



**It's September.**

**You live in the PNW.**

**Be Grateful.**

*the Urban Scion Post*

a publication of the Seattle Tree Fruit Society,  
a chapter of the Western Cascade Fruit Society

# A Message from the President

Well, summer is almost over. Hope it was a productive one for you. I recently trekked down to Magnuson and picked some ripening fruit, including some 'Schoolhouse' plums and Italian plums (see photo). There is still quite a bit left to pick. Please help yourself. The Italian Plum tree is loaded with fruit, as always. Quite a bit of it is not quite ripe, but will be perfect around the first week of September. The ripe 'Schoolhouse' fruits are now limited to the upper portions of the tree. So, bring a ladder if you want to gather the last of them. They were quite tasty. There are also apples & pears ready to be picked. Thanks to Trent Elwing for notifying the membership of the availability of these fruits. And, thanks for the "scouts" who notified Trent of that ripening status.

I recently attended a memorial service for Dr. Bob Norton at the fruit orchard maintained by the Vashon Island Fruit Club, one of our sister organizations. This orchard, which is on public land (as is our Magnuson Park orchard), was formerly named "Sunrise Orchard." It has now been renamed as the "Dr. Bob Norton Memorial Orchard." It was great to hear the tributes shared by many in attendance, including Sam Benowitz, former proprietor of Raintree Nursery. STFS member Lori Brakken created a small concrete memorial & placed in the newly named orchard. If you are on Vashon Island, please add a visit to the orchard to your itinerary. An orchard map is found in this newsletter

Lori Brakken is also busy with her annual Apple Identification activity again this season. She has compiled a new form to be used by those using this service (see copy in this issue). Lori has been doing this for many years. It's a great service to amateur fruit growers everywhere. She will soon be heading up to the San Juan Islands to survey some historic orchards.

Speaking of historic orchards, I believe many of us are aware of the Temperate Orchard Conservancy. It began in 2012, with the goal of preserving the genetic diversity of fruit varieties that can be grown in temperate climates. One of its accomplishments is the cloning of the varieties in Nick Botner's (very large) collection. They are continually looking for "lost" varieties in abandoned homesteads and farms. They have started a farm (Almaty Farm) in Molalla, Oregon. Their efforts will support fruit hobbyists in our area for many years to come. You can learn more at: [www.temperateorchardconservancy.org](http://www.temperateorchardconservancy.org).

And, continuing in the theme of historical fruits, I received a message from a friend in Mukilteo, Washington that the "Fowler" Pear Tree was "loaded" with fruit this year. For those who don't know about this tree, here are its details: It is a state registered historic landmark that is the last surviving member of an orchard established by Jacob D. Fowler, the first homesteader of Mukilteo. This tree is alleged to be the oldest pear tree in Washington & has been "adopted" by the Mukilteo Historical Society. If you are waiting in line at the Mukilteo ferry, you should take a walk to visit it, as it is only a short distance away.

I've also learned (from Lori Brakken) that the Humboldt Cider Company (Eureka, CA) is starting the "Humboldt Preservation Project" at the Humboldt County Fairgrounds. I hope that project is successful. We'll provide more information on their efforts as it becomes available.

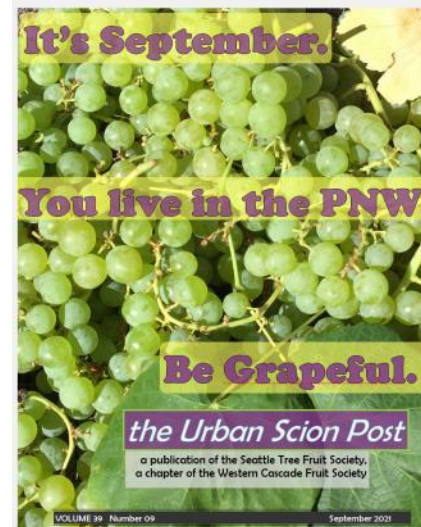
Again, there has been no change in the status of our meeting space at Magnuson Park. The facilities are still off-limit. We can work in the orchard, however, and we'll probably schedule a work party soon. Meanwhile, we hope to resume scheduling some zoom presentations, starting soon.

Regards, Mike Ewanciw

## Urban Scion Post

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### On the cover

Interlaken seedless grape harvested August 26<sup>th</sup> in Tukwila at STFS member Georgina K's. Interlaken: Sister seedling of Himrod, early ripening, light green-to-golden berry, non-slip skin, crisp, solid, sweet, tangy, crunchy for fresh eating, good frozen, juice, and raisins. Vigorous and productive, full to 1/2 day sun, well-drained soil, hardy, drought-resistant once established, train to cordons with 2-3 bud spurs.

# September 2021

## by Marilyn Tilbury

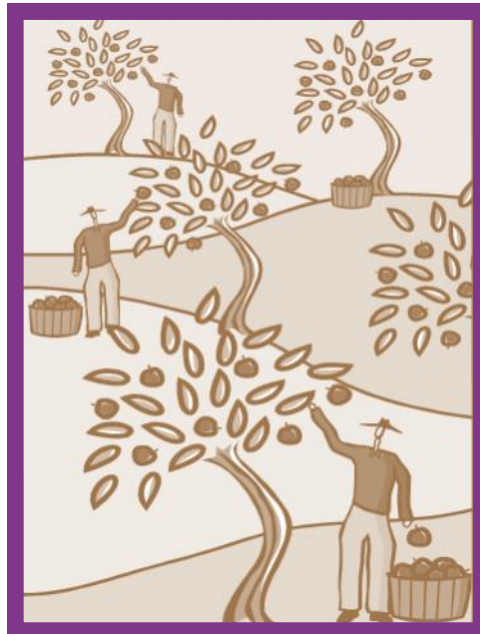
Last month was yet another 31 days of warm and dry. Harvest dates have been accelerated for early apples, summer pears, figs, grapes. Supplemental watering is still required.

