



Western Washington Fruit Research Foundation

September, 2014

Visit by Lee Reich

By Kristan Johnson,

After an excellent slide presentation by visiting author Lee Reich which depicted many of the uncommon fruits grown at his "Farmden" in New York www.leereich.com/blog we ventured out in search of some similar varieties throughout our Fruit Garden. We found our Shipova loaded with fruit, Persimmons finally coming into production, Cornelian cherries covered with luscious cherries, and small trees dripping with ripe figs (which provided us with some fine tastings!)



What a beautiful day to be strolling through the Fruit Garden with Lee and admiring the copious amounts of fruit

**Lee and Kristan Johnson peering through pear laden
Espalier (Photo by De Arbogast)**

hanging from the various Espaliers! Lee exclaimed "These are the best Espaliers I've seen in North America!" Thank you Lee for a great and inspiring visit! We were able to get some copies of Lee's books to sell through the Fruit Booth (thanks Hazel and team!)

We hope to introduce more of the uncommon fruit that Lee recommended into the Fruit Garden soon (such as Clove currants, Alpine strawberries, Lingonberry, Lowbush blueberries, Juneberries, Pawpaws, and Medlar). Also, we hope to start replacing some of the non-peachleaf curl resistant peaches that we lost recently during the 2 years of non-spraying with some new "keeper" fruit trees.



Lee surrounded by admirers
(Photo by Sam Benowitz)

IN THIS ISSUE:

Visit by Lee Reich	1
Financial Report	2
Actinidia Yellow Leaf Spot disease	3
Espalier Pruning Marathon.....	3
Open Center Pruning.....	4
Apple and Pear Day	4
Cider Making Process	5
Donation Form.....	6
Board Meeting Minutes	7
Fruit Garden Update	8
Summer Crisp recipe	9

WWFRF Financial Report: January to July 2014

By Mike Ewanciw, WWFRF Treasurer, Board Member

Beginning Balance (1/1/2014) \$42,423.28

Revenue

Membership Dues	\$ 3745.98
Donations	0.00
Field Days	1760.00
Other	0.00
Fruit Booth	158.00

Total Revenue \$ 5,663.98

Ending Balance (7/31/2014) \$42,601.31

Expenses

Newsletter Expense	\$ 843.45
Winter Field Day	2,221.35
Insurance	1,301.00
Flower & Garden Show	218.08
Other	10.00
Fruit Garden Expense	892.07

Total Expenses \$ 5,485.95

Net Income \$ 178.03

Actinidia Yellow Leaf Spot Disease

Bob Glanzman, an avid Kiwi grower in the Seattle area (Kiwibob), has started a forum to collect information on Actinidia Yellow Leaf Spot disease. The disease affects the leaves of Actinidia resulting in yellow blotches on the older leaves. The disease appears to primarily affect Actinidia arguta (Hardy Kiwi), and occurs more on plants that are in pots than those that are planted in the ground. The cause of the disease is currently unknown. Mr. Glanzman has created a site to collect data on where the disease has been sited. The site also contains pictures and information on the disease itself. For further information, or to report a potential siting, please see <http://kiwifruitayls.wordpress.com/?ref=spelling>

Espalier Pruning Marathon



Whew! Thanks to the enthusiastic efforts by many volunteers over many days, we've finally finished pruning all of the many Espaliers in the Fruit Garden!

I can't fully say how impressed I am with this group of diligent pruning aficionados. They not only learned the techniques quickly, but they were able to apply their new knowledge with confidence and help get the Espaliers into shape. Four separate days of intense pruning on all sorts of different types of fruit trees and styles have returned this excellent collection of Espaliers into prime condition.



It's been a most memorable experience in the Fruit Garden! I feel confident that with this crew of "Espalier Stewards" that this wonderful trend will continue.

