

Every Pome Transpires ...

... so Every Drop Matters



Weed & Mulch to Conserve Soil Water

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

It's Hot out there! I hope everyone is coping as well as you can. Despite the heat, several STFS members and guests participated in a work party at Magnuson Park, in collaboration with the Magnuson's Children's Garden. Volunteers (both members and friends) included Sandy Bowman, Barbara Broderick, Tim Jaureguy, Deborah Dickstein, the Scullywests (Ed, Betty, Mark), Melinda McBride, Sean Hermes, Carol Laurie, and myself. This was the first collaboration between STFS and the Magnuson Children's Garden, and it was a "Win-Win" for both organizations. The STFS orchard received much-needed chip mulch, and the Children's Garden was able to remove a comparable amount of chips (in anticipation of a planned hardscape project) and received \$30 per hour from the Seattle Neighborhood Matching Grant for each volunteer hour. Another such event is scheduled for August 14th. Please contact me (mikewan@aol.com) if interested in participating.

While at Magnuson for the work party, I was able to document a fair amount of damage to fruit from the recent spell of extremely hot and dry weather. See photo of a 'Liberty' apple with damage to its surface. Fortunately, the trees look healthy. The irrigation support provided by the Seattle Parks Department, with assistance of the Magnuson P-Patch has benefited the trees.



I've had a bumper crop of 'Desert King' figs at my house this year (see photo). I've eaten many, have given many to neighbors, and have provided some to a baker friend, who will be incorporating them into a product. I can't wait until some of the other varieties start producing. I helped Kiwibob Glanzman harvest some of his figs as well: 'Desert King,' 'Brunswick,' 'Lattarula,' and 'Gillette.' While visiting Kiwi-

bob, I observed the many seedlings growing as part of his Kiwi hybridization project - F1 hybrids between *Actinidia chinensis* & *Actinidia arguta*, as well as other crosses and open-pollinated seedlings. A reminder - Kiwibob is still looking for "foster homes" for these seedlings as they grow and develop.

The Western Cascade Fruit Society is still looking for a 'Beeline' editor. Please think about how you can help. This will likely be the major topic in our upcoming WCFS meeting in September. While the WCFS Board is contemplating the future format of this publication, think about how you might be able to contribute. Is there a fruit-related specialty that you are very knowledgeable about? If so, please consider writing an article about it.

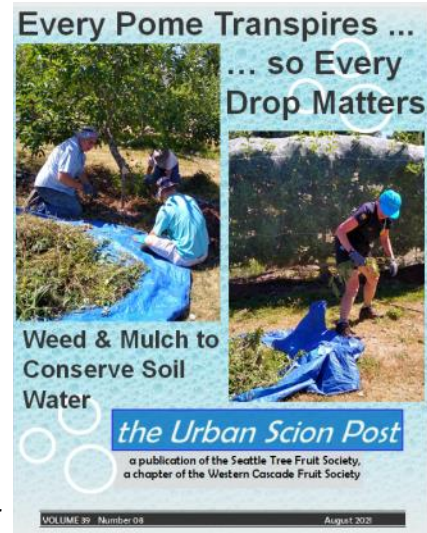
Due to the continued uncertainty on the COVID front, we are unsure about in-person meetings in the short-term. We'll try to make these meetings happen as soon as possible, while being cognizant of public health threats. Meanwhile, we'll begin scheduling remote presentations to our membership. Feel free to send us your ideas.

Regards, Mike Ewanciw

Urban Scion Post

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On the cover

STFS members and friends weeding and mulching (both tasks help retain rain and irrigation water) at demo orchard 7/24/21.

Photo: Mike E. STFS President.

August 2021, yet another watering month by Marilyn Tilbury

What lovely summer weather! Let's enjoy it as much as possible to fortify us for our typical cool and wet winter. NOAA is guessing we'll experience a "double dip" la Niña winter again with less chance of a neutral or even an el Niño winter occurring.

One thing we haven't seen this summer is precipitation. Our second driest spring on record was followed by 46 rain-free days thru July. That means one thing for our plants—supplemental watering. A deep watering of one inch equivalent on a weekly basis is needed. When temps are consistently high both day and nite, some sensitive plants may need watering twice a week.

Try to apply water in batches so that as water descends in the soil profile over several days, air will be drawn in behind it. Most plant roots need both air and water by turn to thrive.

A special note on conifers: our natives like Doug fir as well as ornamentals like *Thuja pyramidalis* aren't as good at showing us extreme water stress as deciduous trees are. If their stress limit is exceeded, their leaves will suddenly turn brown, and a brown conifer is a dead conifer. Try to include them too when you are watering your yard.