Do watch your winter pears. When a few pears on the sunny side of the tree drop, that's a clue that the crop is near harvest. Raise 2 or 3 fruits to a horizontal position. If they part easily from the tree, it's time to pick. Fruit growing on the shaded side may be up to a week later in reaching picking maturity.

Winter pears must be refrigerated for 4 weeks before finishing ripening at room temperature. Put a note on the fridge to remind you when they may start to be removed. Cultivars vary but most can safely be refrigerated to Thanksgiving and a few can make it to New Years. As for the room temp ripening, feel around the stem for a bit of softness. With practice you will find when they're ready to eat. A perfectly ripened winter pear is a real treat!

This summer has given us the opportunity to observe how our fruiting plants do under extreme heat and drought. Maybe it's time to take notes while this is fresh in mind for surely we'll have more summers like this one, tho not necessarily next year.

November will soon give us the opportunity to move some plants if necessary. Some of the heat lovers like figs and grapes thrived. Some apples such as Karminj de Sonnaville don't tolerate high solar exposure. If they remain in place in our yard we can provide shade cloth, reflective plastic or sheets of plywood for smaller plants. Acquiring these things now will aid in acting quickly when next these conditions occur. Maybe we can be working on drip irrigation circuits



now or modifying the ones we have.

If there's one thing that codling moths love it's a hot, dry summer. We normally have two full generations a year here and a partial third, but that's now leaning toward a full third generation in September. You might have noticed that more pears have been hosts to CM infestation this year. One defense is good sanitation: pick up all fallen apples and pears at least twice a week and remove from the premises or subject to heat to kill the larvae inside. Picking obviously infested fruit helps too.

WSDA has found another Asian giant hornet nest. A man living in the rural area east of Blaine saw an AGH attacking a paper wasp nest on his house on August 11. Entomologists netted 3 hornets, tied tiny transmitters on them with Kevlar thread and attempted to follow them home. One finally led them to the nest which was about a quarter mile from the homeowner on August 17 and it was removed from an alder snag on August 25. It contained over 1500 hornets in various life stages.

Interestingly, the m. o. this year mirrors last year—AGH attacking a paper wasp nest in Blaine area, AGH nest found in dead alder (not in the ground as is often the case in Japan). WSDA believes that new queens for next year should not leave an AGH nest until sometime in October, but they also think that other nests may be out there now. Folks in the area are asked to be alert to any AGHs around paper wasp nests and to note their direction of flight.

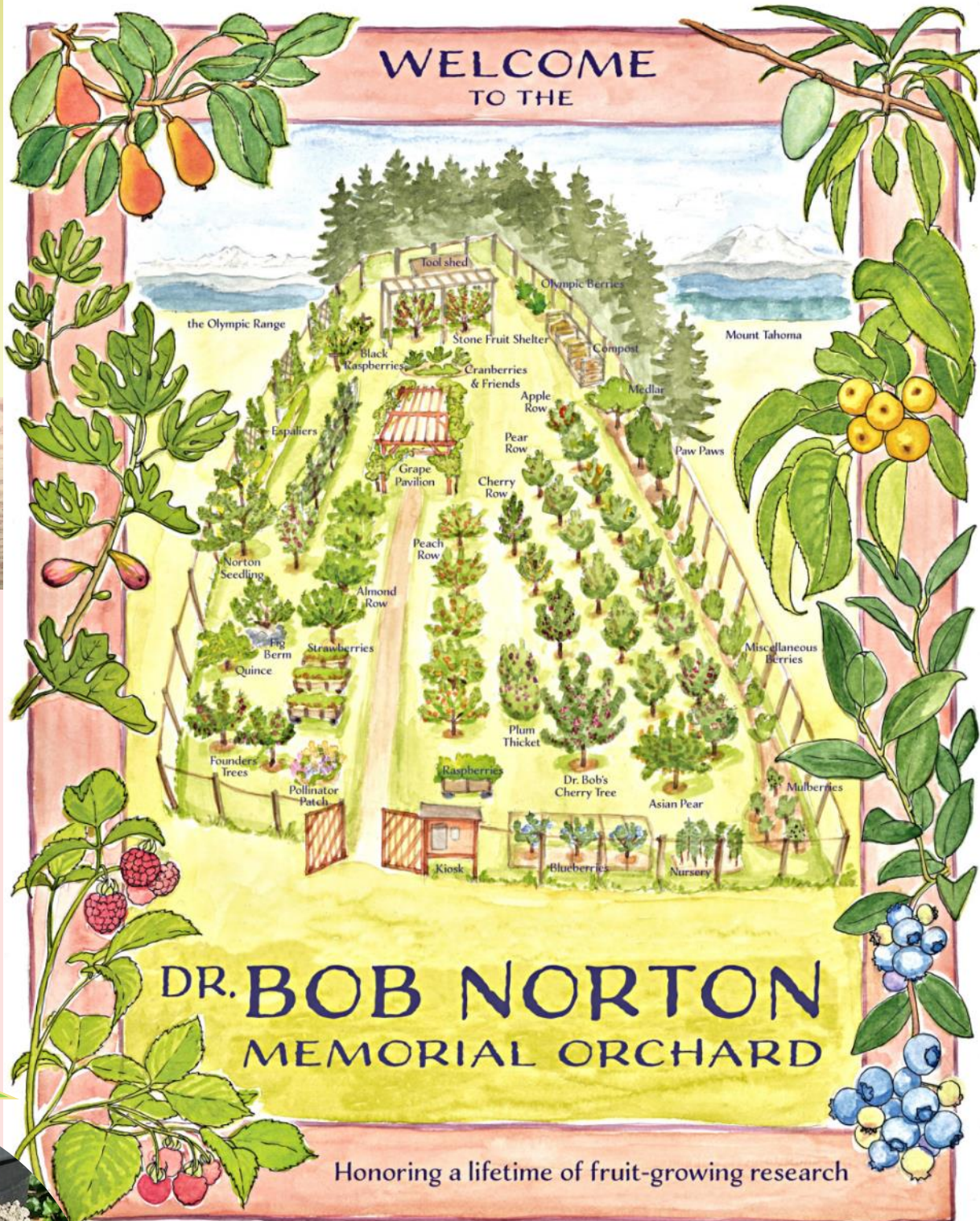
This month is the traditional time to seed fall cover crops to be turned under by next April. Planting legumes like crimson clover or Austrian field peas give us a “twofer”—protection from leaching and soil compaction by heavy rain, and a bit of free nitrogen fertilizer. We shouldn't be surprised by possibly intense rainfall this winter given our exceptionally dry and warm 2021 growing season.

