



the Urban Scion Post

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

Treasurer's Letter

Defending the Mundane

Mike is currently planning future STFS activities that he'll cover at length in his November President's message. In his September message, Mike described the ambitious endeavors of several STFS members and friends as they attempt to improve the attributes of several fruit varieties. With kudos to their drive towards a greener revolution, please don't downplay your time and effort growing and eating the usual fruits.

Pictured to the left is the biggest apple I grew this year. The tree, tagged as a "Goldstar" variety, is still in a big pot and started as a leftover bareroot from Raintree Nursery when Sam was still the owner. I cored and ate the apple fresh; it was good, not great, but good. Crisp, firm, some spiciness, some russeting, imperfect and probably nothing someone would buy. Beyond the homegrown sustenance: Little or no worries about potentially exploited farm labor, degraded farmland, fossil fuel-burning transport, "recyclable" packaging disposed as trash.



An unremarkable fruit that you grow and eat becomes extraordinary when a shock challenges established supply chains and when established supply chains accelerate climate change.

No room for a dwarfing fruit tree? Consider the lowly raspberry that gives so much yet demands so little. Don't know how to prune raspberries? Don't worry: unpruned, untended raspberries bear fruit.

If you're not allergic to salicylates, you really should be growing and eating raspberries. Don't like the taste? Ingest them as if they are the medicinal supplements they replace.

Yes, raspberries do self-propagate aggressively. Not a nuisance, but a resource. Earlier this month, I captured canes which escaped my deer-fenced raspberry patch into the "lawn" with imperialistic intent. Molbak's and possibly other area nurseries offer free recycled nursery pots for holding young canes and other purposes. Next spring, these canes can be shared or replanted back into my patch. Help spread food security by sharing extra canes with STFS members and friends.

Please consider: The USP newsletter is your newsletter, and your contribution of content benefits all STFS members. If article writing isn't appealing, please consider submitting photos of your fruits, fruit growing activities or related visuals to be incorporated into future USP editions. Photo files can be emailed (treling@gmail.com) or texted (206.517.3118).

Trent

Urban Scion Post

Inside this issue:

| | |
|---------------------------------------------|-------|
| Treasurer's Letter | 2 |
| October 2020 by M. Tilbury | 3 |
| Pears for Western Washington | 4-6 |
| The Lost Art of Identifying Apple Cultivars | 7 |
| Neonicotinoids | 8-9 |
| The Savory Quince | 10-12 |
| Two Dozen Favorite NW Apples | 13-15 |
| Fruitful Kitchen | 16 |
| About Seattle Tree Fruit Society | 17 |
| Officers, Directors & Member- | 17 |



On the cover

*"Aromatnaya" quince, growing in the Sunrise orchard on Vashon.
Photo by Laure Jansen*

October 2020

by Marilyn Tilbury

The smoke is gone and we've been blessed with an Indian summer. How very nice, since NOAA is confident that we will have one of those rainy La Niña winters. In fact they've just come out with a new system to rate our periodic atmospheric rivers (often referred to as a pineapple express) on a scale of one to five, with five being the greatest risk of flooding.

All this talk of rain doesn't mean our friends in California will find relief from wildfires this fall. The problem there is persistent drought combined with periodic strong east winds which occur every fall. Not only trees, but just shrubbery or grass is enough to propagate a home-destroying fire storm sparked in a strong wind.

Normally this month we would be looking forward to our Fall Fruit Show. Let's hope that a FFS will be possible in 2021 and that we've all survived to enjoy it. Fruit ID expert Lori Brakken has been socially distantly apple ID-ing and has a car trunk full of mystery fruit to work on. She is busy this fall, fruit show or not.

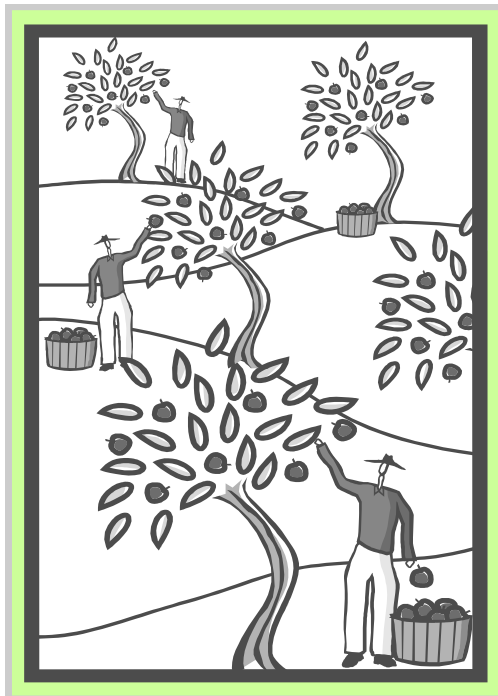
September and October are the time to harvest our mason bees, store them in a fridge or in a safe place outside, and get the nest blocks ready for next spring. Many of us, for an unknown reason, found few holes filled last April and May. It's important to get the cleaned cocoons into a cool location for winter so that the new bees will have a reserve of fat to get off to a strong start next spring.

Do you have pear trees? So many of us are observing heavy pear trellis rust on the leaves this fall. The disease is carried on wind and has been slowly expanding from Vancouver BC since the 1960s. It crossed the border into Whatcom County in 1997. There are two mandatory hosts—most junipers, and both ornamental and European pears. Unfortunately the deciduous pears are affected much more

severely than the juniper evergreen alternate hosts.

A similar disease is Pacific Coast pear rust which affects pears and some other rosaceous plants and their alternate host, incense cedar. This disease is also slowly becoming more prevalent here, spreading up from California.

At this time it would appear that the only reasonable solution for pear growers is to reduce or eliminate alternate hosts growing upwind from our trees, especially those within 100 feet.



For trellis rust, if junipers are a must in your landscape, consider planting only the very resistant *Juniperus communis*, *J. horizontalis* or *J. squamata*. Infected junipers very quickly produce orange, jelly-like growths during wet periods in spring just as pear trees bloom and begin to unfurl their leaves, a two to three week period. One could inspect junipers in late March and early April for slightly elongated galls, longitudinally formed on limbs and prune them out. Of course immediately remove any orange fruiting bodies and send all diseased tissue out in garbage or bury deeply.

