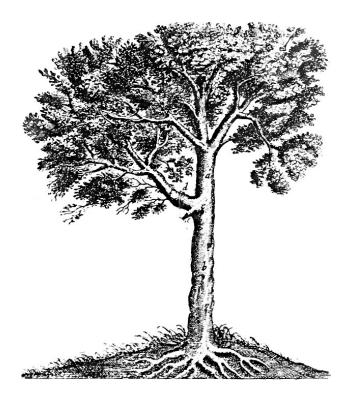
In the Lobby: Slow Food Beekeeping Beat the Heat Fruit sorbets Fruit Tarts and pies Sample jams and preserves					
Auditorium <u>Control of Anthracnose using a knife and torch</u> - Dr. Ralph Byther system					
Fruit Display Garden - Anthracnose control demonstrations - Dr. Ralph Byther system					
Auditorium Plum Panel - Dr. Bob Norton, Gary Moulton, Sam Benowitz,					
Auditorium WWFRF Volunteer service awards					
Auditorium <u>Bud Grafting (Great for Plums!) - Bill Davis</u> Fruit Display Garden - Bud Grafting demonstrations - Bill Davis					
Auditorium <u>Summer Pruning</u> - Gary Moulton Fruit Display Garden - Summer Pruning demonstrations					
Fruit Display Garden afternoon events:					
Chef Demonstrations with Fresh Fruit Fruit Garden Tours					
Local Wine & Cider Tasting at the Tulip Valley Vineyard & Orchard Sample many varieties of plums					

# **Plum Crazy**

#### By Kim Siebert

I have a fond memory from when I was a girl of sitting up in an Italian prune tree at my grandparent's home stuffing myself on Italian prunes. Now I have 10 plum trees so that my grandchildren will be able to have the same pleasure. Even 10 trees hardly seems like enough when I think of the varieties that I don't have...Blues Jam, Persian Green, Emerald Beaut... the list goes on and on. Plums are remarkable in having a wide range of tastes and colors over a long season, making them my favorite tree fruit. If you have never tasted tree ripened plums, which you can't buy in the grocery store, then you don't know what a treat they can be.

The greengage plum is one of the more difficult to grow, taking longer to fruit, and then not fruiting well every year. It is easily split by rain or fog, but the taste is reputed to be the very best and worth the extra trouble.



There are a number of greengage plums such as *Bavay Gage*, *Cambridge Gage* and *Golden Transparent Gage*. Japanese plums are very juicy early plums. *Methley* and *Beauty*, both early ripening Japanese plums, are very reliable, self fruitful varieties, but they ripen their huge crops at about the same time, so I am planning to graft a branch of my *Methley* to *Shiro*, a yellow Japanese plum which ripens later, making it easier to use all the plums. The Mirabelle family has small plums with a delectable flavor, famous as a culinary plum, but great for fresh eating, too. I tried a *Mirabelle de Nancy* last year. It was about the size of a large cherry with a tiny pit and the flavor seemed more complex and interesting than many plums, a unique and delicious taste. The prunes are versatile plums which can be used fresh, dried or cooked. Some have unusual shapes, such as the pointed *Longjohn*. Others are especially good for cooking, such as the Damson type *Blues Jam*.

Most varieties of plums do very well in the Pacific Northwest. They don't have a major pest here, as they do in the east with the plum curculio. Pruned to a vase shape on size reducing roostocks such as Marianna or Krymsk 1, plums can be kept at a height of 10-12 feet. Most varieties need yearly pruning once they are established to keep the size down or you may end up with a tall tree with the fruit out of reach even on semi-dwarfing roostocks. Some varieties are naturally short, such as Bavay Gage. Plums can be pruned in the summer to help control size. Be sure to attend Gary Moulton's lecture and demonstration on summer pruning at the Summer Fruit Festival for more information. European plums can also be trained as a central leader (like a Christmas tree). Some plums set heavily, and the flavor will be improved by thinning.

Weather can affect the taste of many fruits, including plums. Some develop their best flavor at warmer temperatures, others need cooler weather for the best taste. At Ayers Creek Farm in Gaston, Oregon, which has daily highs that are about 8 degrees higher than at Mount Vernon during the summer, *Rosy Gage* is insipidly sweet, but at Mount Vernon it develops excellent flavor. On the other hand, if you live in the Puget Sound Region with less heat units the very late varieties such as *Coe's Golden Drop* probably will not develop full flavor every year. Wherever you live in the Pacific Northwest, there are plums that will do well for you.