# Sunrise Orchard on Vashon is now ...



Orchard located at 10030 SW 210th St. Sunrise Ridge behind medical clinic on Vashon (Island). Onsite parking. Restroom nearby. Orchard deer-fenced & gate locked when unsupervised.

**Memorial for Dr. Bob** created by Lori Brakken



This map was commissioned by the Vashon Island Fruit Club for the dedication and naming of the demonstration orchard at Sunrise Ridge in August 2021. Map artwork by Annie Brulé.



...with 220+ varieties of fruit trees, berries and shrubs featuring grape arbor, apple espalier, nectarine /apricot shelter, plum thicket, drip irrigation, compost sys. Orchard is normally kept secure. To schedule tours, volunteer with orchard upkeep, and participate in pruning/grafting/other onsite events, call Emily MacRae, Orchard Manager (phone 206.408.7072). Upcoming events might be posted at:

# When to pick what will soon become the perfect European pear



Seckel pears photo by Goodie U. STFS member

From <https://extension.oregonstate.edu/ask-expert/featured/when-pick-perfect-pear> :

**Question:** How do you tell when pears are ready to pick? I know you pick them before they are yellow and soft.

**Answer:** Determining when pears are ready to harvest is tricky. If you wait too long, many fruit will become overripe and begin to break down internally. Pears ripened on the tree generally have little or no storage life. Don't wait for pears to turn yellow or soft before you pick them. Instead, pick them before they mature and place them in cold storage. Then remove the pears as you need them and allow to ripen until soft at room temperature.

**Don't expect pears to be palatable right off the tree.**

## Look for these signs to help you decide when your pears are ready to harvest:

1. Dark leaf-green skin color turns lighter green or yellowish-green
2. Small dots on the fruit change from white to brown
3. Skin takes on a waxy feel and the pebbly surface becomes smooth
4. Fruit stem separates easily from spur or twig with an upward twist of the pear
5. Seeds have turned brown
6. Pears that have fallen to the ground are ripening.

From **Picking and Storing Apples and Pears R.L. Stebbins, J.L. Olsen, and W.L. Bluhm**  
<https://catalog.extension.oregonstate.edu/fs147> :

Most European pear varieties do not ripen with good quality while still on the tree. Pears that are allowed to ripen on the tree develop a coarse, mealy texture and often have core breakdown. Mature, but still not ripe, pears usually will detach when "tilted" to a horizontal position from their usual vertical hanging position. Bosc pears always are difficult to separate from the spur. Maturity in pears is that stage of development when, if picked, the fruit will ripen satisfactorily following a period of cold storage.

**Picking.** Do not shake the fruit from the tree. Handle pears carefully while picking and storing. Internal browning and soft spots, not evident from the outside, may be caused by bruising in handling or from ripening off the tree at temperatures above 70°F. Segregate bruised and damaged fruit then use it rapidly because it is unfit for storage.

**Storing.** Store mature, undamaged pears in clean wooden or cardboard boxes that are ventilated to allow air circulation. Do not line the boxes with paper or individually wrap the fruit. An old but still serviceable refrigerator makes a good fruit storage place. Ideally, storage temperature should be 30 to 32°F, but such conditions are difficult to achieve at home. An unheated garage, shed, or basement may be satisfactory if temperatures between 30°F and 45°F can be maintained. An insulated box, storage cabinet, or dug-out underground room that can be ventilated at night for cooling makes a good storage place. Maintain high humidity in storage by placing the fruit in unsealed or perforated plastic bags. Placing an open pan of water in the storage place will increase the humidity. Store fruit immediately after it's picked. Do not store fruit with onions, potatoes, or other strong-smelling items; the fruit will absorb flavor volatiles from them. Inspect regularly for mold, flesh breakdown, freezing, or excessive ripening. Storing ripe fruit with pears will cause the pears to ripen. Partly frozen pears often can be salvaged if thawed slowly. The storage life of pears varies according to the variety and storage temperature. Pears held beyond their normal storage life will not ripen after removal from storage.

**Ripening.** Remove pears to be ripened from cold storage and place in a room at a temperature of 60 to 70°F, with humidity fairly high, for 3 to 10 days. D'Anjou pears are greenish-yellow when ripe. Other yellow varieties lose almost all of the green skin color during the ripening process. Some varieties of pear (for example, D'Anjou, Comice) will not ripen unless they have been held 8 to 10 weeks in cold storage. If these varieties are exposed to ethylene gas either as stove gas or as that given off by other ripe fruit, they will ripen without cold storage.