Our president and first lady have become infected with Covid-19. We sincerely wish them both a complete recovery. For the rest of us, it will be so very difficult to remain socially distant and masked during Halloween, Thanksgiving and Christmas, to say nothing of New Year's Eve, but we must continue to do so to protect both others and ourselves. Realistically a vaccine will not be widely available until a year from now, at best.

Here's some good news: The Guardian reported that bacteria have been discovered which break down and digest plastic bottles. Bacteria have also been found which eat the plastic in mixed fabric. Hopefully scientists will learn how to "farm" them and begin to reduce the mountain of plastic waste.



Bartlett



Sensation



Starkrimson



Tosca

PEARS FOR WESTERN WASHINGTON



Seckel



Bosc



Comice



Conference



Forelle



Green Anjou



Red Anjou

The pears cultivated in Europe are thought to have arisen from *Pyrus communis*, a species native to Europe and Northern Asia. The fruit is small, hard, gritty, sour and astringent, and there is little evidence of its use for food by prehistoric people in Europe. In Japan and China cultivated pears developed from *P. pyrifolia*, now called Asian pears or Nashi (Japanese word for "pear"). Greek and Roman literature includes lists of cultivated pear varieties and discussed those suitable for wine, perry, or culinary use, while noting that the fruit should not be eaten raw. Through crossing and selection, the quality of pears for fresh eating was gradually improved. In medieval times, France was known for producing the best dessert pears, and many varieties were brought to England after the Norman Conquest in 1066. In 1770 one of the most important varieties still in cultivation today was developed, 'Williams Bon Chrétien,' bred by an English schoolmaster. Brought to America in 1797 and planted at an estate in Massachusetts, it was propagated and sold by Enoch Bartlett under his own name, not knowing the true name. Bartlett pears became - and remain today - one of the leading varieties in the USA. As pear orchards became more widespread, new and better seedlings were found and propagated by local farmers. Development and selection of improved varieties has continued to the present day, conducted by both private and state sponsored research programs.

Trials of European pears at WSU Mount Vernon NWREC began in the mid 1960s, to look at the varieties that were commonly available in nurseries, test new introductions, and screen seedlings of local origin that might prove to be better in quality and show improved resistance to disease, especially pear scab.

There are more than 3,000 pear varieties grown worldwide. Many of these different varieties of pears (*Pyrus communis*) are well adapted to western Washington and can be grown very successfully in most locations. They can tolerate heavier soils. Fireblight (*Erwinia amylovora*), though a serious disease, is rarely seen in maritime western Washington.

However, only ten principal varieties are grown commercially in the Pacific Northwest, accounting for 80% of the US fresh pear products. These varieties were selected based on quality traits and compatibility with our growing conditions, as well as marketing characteristics. Naturally, there is significant overlap in the cultivars recommended by WSU for commercial and home orchard production.

Pears fall into two categories based on when harvest begins: summer pears start harvest in August; winter pears start harvest late August and go well into September. Summer pears include Bartlett varieties (both golden and crimson), Starkrimson and Tosca. The rest of the European-type pears fall into the winter pear group (the list of varieties, descriptions, and images were provided mostly from usapears.com, "The Pear Encyclopedia")

Summer Pears (Early Fall)

Pick in August–September, store for 4–6 weeks

- **Red Clapp's Favorite** (Kalle strain)—Pick late August. A red-skinned sport of the old American variety, productive, light sweet flavor, not highly aromatic. Unlike many redskinned pears, its leaves are green.
- **Orcas**—Pick early September. Local seedlings discovered by Joe Long, a farmer on Orcas Island, WA and sent to the Mount Vernon station in 1972 for testing. The trees are resistant to pear scab and productive, fruit is large and uniform size, good for canning or drying as well as fresh eating. Introduced in 1986. Selected for disease resistance, fruit is large, uniform, good for canning and drying as well as fresh eating, sweet mild flavor, resistant to pear scab.
- **Rescue**—Pick early to mid September. Local seedling found by Knox Nomura, a nursery grower near Buckley, WA. He had seen the pear at fruit shows but the exhibitor never allowed anyone to take cuttings from his tree during his lifetime, and after his death the tree was scheduled for removal to expand an adjacent cemetery. Knox Nomura "rescued" scionwood

from this original tree, and sent trees to Mount Vernon in 1975 for testing. It was selected for disease resistance and introduced in 1987. Fruit is large to very large, often with a red blush up to 50% of skin surface. Sweet mild flavor, good for canning and fresh eating.

- **Bartlett**—Pick late August to mid September. Standard commercial pear, distinctively aromatic, used widely for both fresh eating and canning. Susceptible to pear scab.
- **Red Bartlett** (“Sensation”)— Pick late August. Red-skinned sport of Bartlett that originated in Australia, very similar qualities. Somewhat slower growing. Fair to good keeper. Good fresh, dried or canned. Poor fireblight resistance.
- **Starkrimson** — Pick late August to early September. A red sport of “Clapp’s Favorite”. Trademarked by Stark Brothers Nursery in Missouri. Skin is glossy, vivid crimson; flesh is white, mild and sweet with a subtle floral aroma. It is very juicy when ripe and has a pleasant, smooth texture.
- **Tosca**. Italian (Tuscan) variety. Coscia x Bartlett.

Winter pears

Pick in September–October, store for 3–4 months.

- **Seckel**—Pick mid September. Classic old American variety, sweet rich flavor, small size. Shorter storage than later winter pears, best if kept no more than 8–10 weeks.
- **Concorde**—Pick mid September. is a British pear that was developed from a seedling of “Doyenne du Comice” and “Conference” in 1968. It was released in 1994. It has much of the excellent flavor of the Comice as well as the vigorous and regular cropping qualities of the Conference. Very productive, and stores well. Concorde is known to be self-pollinating, but benefits from cross pollination by “Beurre Hardy”, “Beurre Blanc”, “Clapp’s Favorite”, “Comice”, “Gorham”, “Moonglow”, “Sensation” or “Bartlett”.
- **Comice**—Pick mid to late September. Comice is an old French variety. Excellent dessert quality, sweet and very juicy. Stores until Christmas.
- **Conference**—Pick mid to late September. English variety known since 1895, standard quality dessert pear in Europe for many years, less familiar in the U.S. Cross of Long pyriform fruit with russet skin patches, sweet flavor, used for cooking as well as dessert, excellent late keeper.
- **Bosc**—Pick late September. Old French variety, classic late dessert pear; russet brown skin, rich buttery flavor, firm almost crisp flesh and pleasant aroma, also good for culinary use (baking, poached pears); excellent late keeper.