Mid to late August can provide us with some leftover precipitation if monsoons from the Gulf of Mexico come this far north. The SW monsoon season has been strong this year, so let's practice our rain dances to get some free water.

Were you able to harvest raspberries and blackberries after their scorching at the end of June? Many of us had cooked-on-the-vine fruit. What also was cooked were those pesky SWD flies. Their number was essentially zero for around 10 days before populations built up again. This allowed a window to harvest pest free fruit.

Did you notice fewer tomatoes developing on your

vines after the heat dome at the end of June? Tomato flowers will not develop into fruit at temps over 90° (or at temps less than 50°). You may be sure that researchers are working on this problem now to adapt to climate change. The U of Florida is leading the charge.

The first part of this month is still prime time to downsize fruit trees and prune out old floricanes in berries. It's also a great time to try chip budding as fruit tree bark will now slip. Perhaps we will be able to offer training in this fun activity next year.

Apple trees did a good job of dropping fruit in June, the "June drop." Do keep fallen fruit picked up weekly. Fruit can be solarized (cooked) in a black bag in the sun before adding to your compost.

Speaking of compost, one way we may all find ourselves coping with climate change is to apply an inch or two of compost on our soil twice a year. This is lots easier to do if we have our own compost piles on site.

Another thing we may be doing is applying a deep mulch around plants to conserve soil moisture. According to research by both WSU and UW (and promoted by Linda Chalker-Scott of WSU) the best mulch is wood chips. Why? As mentioned before, soil needs both moisture and air. Even 5" of wood chip mulch will allow air to reach roots as well as absorb rain. Make friends with an arborist or perhaps invest in a shredder/chipper.

Do you have phacelia or goldenrod blooming now? How about lavender or oregano? Pollinators are attracted to these tiny flowers by the bushel full. Even the long blooming Magellan's fuchsia is a strong insect attractant. Some insects, like a large black wasp, are numerous but only seen now while others, in particular the yellow headed bumble bee, *Bombus vosnesenskii*, and honey bees are seen over a long time span.

The Covid-19 delta variant of concern is becoming pervasive here. Let's keep masked and vaccinated to avoid this wretched virus. Some folks have immunity issues (organ transplant, kidney dialysis, chemo, etc.) and we want to protect them too.



Hardy Kiwifruit Breeding Project Update by Kiwibob Glanzman, HKBP organizer

Does the idea of participating in a fruit breeding project appeal to you?

The HKBP (Hardy Kiwifruit Breeding Project) is intended to be a Worldwide collaborative effort to create a hybrid Kiwiberry with the smooth skin of the Hardy Kiwifruit (*Actinidia arguta*) that weighs around 50 grams (about the size of a chicken's egg), by crossing *arguta* x *chinensis* var. *chinensis* (Kiwi Gold). While progress toward the HKBP goal has been hampered for several years by lack of suitable male pollinators and some unforeseen compatibility issues, 2020 efforts to create a large USA pool of potential male chinensis pollinators have yielded a much larger than expected number of seeds.

We need to find willing growers to germinate some of these seeds and raise them to the point where they can be evaluated as possible breeding parents in the ongoing hybridization efforts.

In the lower elevations of Western Washington we have a climate where we can grow most species of *Actinidia* outdoors with little concern of Winter damage.

As of August 2021, Kiwibob now has many seedlings growing as part of his Kiwi hybridization project – F1 hybrids between *Actinidia chinensis* & *Actinidia arguta*, as well as other crosses and open-pollinated seedlings. Kiwibob is still looking for “foster homes” for these seedlings as they grow and develop.



If you are willing to germinate seeds and have the space to raise the seedlings in pots (about 5 gallon size) for 3-5 years until they can be grafted, then several more years when they can be evaluated, please let me know via the comment form on page A1.02 of my website:

<https://kiwifruitsalsa.wordpress.com>

When you visit the website, be sure to download the most recent HKBP 2020 Report-3, and review all previous Reports!

Oh, Ubileen, why can't you be ripe?

Greg Giuliani reports:

Until this summer, eating a nicely ripened Ubileen European pear was a pipe dream. This variety ripens in what seems to be a flash, hard one day, then, by a cruel stroke of nature, a mushy core in 24 hrs.

Let me describe the simple process that finally yielded a good quality pear this year.

Like usual, we harvested a couple pears that seemed good sized and the stem broke away from it's anchor (August 4th this year but that's earlier than normal).

In the house we cut one in half, the flesh was raw potato hard & tasted like ever so slightly sweetened cardboard. The open faced halves were abandoned on the counter, Not exactly food safety protocol.