**Canning.** Pears should be soft enough that they can be dented with the thumb and still be slightly resilient. In this "firm-ripe" condition, they will peel easily. The flesh color of Bartlett pears should have changed from greenish to ivory white, but not yet to creamy yellow or dull. The flesh of other varieties still may be somewhat greenish. Pears that become soft after canning probably were overripe. Pink color sometimes appears in canned fruit. More rapid cooling after canning will reduce the amount of this harmless coloration.

# Lori Brakken's Apple ID Expertise Socially Distanced for 2021

For years, Lori Brakken, Lifetime STFS member, has donated her time traveling to fall fruit shows throughout the Puget Sound area and beyond helping growers identify their treasured mystery apples. As the Covid-19 pandemic lingers, Lori is minimizing in-person activities while maintaining ID outreach. Unknown apples will be IDed by Lori if sent to her home along with the form on the following page completed with relevant details. Monetary donations are welcomed which Lori will accept and forward to fund the activities of the Humboldt Preservation Project in Eureka, CA.



Lori in-person @ past STFS mtg

## Humboldt Preservation Project BP

**Humboldt Preservation Project Mission Statement: It is the goal of the HPP to preserve the region's agricultural heritage through germplasm preservation and education.**

**Phase 1 – 2017 – ongoing Germplasm Preservation** Documentation and preservation of homestead orchard fruit trees will be carried out through germplasm extraction and grafting. At-risk trees will be grafted to new rootstock and planted at a newly established tree nursery at Redwood Acres Fairgrounds in Eureka. When the trees have reached a stable age, they will be relocated in a larger orchard at the fairgrounds that will be funded through the 2021 CDFA Specialty Food Crop Grant. This will allow the trees to be preserved in a location that is averse to fire risk. Once the newly formed trees have matured, additional germplasm will be grafted to new rootstock and replanted at the original orchard locations throughout the region. The Eureka repository will keep and maintain at least one tree per variety as backup. Funding will be needed to establish the 1.5-acre orchard at Redwood Acres Fairgrounds. Costs include fencing, irrigation systems and maintenance equipment. Construction will start immediately after funding goals are reached. This phase began in 2017 when Greg Collins, Lori Brakken and Tom Hart visited homestead orchards throughout Humboldt Redwoods State Park. Identification of fruit trees was carried out at six 19<sup>th</sup> century homestead sites and the trees were documented. This moment spurred the idea to start preserving fruit varieties at homestead locations through germplasm preservation. Many of the trees were at risk of dying in the next few years and losing valuable germplasm for posterity. Scionwood was obtained from the Tower House Orchards of Whiskeytown National Recreation Area in February of 2019 and grafted in April by Tom Hart and Lori Brakken. Tom Hart established a nursery at Redwood Acres Fairgrounds where 34 varieties of Tower House fruit trees and 3 varieties of apples from Albert Etter's homestead orchard were planted. Every variety was grafted successfully and properly preserved. Additional scionwood was extracted from two dying trees at the Logan/Holmgren homestead orchard (California State Parks) in August of 2019 after a site visit revealed two of the trees had snapped due to heavy fruitload. The scionwood was bud grafted to 4 MM111 rootstocks successfully.



# HPP BP continued...

**Phase 2 – 2021-22 Historical Research and Establishment of an Orchard Educational Program** Research will be conducted to provide a historical perspective of fruit growing on the North Coast. The history of the homestead orchards will be researched and the stories will be presented to visiting schoolchildren through tours and placards through the Humboldt Preservation Project repository. Proper research will identify homestead sites that are suitable for education purposes with special attention paid to homesteaders' relationship to Native peoples in the region. We will not feature homestead stories from sites with unfavorable Native-relation histories. Funding will be needed to hire local historian Jerry Rohde to accumulate information for the homestead locations. The repository will also feature a section dedicated to fruit growing by Native peoples on the North Coast. Native berries will be grown around orchard fencing and a section will feature hazelnut trees. Adam Canter, ethnobotanist for the Wiyot tribe, has been consulted regarding this section and will continue to provide consultation to properly represent the Native history. The goal of presenting the history of fruit growing on the North Coast will be to connect visitors to the region's rich agricultural history. We hope to inspire visiting schoolchildren and general public visitors alike to engage in their own agricultural endeavors and learn the proper skills to carry this out. Regular workshops will be conducted in conjunction with Humboldt Cider Company to provide education for proper horticulture techniques such as grafting, pruning, irrigation and permaculture.

**Phase 3 – 2022 Research** When the tree repository is properly established, we will maintain data on the trees to conduct proper scientific research. Research will include, but not limited to, the growing ability and sustainability of different rootstocks and fruit varieties in the coastal zone, fruit production with different nutrient regimens, the effects of dry farming vs. irrigation, pest/infection/disease causation and solutions, organic versus inorganic methods and permaculture's effects on fruit. Identification will be conducted to determine what fruit tree varieties are in the repository. Humboldt State University, College of the Redwoods and local high schools will all be provided opportunities to conduct their own research at the orchard.