- **Forelle**—Pick late September. Small to medium, bell-shaped dessert pear. Skin is golden yellow with bright red blush and trout like specklings.
- **Green Anjou** (Beurre d’Anjou): Pick late September. Large, short necked dessert pear that remains green when ripe; slight brown russeting on skin. Develops best quality after 2 months of cold storage; keeps until late spring. Tree is large, vigorous, cold-hardy, productive and an early bearer. Needs pollinator (Bartlett or Bosc).
- **Red Anjou** (various strains): Pick late September. A sport of Green Anjou with same qualities. Red color deepens after cold storage. Sweet mild flavor reaches peak two weeks after picking, but keeps in cold storage for up to 8 months.

Ripening Pears

So how do you ripen pears without letting them get gritty? Once the proper chill time has passed, ripen your pears by taking out as many as you need, and allowing them to sit at room temperature for several days—four to five days for Bartletts, five to seven days for Bosc and Comice, seven to 10 days for Anjou. The longer pears have been in cold storage, the faster they’ll ripen once they’re taken out.

Keep them at room temperature, and give them time. Pears will also develop a mealy core if excessively warmed after cold storage." You also want to make sure the pears are in a well-ventilated area, like in a fruit bowl on your counter. That's because, pears are sensitive to carbon dioxide, so they shouldn't be enclosed in plastic bags at any stage. You may put a pear in a paper bag for a day if you want to speed up the ripening process. This allows the ethylene gas, a hormone that helps fruit ripen, stays in, but carbon dioxide can get out.

According to the Pear Bureau Northwest, a nonprofit marketing organization promoting pear farmers in Washington and Oregon, the best way to tell if a pear is ripe is to apply pressure to the neck of the fruit, near the stem. "If it yields to pressure, it's ripe. Easy, isn't it?"

Sources

This article was extracted and combined from several WSU publications:

[EB0937: Fruit Handbook for Western Washington: Varieties and Culture](#). G.A. Moulton and J. King. WSU Extension. January, 2008.

Western Washington Tree Fruit and Alternative Fruit: Pears. WSU Extension. www.extension.edu/maritimefruit/tree-fruit/pears/

The Lost Art of Identifying Apple Cultivars

(sadly, the author's name has also been lost. Reprinted from USP, Nov 2010)

Identifying apples can be quite difficult, and is arguably more of an art than a science. It's always interesting, if you have a favorite old apple tree, and you don't know the variety, to take it along to an "fall fruit show" event to see what the experts say. Some apples are easy to identify, but there are reasons why you may not get a useful answer. The only objective test is probably a DNA analysis, and these are not cheap; at least, not yet.

Here are some reasons why your apple may not be correctly identified, or may even be unidentifiable:

1. It's from a very old apple tree - more than 100 years old - and is not commonly grown any longer. Only very old people might recognize the variety. It's possible to do a certain amount with textbooks, but there's no substitute for an identification done by someone who's grown the apple all her/his life.
2. The apple is from a seed, rather than a grafted tree. This means there is no other tree like it in the country. By the law of averages, it will resemble some apples quite closely, and it may be mistaken for a named variety, but it's still a mongrel.
3. Apples in sunny locations have a different color than those in the shade, even on the same tree. For example - a Gravenstein grown in a shady location will have red stripes but may not have much other red coloring; grown in the sunshine it could have a medium red blush as well as stripes. Even ordinary Bramley's Seedling can be brightly colored in some years, although usually it is distinctly greenish. And different trees grown from the same named varieties often don't match in coloration, vigor or flavor.
4. The apple may be from a tree which has been abandoned for many years. It may be suffering from nitrogen deficiency, and be more brightly colored as a result. It may be smaller, or harder, or later ripening, or a slightly different shape for a host of other reasons.

In addition to this, a nursery sometimes puts the wrong label on a tree, or substitutes a similar variety without telling the customer. The owner of the tree believes it to be variety X, but it's not, and the wrong name gets passed on, through the generations.

At apple identification events, the "expert" will be often looking for a "closest match" with the apple supplied, probably with the help of books and his own growing experience.

The history of the locality and the trees available at the time of planting from nurseries in the area can also provide a clue.

As well as supplying several apples of the unknown variety, it helps if you can say something about the age of the tree, its growth habit, and where it's growing. Is it in an orchard, perhaps - or is it in a hedge in the middle of nowhere? Was it planted on an old farm property? Or is it more likely to be a chance seedling? There are lots of seedling, even very old ones, along older main road and even on the sides of freeways.



NEONICOTINOIDS

by Michael Laurie

Photos by Laure Jansen



Like most gardeners, if you see insect damage on plants you worked hard to grow you will probably want to put a stop to that damage. But before you purchase a product to help stop the chewing, please consider a few things. Some insect control products that are in the category known as neonicotinoids (neonics for short) have been shown to be very harmful to bees. When you spray neonics on plants, the neonic chemicals get into the plant and can show up in the nectar and pollen, where they can be harmful to bees, butterflies, and nectar-feeding birds. Even if bees are not exposed to a lethal dose of a neonic chemical it can still have a harmful impact on them. Bumble bees grow more slowly and produce fewer queens when exposed to very small amounts of neonics. And when honeybees are exposed to small amounts it can harm their ability to fly, navigate, and find food.

And as you may know many bees are endangered and struggling to survive for a variety of reasons including reduced pollinator habitat, climate change, and the use of neonics. A study published recently in the journal *Biological Conservation* concluded that 40 percent of all insect species are in decline and could die out in the coming decades.