Thanks again, Kristan

Open Center Pruning

The Open Center or Vase type pruning is well adapted to the stone fruits that have a spreading habit. Peach, nectarine, apricot, cherry and plum are usually pruned as open center trees but other trees can also be pruned as open center trees. In this system, at planting the tree is headed at the point where the future main branches will be established, and three to five of the branches are selected to form the main limbs, or scaffolds. In selecting future scaffold limbs, remember to allow clearance for lawn mowers, etc. Any limb will always be the same height above ground where it branches out from the trunk, no matter how large it gets, so be sure it doesn't start out too low. Ideally scaffolds should be spaced evenly around the trunk and be of approximately equal vigor, but the more vigorous branches can be trained outward using spreaders to shape the basic framework of the tree in its first and second years.

As the tree matures, pruning should concentrate on keeping the center open by eliminating water sprouts, sometimes called "suckers," that grow straight up from the main limbs, and providing good spacing and access to light along each of the scaffold branches. Peaches and nectarines bear fruit only on one-year wood, that is, the shoots that grew the previous season produce this season's fruit. Half or more of each season's new shoots usually need to be thinned out, to prevent crowding and make room for fruit to grow. Some branches on mature trees may need to be headed back if they spread too far, but be sure to thin the resulting shoots in the following year so that lower branches are not shaded out by excessive growth in the tops. Thin out large diameter shoots in the upper part of each limb.