**Phase 4 – 2023 Harvest and Sale of Fruit** Once the orchard has been established, grafted fruit varieties will begin producing fruit in 3 to 5 years. This provides the Repository with the ability to generate revenue for self-sustainability. Fruit will be sold to Humboldt Cider Company to be used in craft ciders as well as local food vendors. A fully operational orchard generates between 12-15 tons of fruit per acre. The going rate for cider apples is \$500/ton, so the 1-acre HPP orchard should generate \$6000+ annually for ongoing maintenance and staff costs. That figure would increase should the size of the orchard be expanded. Local chefs will host pop-up dinners at the orchard to help promote the culinary uses of these rare fruits and native plants. Additional revenue generation could be ascertained through the patent and sale of rare fruit tree varieties that are discovered throughout the homestead orchards. Many of the homesteaders were using seedling and cross-bred varieties that are completely unique. Rediscovery of these one-of-a-kind varieties will open the door to future sales of the germplasm to orchards throughout North America. If a certain variety is identified as a possible patent candidate, the original orchard location will receive a portion of the profits from sales of that variety. Contracts will be worked out with individual origin locations to determine how the proceeds will be allocated.

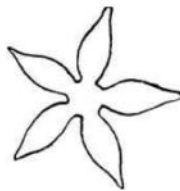
**Summary** The Humboldt Preservation Project will be crucial to preserving the agricultural history and germplasm of our region. The historical orchards throughout the region contain unique varieties of fruit trees that have been lost through the annals of time. If we are proactive and take the initiative to seek out and preserve these varieties, we will save valuable germplasm. Establishing an educational orchard to house these preserved varieties will allow us to teach future generations valuable agricultural skills. Highlighting the histories of the homestead, mining and Native communities that grew fruit in our region will allow visitors to reconnect with the region's rich agricultural past. When the trees become mature, the replanting ceremonies will spread the breadth of our educational reach and allow residents of the communities around those homestead orchards to be inspired for generations to come.

**More details:** contact Lori or Tom Hart, Co-Owner/Operator Humboldt Cider Company,  
Email: [Tom@humboldtciderco.com](mailto:Tom@humboldtciderco.com) Mobile: [847-323-9227](tel:847-323-9227)

# Lori Brakken's Apple ID Form

**Form to help identify your apple.**

Lori Brakken (206) 715-4149 [lorineb@mindspring.com](mailto:lorineb@mindspring.com)  
4719 NE 204<sup>th</sup> St  
Lake Forest Park, WA 98155



*\*If you wish to donate for my services, in 2021, financial compensation I receive will go to the: **Humboldt Preservation Project** in Eureka, CA.*

1. Fill out this form, keep it with the fruit from each tree to be identified. Attach this form to the sample bag.
2. Pick **4-6 ripe whole fruit with stems** that are representative of the average fruit on the tree - don't rub them or clean them. It's important to the identification that the fruit are typical of this tree and have their natural film or stickiness left on. Fruit will suffer in plastic bags.
3. An added sample from each tree is a 12 inch long branch with leaves on it. It would help to place the leafy stem in a plastic bag to keep the leaves from drying out. This leaf sample can be important for identification.
4. Mailing Instructions: Into a larger paper bag place 3 things: 1. Fruit samples. 2. This form. 3. The plastic bag with leaves. This is so that the information is all together for one tree. Several of these larger bags from separate trees can go into a single box, each bag holding one tree's worth of information. Mail to me at:  
Lori Brakken  
4719 NE 204<sup>th</sup> St.  
Lake Forest Park, WA 98155

5. To Drop off in person: leave at the door on the north side of my house (it stays shady there and cool).
6. You can keep the packaged samples in the refrigerator until the day you can drop them off.

**Fill out this form** and feel free to attach another piece of paper or write on the back, if you need to write more about the fruit.

Your Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

How do you identify this tree? Label the bag so you can get the results you seek. \_\_\_\_\_

Tell me about your tree: Where is it growing: old orchard site, fence row, roadside, historic apple growing area, planted by previous owners, it is on your property, did you graft it from scion wood from a fruit club event?  
\_\_\_\_\_  
\_\_\_\_\_

Is the tree cared for? \_\_\_\_\_

What is the age of the tree? The property history and age?  
\_\_\_\_\_  
\_\_\_\_\_

Height, diameter of trunk: \_\_\_\_\_

How long have you known about this tree? \_\_\_\_\_

Other fruit trees nearby? \_\_\_\_\_

Did the fruit fall from the tree or did you pick it? \_\_\_\_\_

How long does the fruit keep? \_\_\_\_\_

Feel free to write on the back of this form.

# Italian Plum Oven Pancake

Contributed by Tracey Bernal

This is the recipe for which I eagerly anticipate the ripening of Italian plums. The original recipe comes from a book called *The Best Quick Breads*, under the name Frying Pan Breakfast Clafoutis. It apparently originated from yet another food writer, John Thorne.

It is really more akin to a Dutch Baby, or oven pancake. I've made it so many times that I have it memorized. I never tire of eating this easy and simple preparation. It is also amazing made with fresh apricots, blackberries, pears plus cranberries, and even poached or finely chopped quince.

## Batter ingredients:

½ Cup unbleached all-purpose flour or whole wheat pastry flour  
¼ Cup sugar  
Pinch of salt  
2 large eggs  
1 Cup whole milk

## Fruit Inclusion:

1 Tablespoon unsalted butter  
1½ Cups sliced fresh Italian plums or other fruit  
2 Tablespoons granulated sugar  
Zest of 1 lemon



1. Preheat oven to 425 degrees F.

2. Whisk together the flour and ¼ cup sugar and the salt. Gradually whisk in part of the milk, then the eggs, then the remaining milk to ensure that the mixture is smooth and avoiding having the flour form small clumps. You can also use an immersion blender to achieve a smooth batter.

3. In a 10-inch oven proof cast iron or other heavy oven proof skillet (I use a steel-lined copper skillet), melt the butter over medium heat, then add the fruit and shake until softened, about 2 minutes. Sprinkle with the remaining 2 tablespoons of sugar and cook just until the sugar dissolves and forms a syrup.