<https://www.nationalgeographic.com/animals/2019/02/why-insect-populations-are-plummeting-and-why-it-matters/> Pollinators play an important role in our agriculture system—a full 33 percent of the crops grown worldwide depend on honeybees.

To learn more about the chemicals that are in the neonic family you can go to the following web site.

<https://en.wikipedia.org/wiki/Neonicotinoid> The neonicotinoid family includes acetamiprid, clothianidin, imidacloprid, nitenpyram, nithiazine, thiacloprid and thiamethoxam One of these, Imidacloprid, is the most widely used insecticide in the world.

Not only are neonics the active ingredient in some insect control products, they are also sometimes sprayed on nursery plants to reduce insect damage. Before you purchase any plants at a nursery, ask if their plants were sprayed with neonics. Choose to purchase plants only from nurseries that do not use neonics.

In 2018, the European Union banned the three main neonicotinoids (clothianidin, imidacloprid and thiamethoxam) for all outdoor uses. In 2014, Spokane, Washington joined Eugene, Oregon, and Seattle in passing citywide bans on neonicotinoids. Democrat representatives at the federal level recently introduced a bill to ban a number of pesticides, included neonics. Information on the “Protect America’s Children from Toxic Pesticides Act of 2020 (PACTPA) can be found at the following link: <https://tinyurl.com/y423r8u6>

The good news is there are bee friendly ways to control insects that are harmful to your plants.

The first and best step to control insects harming your plants is to properly identify which insect it is. One of the best books for identifying local insects is “Pacific Northwest Insects” by Merrill A. Peterson. Another option is to contact Vashon Master Gardeners. They usually have a table on weekends outside Ace Hardware, but not this year. Instead they will answer questions via email. Send a question and/or photo to mgvashon@gmail.com. To help them identify your insect, col-

lect one or more of the problem insects, take a picture and submit the picture in your email to them. You may need to go out at night with a flashlight to catch one of the culprits in action. Once you have clearly identified the insect that is causing you problems the following link has many safer options for dealing with insects that are causing problems:

<https://tinyurl.com/y62oqcoz>

You can also visit www.growsmartgrowsafe.org to find more environmentally and human friendly ways to reduce insect damage to your plants. If you go to the Grow Smart Grow Safe site to learn about safe insect control, click on the Insect sign. Then click on the “Insect Control Products”. It brings up products starting out with safe options like beneficial insects, and then gives all products a green, yellow, or red rating. Green is the safest and red the most harmful. It also rates the active ingredients for impact on humans, pets and wildlife, aquatic life, and water pollution.

For orchardists, the Holistic Orchard spray is very beneficial. See the following link for more details on the Holistic Orchard Spray. <https://www.groworganicapples.com/organic-orcharding-articles/holistic-spray-ingredients.php>

You can purchase the ingredients for the spray at the following site: <https://www.fedcoseeds.com/ogs/holistic-orchard-spray-kit-8657> and at the Vashon Country Store.

See the Garden Green calendar for further detail on how to prevent and address many insect problems throughout the year in a more environment and human friendly way.

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The Savory Quince

by Laure Jansen

Although the smell of quince may elicit memories of sweet treats and desserts, many cultures of Asia Minor, Transcaucasia and Central Asia enjoy their quince harvest in savory dishes, combined with meats, onions and other vegetables. The quince plant probably originated in these areas, and was highly prized by ancient civilizations, as in modern times. Frescoes and mosaics of that famous lost city of Pompeii (AD 79) illustrate many beautiful fruiting trees, amongst them the revered quince.

There are three basic types of quince fruits; each has different characteristics that determine how they are best prepared. The first is a hard quince, with grainy flesh, very astringent and sour. It maintains its shape well when cooked, and generally turns ruby to dark red from the tannins after long simmering. This type the most common of the quince found in the United States. The second type is generally more sweet, less sour and less astringent, has fine-textured flesh, and dissolves into a saucy consistency when cooked. It often turns pink or salmony color, but not darker. The third type is an intermediate of the two.

Although I do not have room for the complete version of all the delicious savory recipes of the eastern lands, I provide here a review of the most interesting of these for inspiration, as well as information on the varieties of quince cultivated in different areas.

TURKEY

Turkey has a number of towns that claim to be the homeland of the quince. The most well-known of these is probably the town of Smyrna on the Aegean coast of Anatolia, known in modern times as Izmir. The ancient town of Smyrna was a Greek settlement around 1000 BC, and then an Alexandrian port almost a millennium later, and then one of the principle cities of Roman Asia. If Anatolia is the

Cultivars of quince in the Balkans, Asia Minor, Central Asia and Iran are often local seedlings named after the area they are found. Many are not commercially grown, but are favorites of home orchardists. Breeding for improvement didn't really start until the 20th century.

These improved commercial varieties may be available in the US, but the heritage cultivars are difficult to find outside their local areas. Note that the USDA Germplasm repository in Corvallis, Oregon supports a collection of more than 100 quince cultivars.

TURKISH CULTIVARS

EkmeK (bread) ripe in September, good keeper, lacking astringency. Large pyriform fruit with lumpy shape. Skin yellow, thick, slightly fuzzy; Flesh crisp, juicy, fine textured, some acidity but mild flavor. Mid season. Good storage.

Demir (iron): ripe in October. Hard texture.

Limon. Lemon shaped, medium-size. Skin bright yellow, thick, hairy. Flesh yellowish, crisp, hard, juicy, mild. Mid-season. Good storage. Vigorous tree.

Esme: fresh eating variety widely cultivated in the Marmara region, keeps well until the end of March

Bardak: downy peel, crisp juicy blesh, tangy flavor. Commonly grown in

Havran – traditional Turkish variety from Izmir research station. White flesh, sweet. Large and pear shaped. Ripens in late September. (per Raintree)

Kalecik: central Anatolian cultivar. Greenish skin, mod-

homeland of quince, then likely these Greek settlers propagated quince and carried it with them as they spread in mainland Greece (Thracia) and up the Balkan peninsula.