**Come to our Apple and Pear Day
and see this Melrose apple tree on
M-26 pruned to an
open center.**

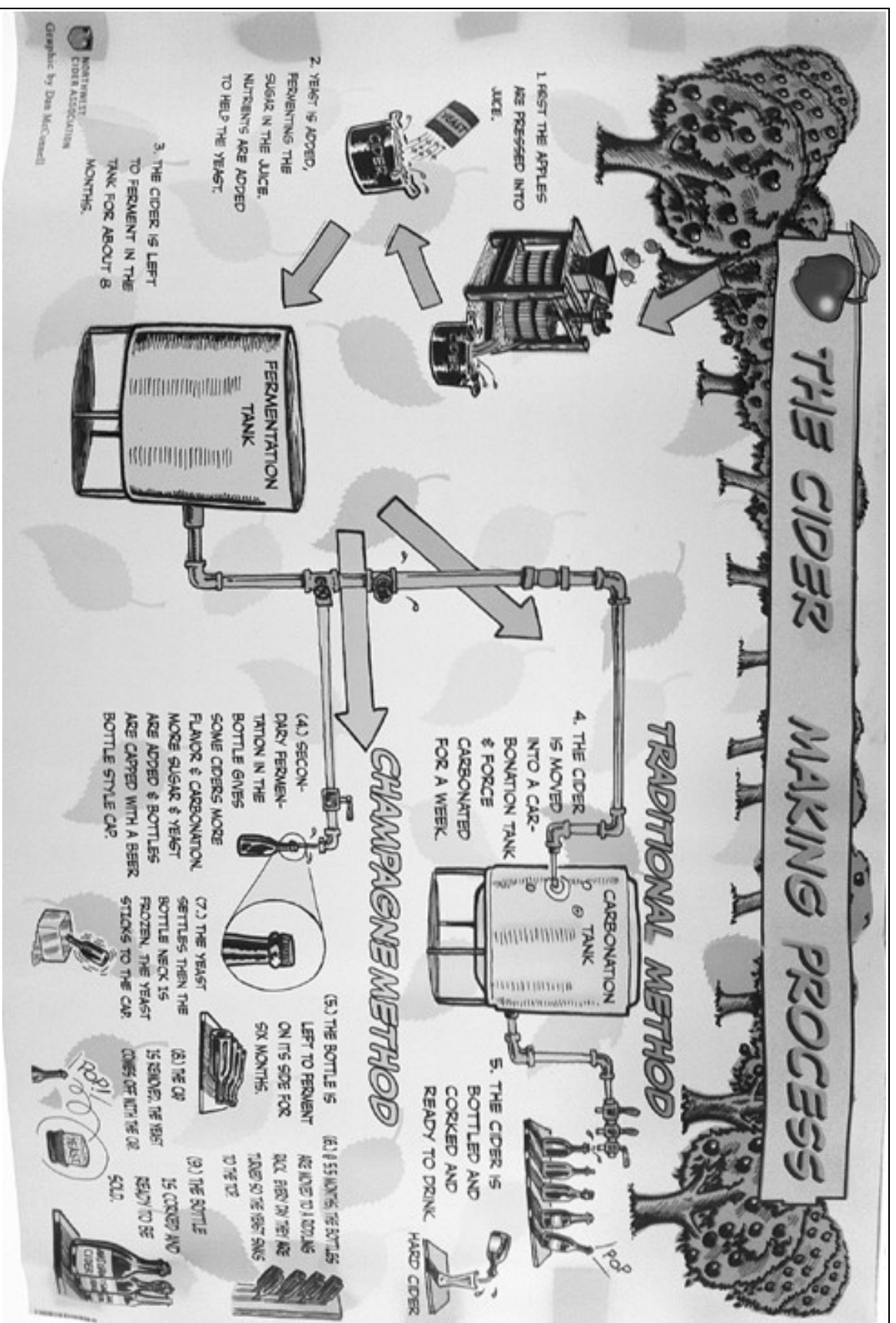


Apple and Pear Day

Saturday, October 11th

11:00am – 2:00 pm

**Sample apples and pears!
Sample ciders!
Pruning demonstration!**



Don't forget the sweet cider tasting at the Apple and Pear Day!

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 our website and click on *support-donate* to make a donation through PayPal.

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
☐ 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, Membership
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.

WWFRF would like to thank our commercial members.

Bee Diverse - www.beediverse.com

Beez Neez - www.beezneeziary.com

Northwoods/One Green World - www.onegreenworld.com

Raintree nursery - www.raintreenursery.com

Skagit Farmers Supply – www.skagitfarmers.com

A special welcome to Sonshine Tree Care, our newest commercial member!

Sonshine Tree Care - www.sonshinetreecare.com

WWFRF Board Meeting

July 19, 2014 2:30 pm – 4:00 pm

Held at the NWREC Gazebo

Board members present: Kristan Johnson, Kim Siebert, Bob Baines, Jay Scott, Mignonne Bivin, Ira Collins, John Valentine, Bill Pierce

Other WWFRF member present: De Arbogast, Tom Wake

NW Flower and Garden Show – We need to consider a portable backdrop that is easier to transport and store. Seattle Tree Fruit Society has been letting us keep the current backdrop in their storage so we should offer to pay them up to \$120 per year for storage space.

Apple and Pear Day – Can we get a cider maker to speak?

Winter Field Day for 2015 – *Heirloom fruit tree care and restoration* will be the theme. We also want to try to get Susan Dolan, author of *Fruitful Legacy*, and give her an hour and twenty minute time slot (Bob has now contacted her and she is confirmed for the event). We also plan to have speakers on grafting and disease control.

Blueberry protection structure – De Arbogast proposed that we get a year round structure for the blueberry netting. We could do a trial on a short section. We need to get costs.

Fruit Garden Map – Fruit Garden map needs to be updated.

Fruit Garden Volunteers – We need to make a new poster for the F & Garden Show. We need to have a presentation package about our events to show to other groups. De and Bob will work on quarterly Saturday projects to encourage members who are not free on weekdays to volunteer on occasional Saturday workdays.

These Saturday workdays need to be led by one of the regular Thursday volunteers because the new volunteers need to be taught how to do the work.

Board Meeting Retreat
Saturday, November 15, 10 am - 4 pm.
at Jay Scott's house
14301 Gibraltar Rd
Anacortes, WA 98221

All members are welcome to attend board meetings.

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

Things We Learned in 2014

A Fruit Garden Update

De Arbogast

Yes, we had our second year-in-a-row of tent caterpillars. After spending weeks removing their egg cases followed by removal of their 'tents', we felt satisfied with all of our 'no spray' effort

The natural predators will take care of future outbreaks:

- The mature moths were eaten by birds and bats
- The Tachinid fly laid its eggs behind the head of many caterpillars, its larvae feeding on the caterpillar.
- We even found earwigs feeding inside some of the cocoons.