4. Pour the batter over the warm fruit and place in the oven.

5. Bake for 20 minutes until puffed and brown, with the edges slightly caramelized and darker brown. Serve as soon as cool enough to eat. It's also wonderful eaten cold!



# What to do with a bucket of almost ripe European plums?



Maybe next year, fall comes early and your European plums aren't quite "ripe". More than a sweet treat, European plums (prunes, damsons, greengages) contain very high levels of plant polyphenol antioxidants (anthocyanins, quercetin glycosides, neochlorogenic acid). These naturally occurring phenolic compounds have broad biological activities including antimutagenesis and anticarcinogenesis generally attributed to their antioxidant activities. Anthocyanins and other flavonoids provide much of the flavor and color to fruits and vegetables. Daily uptake of anthocyanins in a balanced diet can be significant. So before composting "unripe" European plums, consider sweetening to taste with your supplement of choice then reap the benefits of European plums' other "ingredients".

[www.heritagefoodcrops.org.nz/plums-and-peaches/](http://www.heritagefoodcrops.org.nz/plums-and-peaches/)  
<https://pubmed.ncbi.nlm.nih.gov/17360708/>  
[Anthocyanins and fruit colour in plums \(Prunus domestica L.\) during ripening - ScienceDirect](#)

To save overloaded branches, STFS member Judy S. picked unripe fruit from the demo orchard Italian plum. Two weeks later, plums stored in paper bag were still hard & some moldy. Judy took action: Plums, pitted/quartered, were simmered in canning syrup (sugar water will also do) but plums still tasted sour. Next, Judy ran cooked plums thru Foley food mill then added sugar/cinnamon and judged resulting plum sauce to be really good on yogurt. There's no substitute for tree-ripened plums, but if presented with unripe plums, Judy would do this again or cook down into plum butter. Thanks, Judy.

**"Best food mill 2021"**  
**search results:**

[www.thespruceeats.com/best-food-mills-5078763](http://www.thespruceeats.com/best-food-mills-5078763)

[www.bestreviews.com/best-food-mills](http://www.bestreviews.com/best-food-mills)

[www.gearhungry.com/best-food-mills/10 Best Food Mills 2021 | Kitchen Facts](http://www.gearhungry.com/best-food-mills/10-Best-Food-Mills-2021-Kitchen-Facts)



## *From the Fruitful Kitchens*

## Oven Roasted Italian Plums

Contributed by Tracey Bernal

Here's very simple recipe if you just want to prepare the plums for later use. They keep for about a week refrigerated and also freeze well. They are excellent eaten on oatmeal, yogurt, rice pudding, alongside roasted meats. Adapted from a recipe from David Lebovitz ([davidlebovitz.com](http://davidlebovitz.com))- check out his site for a vast collection of fruit-forward recipes.

## Use Fresh Plums ASAP



Mold  Fresh Plums

### Ingredients:

- 1 1/2 pounds prune plums, halved and pitted
- 2 Tablespoons honey
- 1 teaspoon vanilla bean paste (Trader Joe's carries this), or 1 cinnamon stick
- 2 thin slices lemon or orange
- 1/4 Cup (60ml) white wine, water, apple or orange juice

Instructions: Next page

## Oven Roasted Italian Plums Instructions

1. Preheat the oven to 375°F
2. Put the plums in a baking dish that will fit them all in an even layer. Drizzle the honey over the plums and add the vanilla (or cinnamon stick), citrus slices, and wine. Gently mix everything together then spread the plums back out so they are in an even layer.
3. Cover the baking dish snugly with foil and bake for 30 to 45 minutes, removing them from the oven midway during roasting to gently stir them. Depending on the plums, they may cook more quickly than noted here, so check them a few times to make sure they don't get overcooked. You want them soft and cooked through, but not cooked to mush.

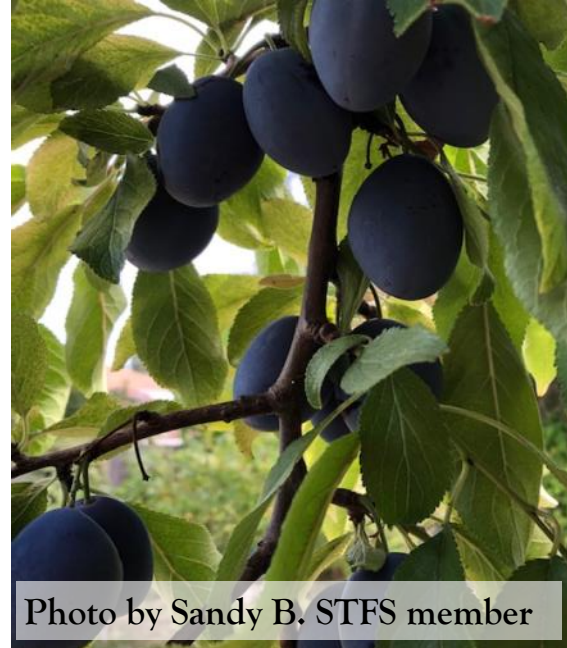


Photo by Sandy B. STFS member

## A Cookbook Review by Tracey Bernal

### It's Always Freezer Season:

## How to Freeze Like a Chef with 100 Make-Ahead Recipes

Authors Ashley Christensen and Kaitlyn Goalen

Here's a great new book, a guide to freezing both prepared ingredients for later dishes and fully prepared dishes ready to cook or heat for a convenient snack or meal. The authors are award-winning food professionals. Included are many entertaining and informative anecdotes about favorite dishes presented in the book, as well as detailed information for successful and organized freezing of foods.