The “Smyrna” quince cultivar is one of the few that have slick, waxy skin; most other cultivars have fuzzy, wooly skin. “Smyrna” was first recognized in Turkey in 1887. “Smyrna” stores longer than most other cultivars. In the countryside of Anatolia, many different cultivars of quince are harvested in late September and October, traditionally tied in bunches and stored in cellars for the winter. As a treat, they are roasted whole over open charcoal fire, split open, and eaten with a spoon.

Most of the “traditional” Turkish recipes date from the Ottoman Empire, simply because in that era the cooks began to write down the recipes. One-pot cooking of a combination of rice, vegetables and meat was popular in the Ottoman kitchen, and a number of those dishes included quince. Quince was incorporated into many traditional dishes: Turkish Lamb and Quince stew (Avya Yahnisi), flavored with pomegranate juice and spices, served with pilaf; Roasted Stuffed Quince (Avya Dolmah), filled with either lamb or beef; Quince Fricassee (Avya Tava): this can be made with beef, chicken or vegetables, flavored with peppers, and eaten like a sandwich on pita bread; and Pickled Quince, served as an appetizer (mezze or sukurdan).

GREECE

Savory quince cooking in Greece is similar to that of Turkey in many ways. Quince is roasted or braised, combined with meat and vegetables in delicious one-pot dishes typical of the eastern Mediterranean. Chicken with braised quince (Kotopoulo me Kythonia) blends chicken with quince, tomatoes, a bit of cinnamon and bay. Beef and Fruit Stew (Kokinisto) combines plums, quince, tomatoes and grape syrup (petimezi) with braised beef, onions, garlic and juniper berries.

In Greece, quince is prepared in many of the same ways as potatoes: roasted or sautéed with onions and spices in olive oil, served as a savory side dish.

BALKANS

Serbia, Bosnia, Macedonia, Albania, Bulgaria, Romania, and Moldova all use quince in both savory and sweet recipes. Specific areas of the lower Balkan peninsula is home to naturalized wild quince forests. In the 20th century, breeding for improved commercial cultivars of quince began in Serbia and Bulgaria particularly.

erately sweet, aromatic, lower pectin content than most. Slightly fuzzy.

Sekergevrek: Fruit is even shaped, tapering toward both ends. Skin is bright yellow, thin, slightly hairy. Flesh is crispy, slightly sour,. Mid-season. Good storage.

Sobu: large and pumpkin shaped.

“Tekkes”: An non-astringent Turkish cultivar with skin that is “hairy like a camel”. Large, attractive fruit with bright yellow skin. Flesh crisp, juicy, sweet, non-astringent, matures late September and can be stored two months. Moderately vigorous and productive.

GREEK AND BALKAN QUINCE CULTIVARS

Asenica: large conical lemon yellow, covered with a light fuzz, moderately acidic, tender, juicy, aromatic. Suitable for fresh consumption. Moderate vigor. Ripe first half of October. Keeps well.

Hemus. Bulgarian cultivar. Large, dull-skinned, pear-shaped fruit, green-yellow to light lemon yellow. Flesh is white, creamy, tender, moderately juicy, tart-sweet. Ripens in September. Very vigorous.

Vranja (Syn Bereczcki). Originated in Serbia about 200 years ago. Large, pear-shaped fruit. Flesh is gritty and astringent, but aromatic and fragrant. Breaks up quickly when cooked, developing a pink or orange color. Best for making quince jelly, jam, “cheese” and membrillo. Light cropper.

Serbian Gold: Rounded pear shape, culinary variety. similar to Vranja.

Leskovacz: a Serbian variety that produces a more shrubby type of tree. The fruit is round and of average size.

Ludovic: Round, slightly fuzzy fruit. Soft, pale yellow flesh, aromatic, sweet. Vigorous and productive. Ripe October.

IRAN (PERSIAN) CULTIVARS

Isfahan:Very large, rounded pear shape. Fine textured, sweet, deep yellow flesh that maintains shape after cooking. Develops dark red color. Requires warm climate.

Shams: Rounded pear shape. Fine textured, sweet, yellow flesh that maintains shape after cooking. Develops dark red color.

Iranian:Rounded pear shape. Fine textured, sweet, yellow flesh that maintains shape after cooking. Develops dark red color. Prefers warm climate.

Bosnian pot stew (Bosanski Lonac) is a typical Balkan stew overflowing with vegetables and meat. It was traditionally prepared and eaten by miners, cooked between morning and their noon meal. Pot stew was prepared in a clay pot, filled with layers of meat and vegetables, sometimes including quince, and cooked over a fire the entire morning.

IRAN (Persia)

In a wonderful two-volume, encyclopedic Persian cookbook by Ostad Najaf Daryabandari, one finds an obscure recipe for Quince Kookoo (“Kookoo ‘Ye Beh), attributed to a 19th century royal chef Mirza Ali Ahkbar Khan Kashani: a dish concocted of eggs and shredded quince, season with a touch of sugar, nutmeg and saffron, served with flatbread, yoghurt and fresh herbs. More common savory dishes are Quince & Lamb Stew (“Khoresh ‘e Beh”), Quince Stuffed with Ground Beef (Dolmeh ‘ye beh), Spiced Rice with Quince (Biryani)

CENTRAL ASIA

Pilaf (Oshi Palov) is a dish that is made in Uzbekistan, Tadjikistan, Kazashstan, and Turkemenistan. The base is rice and vegetables, with or without meat, fried in the fat of fat-tailed sheep (prehistoric breeds), enhanced with spices and a variety of fruits, such as quince, plum and apricot. It is similar to an Iranian biriyani. A delicious treat is “samsa”, a triangular dough pastry that is baked in a tandoor oven so that the bread is somehow both soft and crunchy. Samsa can be filled with many things: ground lamb, herbs, quince, vegetables, or pumpkin. An hearty stew (“Dimlama:) is made from meat, potatoes, vegetables and quince or plum, spiced and herbed with dill.

RUSSIAN, UKRAINE AND CRIMEA

Most quinces grown in Russian, Ukraine and the Crimea and the type that can be eaten fresh, or used in sweet dishes.

CONCLUSION

Quinces (*Cydonia oblonga*) are very productive, and the varieties Van Deman and Aromataya have both performed very well in trials at the WSU Extension station at Mount Vernon.