The Creeping Buttercup weed came on strong this year in our blueberry hedges.

Instead of spraying herbicide, we cut a portion of the weed to ground level to eliminate the flowers, then heavily mulched on top of them. No new flowers emerged and the blueberry bushes produced well.

Bosc pears on our tatura espalier were full of scab, but the few grafted-on Orcas pears were scab free. This prompted us to bud-graft many more Orcas on to one whole side of the 16 Bosc trees to give us a scab comparison. This is all part of our efforts to eliminate spray programs and concentrate on only scab-free varieties.



Bud Grafting pears on the tatura espalier.

Plums produced well, especially Shiro, Early Burlat, Valor and Methley. Black Currants, Aronia and Honeysuckle were outstanding.

Thanks to Kristan's pruning seminars, we're finally getting all our trees lowered to hopefully eliminate the use of ladders in future pruning projects.

2014 has been a very good year in the Fruit Garden. Come join in the fun.

List of Lee Reich books available in the Fruit Booth

Growing Fruit Naturally
The Pruning Book
Uncommon Fruits for Every Garden
Landscaping with Fruit

A special thanks to Hazel and other volunteers in the fruit booth!

Summer Crisp with Pecan Streusel Topping

Can be made with a combination of berries, but almost any combination of fruit is delicious. Aim for a total of 8 to 10 cups of sliced fruit.

For the streusel topping

1 cup packed light brown sugar

1 cup all-purpose flour

1 cup regular or quick-cooking oatmeal (not instant)

½ cup coarsely chopped pecans

1 teaspoon cinnamon

½ teaspoon kosher salt

¾ cup (1 ½ sticks) unsalted butter, softened, cut into small pieces

For the filling

3 cups strawberries, halved

3 cups blueberries

2 cups blackberries or raspberries

Zest and juice of 1 orange

Zest and juice of 1 lemon

½ cup granulated sugar, more or less, depending on sweetness of the fruit

¼ cup cornstarch

1 teaspoon cinnamon

2 to 3 tablespoons orange liqueur (optional)

Vanilla ice cream, to serve

Prepare a grill for medium heat, indirect cooking. For a charcoal grill, this means banking the hot coals to one side of the grill and cooking on the other side. For a gas grill, this means turning off one or more burners to create a cooler side, then cooking on that side.

To make the topping, in a large bowl combine all ingredients except the butter. Mix well. Add the butter, then use a pastry blender or forks to work it in until the mixture resembles large, coarse

breadcrumbs. Set aside.

To make the filling, in a second large bowl combine all ingredients, mixing gently. Set aside for 5 minutes.

Place the berry mixture in an oven-safe 4-quart round casserole or soufflé dish, or a 9-by-13-inch casserole dish. Crumble the streusel mixture evenly over the fruit. Place the crisp over the cooler side of the grill, cover the grill and cook for 35 to 45 minutes, or until bubbly and the top is browned. Transfer the baking dish to a cooling rack. Serve warm with vanilla ice cream, if desired.

Start to finish » 1 hour

Servings » 8

Nutrition information per serving » 540 calories; 210 calories from fat (39 percent of total calories); 24 g fat (12 g saturated; 0.5 g trans fats); 45 mg cholesterol; 80 g carbohydrate; 7 g fiber; 50 g sugar; 5 g protein; 135 mg sodium.

Share your story in the newsletter!

Do you have a fruit gardening story? Please share your experiences with us and we will put them in the newsletter. If you have photos illustrating your story, send them, too. Even just a photo with a sentence or two explaining what the photo is about can be very interesting. Send your contributions to Kimsiebert@gmail.com.

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 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.
- **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:

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

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

**NON-PROFIT ORG
U.S.POSTAGE
PAID
SAM INC**

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



In This Issue

Apple and Pear Day!
Fruit Garden Update!
Pruning the Espalier!

**Check out our website at: 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.