Some recipes for freezing that are related to fruit in particular: Buttermilk Biscuit Rounds, and the cobbler recipe that uses these Zucchini Poppyseed Bread, with instructions for reheating & serving Watermelon Juice, used to make Watermelon Collins Strawberry Puree, for morning smoothie or evening cocktail Cabbage Salad with Crispy Pork Shoulder and Apples Almond Rice Pudding w/ Rhubarb-Apricot Jam using frozen Risotto Apple Pie assembled and frozen, ready to bake.

Though this isn't exactly fruit-related, I tried the recipe for Braised Greens when I suddenly had about 6 bunches of assorted greens filling up the refrigerator. The book provides several interesting recipes that use the frozen greens as a main ingredient.

I have lately been purchasing e-book versions of cookbooks to save money and space on my bookshelves, but in this case, I much prefer browsing the hard copy for its appetizing photography which for some reason is less enjoyable in the electronic version.

**If you love cooking, this is a good one!**

# Calendar of Fruit-Related Events

- ❖ **Saturday 11 September- In-person Onalaska, WA Burnt Ridge Nursery & Orchards**  
**Burnt Ridge Nursery and Orchards Farm: Tour #2** 432 Burnt Ridge Rd. Onalaska WA.  
Tickets are \$15.00 each or \$30.00 for a family of 4. More info and buy tickets at  
<https://www.burntridgenursery.com/Special-Events-Farm-Tours/products/165/>
- ❖ **Saturday 2 October, 11 AM to 2 PM— In-person Seattle's Carkeek Park Piper's Orchard: Harvest Festival** Planned activities include orchard tours by Adam Wargacki, apple juice pressing by Ingela Wanerstrand, apple ID by Lori Brakken, a mason bee display with Trent Elwing, a Master Gardener Clinic with Drexie Malone, heritage apple tasting or explanations of varieties with Bruce MacLean or Don Ricks, Live Music with Will Morgan, Performance by Morris Dancers. For more info or to volunteer email Paul Brookshire [pkbrookshire@me.com](mailto:pkbrookshire@me.com) or  
<https://pipersorchard.org/>
- ❖ **Saturday&Sunday 2&3 October- Online (\$75) or In-person (\$95)- Othello, WA WSU Honey Bee & Pollinator Facility WASBA's 2021 Pacific Northwest Beekeeping Conference "JamborBEE"** Keynote Speaker: Steve Sheppard, WSU Department of Entomology, 20+ Speaker Presentations on Science & Hobbyist Tracks, All Profits go to WSU Honeybee Research  
More info @ <https://wasba.org/events/conference-info/>  
Buy tickets @ [Checkout Page \(acelevents.com\)](https://www.acelevents.com)  
For specific questions, email Martina Graves at [info@wasba.org](mailto:info@wasba.org)
- ❖ **Saturday&Sunday 2&3 October- In-person Skagit County: 23<sup>rd</sup> Annual Skagit Valley Festival of Family Farms Tour** – Register ASAP @ (<http://www.festivaloffamilyfarms.com/>)  
The family farms of Skagit Valley welcome and open their barns and lifestyles to you and your family for this one-of-a-kind event. On this weekend, you can have a hands-on-experience learning what it takes to run a farm, from growing crops to feeding animals. It is an opportunity to talk to your farmers and follow your food from the fields to the table. Our participating farms offer fun-filled festival activities for everyone including: educational exhibits, farm tours, harvest markets, gardening demonstrations, kids activities, corn and hay mazes, animal exhibits, and pumpkin patches.
- ❖ **Saturday 9 October, 2 PM to 4 PM- In-person NE Seattle Freeway Estates Community Orchard: 11th Annual Cider Fest** Street address 6th Ave NE, just north of NE 60th St, Seattle. For more info or to volunteer email [freewayestatescommunityorchard@gmail](mailto:freewayestatescommunityorchard@gmail.com)
- ❖ **Monday 29 November, 7 PM to 9 PM PST- On-line Native Solitary Bee Foraging Behavior in Western Washington presented by Lila Westreich** - Bees are a vital part of the ecosystem, providing pollination services to plants and contributing to biodiversity. Nearly 900 native bee species, mostly solitary, are known from the Northwest! Spring-emerging solitary native bees face a unique and sometimes inhospitable landscape, and must forage amongst the early spring blooms to accumulate the resources they need for growth and development. Lila will give background on local native solitary bee species, discuss types of flowering plants bees prefer in the urban Seattle area, talk about pollen nutrient quality and how it can affect solitary bee health, and the relationships between bacteria, fungi, and foraging bees based on her doctoral research projects. Lila is a UW Ph.D. candidate in the Tobin lab, studying pollinator ecology. This meetup will be held as a Zoom meeting. The meeting ID is only available to people who RSVP at link below, receive the Scarabogram in the mail, or contact the host directly. <https://www.meetup.com/Scarabs-The-Bug-Society/events/279227874/>

## **STFS: Who Are We & What We Do**

**Western Cascade Fruit Society (WCFS)**, a 501(c)(3) non-profit organization, was founded in 1980 & is made up of nine Western Washington chapters, including STFS, full of helpful hobby orchardists & backyard fruit growers.

STFS members receive automatic membership in WCFS. WCFS publishes a quarterly BeeLine electronic newsletter to inform members of events, tours, articles & reports. WCFS provides other member services, including an online member forum, an online chapter-wide event calendar & an online home for chapter sites. See [www.wcfs.org](http://www.wcfs.org).