Because Western Washington does not have much risk of fireblight, you could select pretty much any cultivar available regardless of susceptibility. Of course, there is always the possibility that global warming will increase fireblight infections. In which case, choose from those cultivars that are the least susceptible to fireblight: • Limon, Krukovskaya, Tencara Pink; Champion, Isfahan, Aromatnaya, Maslenka Rannaya, Uzbekistan, and Ekmek.

CENTRAL ASIAN CULTIVARS

Rannyaya Tange: (Turkmenistan).

Kaunching: hardy Russian (Central Asian) variety. Large (grapefruit size) lemon yellow fruit that is suitable for fresh eating, but can also be cooked. Heavy cropping.

Tashkent No. 4 (as named by USDA Corvallis): Uzbekistan. Early ripening and cold hardy cultivar. Rounded pyriform. Yellow, slightly fuzzy skin.

RUSSIA, UKRAINE AND CRIMEAN CULTIVARS

Aromatnaya: more apple shaped. Fine textured flesh but more acidic. Raised in the right climate, it can be eaten fresh.

Crimea (Krimskaya): Large, round, yellow fruit; yellow flesh that softens to sauce when cooked. Pineapple flavor and citrus aroma. Grows as a densely branched shrub rather than a tree.

Kuganskaya (Ukraine): large, round, bright yellow fruit. Mild, sweet, good for fresh eating and cooking.

Myagkoplodnaya Woldgogradskaja: Suitable for eating raw. Medium to large, pear shaped, tasty and flavorful, but stores poorly. Vigorous tree.

Darunok Onuku. Urainian cultivar. Ripe early October. Medium size fruit that is strongly aromatic and well-flavored. Stores until February or March. Unusually, it is only partially self-fertile.

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TWO DOZEN FAVORITE NORTHWEST APPLES

Adam's Pearmain was a popular English apple variety of the Victorian era. Rated by the Victorian writer Hogg as "*A dessert apple of first-rate quality*". The fruit is medium-sized, very conical fruit with yellow skin, dull crimson-red blush covered with a fine gray-brown russet coat. The creamy white flesh is crisp, tender and firm with a dry, nutty flavor. Ripe late season, mid-October or later, and keeps in storage for 3 months. Self-infertile, partial tip bearer, weak vigor.

Akane is one of the best early-season apples. This apple is a cross between "Jonathan" and "Worcester Pearmain". In appearance it most closely resembles the Worcester Pearmain, very pretty bright red over yellow-white, slightly conical and slightly ribbed. The white flesh is dense, very crisp, very juicy, with a balanced flavor of sweet and tart, reflecting Jonathan heritage. Akane ripens late August - early September. Like most early varieties the apples do not keep that long, however they hang on the tree rather than falling and can be picked over a number of weeks. Self-fertile; somewhat resistant to scab and mildew; moderate vigor.

Alkmene was developed in Germany in the mid-1930s as a cross between Cox's Orange Pippin and Duchess of Oldenburg. The yellow flesh is crisp, juicy and somewhat aromatic, but noticeably more tart and robust than Cox. The medium-sized fruit is bright red with some russeting. Self fertile; somewhat mildew and scab resistant; spur bearer; moderate vigor.

Ashmead's Kernel is a lovely apple with brown russet covering a rosy orange blush russet, over a green ground. It is a small-medium apple. It has a pleasant faint smell of tea, and as it becomes overripe, you may notice overtones of lemon, pear and nutmeg. The flesh is crisp, yellowish and juicy. Tart when tree ripe. Ashmead's Kernel is a versatile apple, not just for eating fresh, it can also be used for salads and cooking, and it is a highly-valued apple for juicing and hard cider. Flavor improves in storage. Susceptible to bitter pit, good resistant to mildew and scab; self-infertile; spur-bearer; moderate vigor.

Belle de Boskoop is oblate and regular in shape, and the greenish-yellow skin is blushed and mottled a bright red with darker red stripes, partially covered with a netted, brown russet, and very dry to the touch. The creamy-white flesh of this dessert apple is coarse, tender, juicy and crisp, with a sub-acid flavor. The vitamin C content is 7.30 mg/100 gr. A triploid that requires a pollinator, it bears heavily but may be slow to begin to bear. It ripens in late October. Good for dessert as it keep shape well when cooked, but also makes delicious apple sauce. Triploid; vigorous; moderately resistant to scab and mildew.

Bramley's Seedling is an classic English cooking apple. Large greenish-yellow apple with broad broken brown and red stripes. The firm flesh is of a yellow-white-tinged green and is juicy and tart. It contains 1% acid and is high in Vitamin C. It cooks down to a stiff apple puree with an excellent sharp flavour. The copious juice makes Bramley's Seedling a good choice for cider production. Keeps 3 months in storage. Triploid; vigorous; partial tip bearer; good disease resistance.

Chehalis looks and tastes like Golden Delicious but the fruit is larger and crisper. Highly scab and somewhat mildew resistant. Excellent for organic growers who like a very large sweet yellow apple. It is always reliable and highly productive, ripening late in September. Greenish-yellow to yellow skin, sometimes blushed pink. Cream-colored flesh is crisper than Golden Delicious, with a sweet, subacid, mild flavor. Used fresh and for baking. Best harvested slightly under-ripe, as it goes from sweet-tart to very sweet in a short time. Self-fertile; moderate vigor; semi-spur bearer.

Elstar is a particularly attractive mid-season apple with a very good sweet, tart, aromatic flavor. It is related to Golden Delicious and (more distantly) Cox's Orange Pippin. The skin has a streaky deep-red blush over golden yellow, and can have a marbled appearance, often with a soft sheen to it. The flesh is firm and cream-colored. Stores well, keeping much

of its crispness through the winter, while the flavor increases after about 4 weeks of storage. Self-infertile; moderate vigor; moderate disease resistance; spur bearer; sets heavy crops.

Enterprise is a good modern, disease-resistant apple, sweet enough for eating fresh but with a tartness that lends itself to cooking as well. Medium-large fruit covered with red, ranging from a lighter orangey red to deep crimson on the sunward side, somewhat resembling its grand-parent McIntosh, but with a somewhat spicy flavor more similar to another relative, Rome Beauty. Excellent keeping qualities and crispness. Late season; self-infertile; good disease resistance; spur-bearer; vigorous.