Sam Benowitz, Kristan Johnson, Ira Collins, and Rachel Petrich helping in the Fruitbooth at the Festival of Trees. If you would like to volunteer to help in the Fruitbooth contact Bradley Smith for the Mount Vernon area and Rachel Petrich for the Seattle area.

#### **BENEFITS OF MEMBERSHIP**

Annual memberships cost \$25/year for Individuals and \$40/year per Family (One Household only). Membership entitles you to the newsletter, participation at all Field Days/Open Houses and Sample theHarvest Days, at no additional charge; other types of memberships are also available. Visit www.wwfrf.org and download the membership form OR contact <u>JoAnn Alidina, Membership Chair at (206) 789-1106,</u> <u>email: alidina.j@comcast.net</u> for a membership form.

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

(One immediate household only, max. 4 persons/household) at each event.

- 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.
- The Summer Fruit Festival is the 3<sup>rd</sup> Saturday of August and covers various topics, some of which may be best fruit varieties for our area, harvest techniques, preservation and storage, orchard mason bees, fertilizer and nutrition, home wine and cider production, cooking tips and of course, fruit tasting and Sample the Harvest from pre-picked fruit.

**SAMPLE the HARVEST DAYS** are free to members, and open to non-members @ \$15/ Individual and \$25.00/ Family (One household only) at **each** event:

- Sample the Harvest Days are held in *July, August,* and *October*. The following fruit is harvested in season: cherries, peaches, nectarines, pears, plums, and apples. Paid members and non-members are allowed to keep their portion of the harvested fruit.
- **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.

<u>Have you renewed your membership yet?</u> 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 <u>before</u> 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

NAME:	DATE:				
ADDRESS:	Please check one box ONLY:				
CITY:	STATE:9-DIGIT ZIP:				
TELEPHONE: ()	EMAIL ADDRESS:				
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 pers	con only)				
\$40 FOR ANNUAL <u>FAMILY</u> MEMBERSHIP (One immediate household only; maximum 4 persons)					
\$FOR GIFT MEMBERSHIP FOR: (Please note for Whom Above)					
<b>\$60</b> FOR ANNUAL <b>SUSTAINING</b> MEMBERSHIP (Individual or family membership with higher level of financial support)					
\$60 FOR ANNUAL <u>CIDER APPLE SUSTAINING</u> MEMBERSHIP (Sustaining membership with interest in cider apples)					
<b>\$60</b> FOR ANNUAL <u>WINE GRAPE SUSTAINING</u> MEMBERSHIP (Sustaining membership with interest in wine grapes)					
<b>\$125</b> FOR ANNUAL <u>COMMERCIAL (List Only)</u> 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 WW	/FRF				
\$25 FOR FAMILY One-Day OPEN HOUSE/FIELD DAY O					
-					
I WOULD LIKE TO VOLUNTEER TO DO THE FOLLOWING FOR					
	DISPLAY GARDEN (usually held every Thursday from 9am-12noon; March-				
Nov.)					
TO HELP WITH FIELD WORK AT THE WSU NWREC IN N					
TO HELP SET UP THE DAY BEFORE A <b>FIELD DAY</b> (Field Days are usually held in February and Augustr every year) TO HELP AT THE <b>SAMPLING DAY</b> Please check ALL applicable boxes:  Parking  Registration  Bags Distribution					
TO HELP WWFRF AT THE NORTHWEST FLOWER & GA					
TO HELP WWFRF AT VARIOUS DISPLAY BOOTHS pres					
TO HELP WWFRF SELL FRUIT at the FALL FRUIT SHOW					
TO HELP WITH THE SUMMER FRUIT FESTIVAL					
Please make your check payable to: WWFRF and MAIL your co	ompleted membership form and check to:				
WWFRF C/O Walter Kropp, Treasurer 29838 Marine View Drive SW Federal Way, WA 98023					

In this Issue!



Summer Fruit Festival! Plum Crazy! Master Pruning Classes!

Sign up now to help at the Summer Fruit Festival and get the Festival shirt! 206-522-3663 fruitgarden@olympus.net

# The color version of this newsletter may be found on our website at: **NWfruit.org**

<u>Mission:</u> 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.

Western Washington Fruit Research Foundation (WWFRF) C/O Walter Kropp 29838 Marine View Dr. SW Federal Way, WA 98023 NON-PROFIT ORG U.S. POSTAGE PAID SAM INC

#### ADDRESS SERVICE REQUESTED

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