**Seattle Tree Fruit Society (STFS)** is a chapter of WCFS. The purposes of STFS are listed in Article II of STFS By-laws amended & restated as of 18 January 2014:

### **STFS will bring together people ...**

- 1) to promote & stimulate interest in growing fruit bearing trees, shrubs & vines in urban areas,
- 2) to encourage propagation of desirable fruit varieties suited to the local climate,
- 3) to disseminate pertinent horticultural information to its members & the general public through the use of fruit shows, orchard tours, meetings, seminars, workshops, publications & other media,
- 4) to provide financial & other support to our area's fruit research and/or projects, &
- 5) to join with other organizations in promoting tree fruit in the Western Cascade region.

STFS members share an interest in growing fruit & nut trees, berries, kiwis, grapes & other fruit. We offer information on adapted varieties, current growing techniques & share our own experiences growing fruit.

STFS members meet monthly from Sept to May usually in-person on a Saturday morning in Seattle's Magnuson Park. In-person meetings typically include speakers presenting on topics such as grafting, pruning, pest control, plant health & fruit preservation tailored to Western Washington growers. STFS members receive both the STFS online monthly newsletter Urban Scion Post (USP) & the WCFS online quarterly BeeLine. STFS is online at [www.seattletreefruitsociety.com](http://www.seattletreefruitsociety.com) and [www.facebook.com/SeattleTreeFruitSociety/](http://www.facebook.com/SeattleTreeFruitSociety/)

**The STFS membership is Seattle Tree Fruit Society.** The goals of STFS are achieved by STFS members. Please contact STFS representatives listed in this newsletter and communicate what STFS can do for you and what you can do for STFS. When more STFS members get involved, STFS does more & attracts more STFS members who get involved.

## **Seattle Tree Fruit Society**

[seattletreefruitsociety@gmail.com](mailto:seattletreefruitsociety@gmail.com)

[www.seattletreefruitsociety.com](http://www.seattletreefruitsociety.com)

[www.facebook.com/SeattleTreeFruitSociety/](http://www.facebook.com/SeattleTreeFruitSociety/)

**PRESIDENT** Mike Ewanciw 206.683.9665  
(2-year term expires Jan 2023)

**VICE PRES.** Tracey Bernal 206.913.3778  
(2-year term expires Jan 2023)

**SECRETARY** Sue Williams 206.383.8033  
(2-year term expires Jan 2023)

**TREASURER** Trent Elwing 206.517.3118  
(2-year term expires Jan 2023)

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**MEMBERSHIP** Trent Elwing 206.517.3118

**HOSPITALITY** Judy Scheinuk 206.200.1483  
[scheinukj@gmail.com](mailto:scheinukj@gmail.com)

### **STFS DIRECTORS**

**#1 - Laure Jansen**

(3-year term expires Jan 2024)

**#2 - Linda Sartnurak 425.271.6264**

[noilinda@yahoo.com](mailto:noilinda@yahoo.com)

(3-year term expires Jan 2024)

**#3 - Ed Scullywest 425.286.4030**

(3-year term expires Jan 2024)

**#4 - Rick Shultz [rshultz@highline.edu](mailto:rshultz@highline.edu)**

(3-year term expires Jan 2024)

**#5 - Gudrun Utz**

(3-year term expires Jan 2024)

**#6 - Vacant—please volunteer**

(3-year term expires Jan 20??)

**#7 - Vacant—please volunteer**

(3-year term expires Jan 20??)

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### **USP NEWSLETTER EDITORS**

Trent Elwing [treling@gmail.com](mailto:treling@gmail.com)

Laure Jansen [seattleorchardist@gmail.com](mailto:seattleorchardist@gmail.com)

Tracey Bernal [tmjbernal0216@gmail.com](mailto:tmjbernal0216@gmail.com)

### **STANDING COMMITTEE CHAIRS**

Orchard - Vacant—please volunteer

Events - Vacant—please volunteer

Programs - Vacant—please volunteer

**Background: Day neutral strawberries harvested August 31st in Port Orchard**

## NEW MEMBERSHIP & RENEWAL FORM

# Seattle Tree Fruit Society

[www.seattletreefruitsociety.com](http://www.seattletreefruitsociety.com)

A Chapter of the Western Cascade Fruit Society

[www.wcfs.org](http://www.wcfs.org)

Name:

Phone:

Address:

City, State, ZIP:

Email address:

### DUES (includes STFS and Western Cascade Fruit Society)

New Member – Regular Rate – \$25	_____
New Member – Limited Income or Student Rate – \$15	_____
Renewing – Regular Rate – \$25	_____
Renewing – Limited Income or Student Rate – \$15	_____
Optional: Donation to support fruit research (\$5 min)	+ _____
Optional: Donation (other purpose) (\$5 min)	+ _____
<b>TOTAL</b>	_____

make checks payable to STFS., and mail with this form to:

STFS, c/o Trent Elwing,  
1035 Alaska Ave E, Port Orchard, WA 98366

*Our STFS club is run by and for our members - volunteers make things happen. If you would like to help, contact any Officer or Board member (see your newsletter) or email [seattletreefruitsociety@gmail.com](mailto:seattletreefruitsociety@gmail.com)*

## How do I know when my annual STFS membership will expire?

Back in March 2020 before the COVID-19 pandemic took hold, printed USP newsletters were USPS-mailed, and the STFS membership renewal date was printed above the mailing address of each member's hardcopy printed newsletter.

To minimize spread of the coronavirus causing COVID-19, USP newsletters are now electronic and emailed. A reminder to renew your STFS membership no longer is printed above the mailing address.

Depending upon when a STFS member joins, annual memberships expire at the end of March, June, September or December each year.

Trent Elwing, STFS membership coordinator, will email STFS members one month prior to an expiring STFS membership reminding of the need to renew shortly and how to renew.

**Need to know now? Contact Trent**  
**(phone/text: 206.517.3118 email: [trelwing@gmail.com](mailto:trelwing@gmail.com))**