Esophus Spitzenburg is a medium to large apple, round-conic in shape, smooth-skinned and colored a brilliant red, approaching scarlet. In hot and humid regions, the color is not as pronounced. The skin is tough and covered with russet dots and inconspicuous stripes. The yellow flesh is crisp, dense, fine-grained, and juicy, with a flavor that is rich, spicy and sprightly, yet sweet and ranks high in taste tests. It ripens unevenly beginning in late September and hangs on the tree until November. The flavor improves in storage. Late season; self-infertile; spur-bearer; average vigor; susceptible to scab.

Fiesta A newer variety raised in 1972 in Kent., England. A cross between Cox's Orange Pippin and Idared, medium-sized with reddish-orange blush over yellow ground. Excellent aromatic Cox-like flavour but crisper texture and juicy white flesh. Fiesta also has the long-keeping quality of Idared, but although it remains firm, the appealing sweetness seems to disappear after some storage. Mid-season; self-infertile; resistant to scab and mildew; moderate vigor. Reliable heavy cropper. Suitable for colder areas and is more resistant to frost.

Gravenstein is a high-quality dual-purpose apple variety, originally from Europe, but well-established in North America. The flavor is excellent for eating fresh and especially for cooking. Flesh is crisp, juicy, fine-grained, yellowish white. Like most early-season apples, Gravenstein does not keep that well but, usefully, the apples tend to ripen individually over the course of a couple of weeks, a plus for the home orchardist. Gravensteins have a distinctive flushed coloring, which begins in mid-August as a few streaks of red, and spreads to cover the whole apple by the end of the picking season in mid-September. Triploid; early season; partial tip-bearer; poor disease resistance.

Holstein is an open-pollinated seedling of Cox's Orange Pippin from Holstein, Germany, found in 1918. Larger in size than Cox's Orange Pippin, the skin is a deep yellow with varying red-orange flush, and is often russeted. The creamy-yellow flesh is firm, juicy, and very aromatic. Triploid; mid-season, spur-bearer; scab resistant; vigorous.

Honeycrisp is a very attractive, high-quality dessert apple with a predominantly sweet flavor. It lives up to its name - it is a remarkably crisp apple and is one of the outstanding new apples of the late 20th century. The flavor is excellent, with a rich sweetness and good balancing acidity. The apples are medium-to-large in size, with a yellowish ground covered with pinkish-orange flush on the sunny side. It keeps well in storage, remaining crisp. Self-infertile; late season; good keeper; scab resistant; weak vigor.

Jonagold is a widely-grown American apple variety with an excellent rich aromatic flavor. Jonagold stores well, a quality it inherits from one of its parents, Golden Delicious. However it gets its excellent flavor from its other parent, the very well-respected old New York apple variety Jonathan. It has the combination of good sweetness and good sharpness that often denotes a high quality apple. This is a versatile apple excellent for eating fresh, popular for all kinds of culinary uses, and good for juice and cider. The apples can be picked over several weeks. Triploid; late season; good storage; spur-bearer; susceptible to scab and mildew.

Karmijn de Sonnaville seems to grow better in the continental climate of North America than it does in its native Europe. Fruit is medium to large, brick-red over yellow-green ground color, often with russet covering the red. Tart with some sweetness, very aromatic and flavorful; improves in storage. Excellent for baking as it retains some shape. Like its parent Cox Orange Pippin, disease resistance is not great, but the natural vigor of Karmijn de Sonnaville seems to help it keep going. Triploid; mid-season; spur bearer; scab susceptible; good storage; vigorous.

Liberty is a modern apple variety, developed for disease resistance, and has rapidly become a popular variety particularly in the eastern States. It has very good resistance to scab and good resistance to fireblight and cedar apple rust. Fruit is medium to large, bright, shiny McIntosh-type, 90% red blush. Flesh is crisp, juicy, and light yellow. Sprightly flavor which intensifies in storage, somewhat sweet and "vinous" flavor characteristic of "Macs", with perhaps a bit more sharpness. Self-infertile; mid-season; spur-bearer; excellent disease resistance; moderate vigor.

Macoun is a McIntosh-style apple, it's size and shape like McIntosh with more deep coloring. Dark purple-maroon-red blush over green ground. The flesh is firm, aromatic and white. It is a sweet refreshing apple with a pronounced flower-like vinous flavor. The flesh has a soft crisp texture and plenty of juice. Although it ripens late, Macoun is not a keeper - it is at its best when picked and eaten straight from the tree. It drops readily from the tree and bruises easily. Self-infertile; mid-season; spur-bearer; good disease resistance; not a keeper; vigorous.

Melrose is a cross of Jonathan and Red Delicious. Large in size and somewhat ribbed on the body and at the eye, the yellowish-green skin is flushed and streaked dark, brownish-red with russet patches and spots. The creamy-white flesh is firm, coarse, juicy and aromatic, with a slight acid flavor. It is shaped very much like a Jonathan, but is larger in size. A heavy cropper that bears early. The growth habit is spreading and somewhat willowy. It ripens October, but is best eaten after Christmas, when it has developed a fruit flavor. Self-infertile; good keeper; mid-season; semi-spur bearer; some resistance to scab and fireblight; moderate to high vigor.

Roxbury Russet is almost certainly a seedling of a European variety brought brought to America by early colonists. Medium to large in size, and elliptical in shape, the green skin is tinged a bronze, and overspread with a brownish-yellow russet. Sometimes there is a reddish blush on the sun-exposed side and a hint of ribbing. The whitish-greenish-yellow flesh is coarse, firm to tender. The spreading tree is crooked growing when young. An all-purpose apple, useful for cider and dessert. Roxbury Russet ripens in late October and stores well into the winter months. Self-infertile; partial tip-bearer; moderate disease resistance; moderate vigor.

RubINETTE is without doubt one of best-flavored apple varieties, with an delightful balance of sweetness and rich sharpness. Although it is a cross between Cox's Orange Pippin and Golden Delicious, RubINETTE's flavor comes almost entirely from Cox's Orange Pippin - it has all the same aromatic qualities. Medium size fruit with bright red striping over golden ground color and slight russetting. Self-infertile; mid-season; light cropper; moderate storage; spur bearer; some resistance to scab and mildew; low to moderate vigor.

Spartan is a beautiful, medium-sized, dark-red, dessert-quality apple. Yellow ground almost entirely flushed a purplish-red with indistinct stripes, covered with a heavy bloom. The skin is aromatic, and the very white flesh is crisp and fine-textured with a subacid flavor, similar in texture and quality to MacIntosh. The apples will remain on the tree over a 2-3 week period. Although they keep fairly well, the flavor and crispness fade in storage. Partially self-fertile; mid-season; heavy cropping; resistant to fireblight, scab, mildew; moderate vigor.

King of Tompkin's County (Tompkin's King) is a large, smooth-skinned yellow apple with orange-red blush on a yellow background. While the colouring will vary from one apple to another, most are good-sized. The flesh of a King apple is yellowish, coarse, crisp, aromatic and tender, very juicy. The flavor is subacid with a unique, aromatic flavor. The fruit is prone to water core and sometimes does not retain its flavour well in storage. The skin becomes very greasy in storage. Excellent for pies, sauces and cider. Triploid; scab resistant; tip bearer; excellent keeper; vigorous.

Williams' Pride is an early-maturing, attractive, dark red apple with excellent tart fruit quality. Flesh is medium to coarse grained, cream colored, firm, very crisp and breaking flesh; moderately to mildly sub-acid, slightly spicy, full rich flavor, juicy; excellent summer dessert quality. Moderate to large fruit size. Annual cropping, with slight biennial tendencies. Retains quality and crisp flesh texture for 6 weeks or more in refrigerated storage. Self-infertile; early season; good disease resistance; poor storage; moderate vigor.

Editor's Note: Descriptions are from orangepippin.com and The Fruit, Berry and Nut Inventory, 4th Edition. Seed Savers Exchange, Decorah, IA (2009)

from the Fruitful Kitchen:

Quince Cobbler with Cornmeal Biscuit Topping

For the Filling::

- 5 cups water
- 1 cup pure maple syrup
- 1/2 cup granulated sugar
- 5 quinces, peeled, cored, and quartered
- 1 vanilla bean, split and scraped, pod reserved
- 2 teaspoons cornstarch

For the Topping

- 1 3/4 cups all-purpose flour
- 1/3 cup fine yellow cornmeal
- 1/3 cup granulated sugar
- 2 teaspoons baking powder
- Salt
- 1 1/2 sticks cold unsalted butter, cut into small pieces
- 1 cup heavy cream
- 3 tablespoons sliced almonds

Make the filling: Bring water, maple syrup, granulated sugar, quinces, and vanilla seeds and pod to a simmer in a large pot over medium heat. Cover with parchment, and cook until quinces are soft and rosy pink, about 2 hours. Discard vanilla pod.

Preheat oven to 375 degrees. Make the topping: Sift together flour, cornmeal, granulated sugar, baking powder, and 3/4 teaspoon salt, and then sift again. Cut in butter with a pastry cutter or rub in with your fingers until mixture resembles coarse meal with some large pieces remaining. Make a well in the center. Pour in cream; stir until combined.

Transfer quinces to a medium bowl using a slotted spoon. Add 1 cup poaching liquid and the cornstarch, and toss to combine. Pour quinces with juices into a 9 to 10-inch baking dish. Arrange large spoonfuls of topping mixture around outer edge of fruit mixture, leaving a space in the center. Sprinkle almonds on top, and bake until liquid is bubbling and topping is golden, about 50 minutes. Let cool completely before serving.

Contributed by Tracey Bernal

If you love quinces as much as I do, here's a decadent recipe you can try that uses a substantial quantity of the fruit.

Adapted from a recipe at Martha Stewart.

Makes one 9-inch cobbler

STFS: Who Are We and What We Do

Western Cascade Fruit Society, our parent organization, is a 501(c)(3) nonprofit organization. The WCFS was founded in 1980 and is made up of chapters throughout Western Washington whose members are aspiring hobby orchardists and backyard fruit growers. Our primary objective is to bring together new and experienced fruit growers who will promote the science, cultivation and pleasure of growing fruit bearing trees, vines and plants in the home landscape. Local chapters disseminate information through education, fruit shows, orchard tours, meetings, workshops, and publications.

WCFS is the parent organization to nine affiliated chapters. WCFS publishes a quarterly BeeLine newsletter to inform members of events, tours, articles, and reports. Members receive automatic membership in WCFS after joining an affiliated Chapter. WCFS provides other member services, including a member forum, a chapter-wide event calendar, and a home for chapter sites. These can be found at www.wcfs.org.

Seattle Tree Fruit Society (STFS) is a chapter of WCFS, one of nine chapters in Western Washington. STFS brings together amateur growers – beginners to experts – from the Greater Seattle area who share an interest in growing fruit and nut trees, berries, kiwis, grapes, and other fruit. We offer information on adapted varieties, up-to-the-minute growing techniques, and share our own experiences growing fruit.

We meet each month from September to May, usually on a Saturday morning. Programs explore topics tailored to Western Washington growers, such as grafting, pruning, pest control, recommended varieties, nurseries, suppliers, home wine and cider making, and more.

STFS members receive both The Urban Scion Post, our monthly newsletter, and The BeeLine, an on-line quarterly from Western Cascade Fruit Society. Both feature a wide variety of useful articles about fruit, and announce upcoming events. Find us on [Facebook](#) and on our website www.seattletreefruitsociety.com.

The function of our STFS **membership** is to **be** the Seattle Tree Fruit Society. This is your organization. Please let us know what is most important to you. STFS can always do more! If there is a way that any of our members feel that STFS can be better, let us know. How can the board of directors be of further help to you as members? Please let board members know. And, some extent, the question is what can you, as a part of our organization, do to make STFS better, be it for your community, your local chapter, or for WCFS, our parent organization. Get involved. Remember, STFS is **you**.

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