2 days later I shaved off a pear slice & it was.....sweet, firm but tender, surprisingly delicious.

Pears top of picture are overripe (picked 2 days earlier than lower halves which are in perfect condition for short term counter ripening.



THE KEY WAS SPLITTING THE PEAR.

That's all it is! Slice a firm Ubileen in half, let it rest a day unrefrigerated, try a slice, if not desirable let it rest it another day then taste again. If this does not work let the pears ripen slightly longer on the tree and try again.

The next day I harvested the remaining 35+ pears, split them in half, they rested core up for 24 hrs. The batch was peeled, cored and canned since they ripen infinitely faster than we could consume raw.

This year's crop will be finished by mid August, give it a try in 2022.

Greg requests:

If you have a good method to ripen Ubileen pears, please email Greg directly at dasgoog@hotmail.com

Finished product!



2021 Summer Fruit Roundup w/ Tips



Loquats and Desert King Figs—Ram V.—Kirkland

Goji Berries & Shiro Plums



Pippa K. Tip: Ripe plums fall-en to ground are sweetest of all. Pressure cook lightly and freeze for wonderful sweet dessert eaten with yoghurt, all winter long.



Figs given to Mike E.—KiwiBob-Seattle

Larry D. Tip: Pick Italian prune plums when flesh just gives a little when squeezed by fingers. Left on tree beyond then, fruit becomes sweeter. All fruit can be harvested in one or two pickings.



Puget Gold Apricot-Trent E.— Port Orchard



Over 150 Liberty apples on tree in Seattle backyard-Pippa K.-Seattle

Scratch and sniff for Ellison's Orange picked in Port Orchard August 12th—its aroma is ineffable

Fall, 2021: Monty's Surprise apple trees possibly for sale in USA

Editor's note: All text and images below about Monty's Surprise apple obtained from New Zealand's Heritage Food Crops Research Trust (HFCRT) website <https://www.heritagefoodcrops.org.nz/montys-surprise-apple/>. As mentioned at <https://www.heritagefoodcrops.org.nz/want-apple-trees/>, If you want Monty's Surprise apple trees in the USA, you have one potential source: Michael Dolan, Burnt Ridge Nursery, Onalaska, WA, www.burntbridgenursery.com. On 8/13/21, Michael Dolan emailed that hopefully the final inspection by regulators occurred last week and Monty's Surprise apple trees will be available for sale fall 2021 or early 2022.

Introduction: In April 2000 Mark Christensen and friends discovered a unique seedling apple tree in a remote part of central North Island New Zealand. Mark and friends were on a road trip and came across an apple tree with apples that were big, clearly disease resistant, crisp and had a wonderful flavour. These characteristics were amazing considering the obvious age of the tree which had the biggest girth of any apple tree they had seen and was obviously very old.



Message from HFCRT
Mark Christensen Research Director

If people in New Zealand (and eventually throughout the world) ate more high health apples such as Monty's Surprise, over time this would have the effect of lowering the overall incidence of chronic disease within our communities.

This is a wellbeing concept. We want to keep people healthy so that along with an increased enjoyment of life, less pressure will be placed on our existing health services. In medieval times there was a saying 'Ate an apfel avore gwain to bed makes the doctor beg his bread', which we now know as 'An apple a day keeps the doctor away'.

Our understanding is that the three most beneficial parts of the Monty's Surprise apple tree for human health are the apples (particularly the skin); the pips (seeds) and the flowers.

The skin of Monty's Surprise apples contains the highest levels of total quercetin flavonoid compounds found in the world, and the second-highest levels of total procyanidin compounds. It is the oligomeric procyanidins (proanthocyanidins) in Monty's Surprise that appear to be the effective compounds at inhibiting cancer cell proliferation, demonstrated through in vitro testing. We know that plant compounds do not work in isolation, they exhibit medicinal effects through a synergistic interrelationship with other compounds in the plant. We therefore believe that the particular effectiveness of Monty's Surprise comes from the combination and amounts of compounds that exist in this unique apple variety.

Monty's Surprise apple trees

Monty's Surprise Flower Essence - Apple flowers taste bitter, but the compounds within them can be utilised in the form of a Flower Essence. We prepared a Monty's Surprise flower essence and sent it away for chemical analysis to find out what compounds the flowers might contain. We were advised that the flower essence contained the same compounds as found in the apple, as well as additional compounds that might have potential health benefits.



Monty's Surprise flower essence making

Monty's Surprise Apple Pips - Testing of the pips (seeds) to identify and quantify their levels of polyphenolic compounds identified very high levels of the compound Phloridzin in Monty's Surprise apple pips.

'Benefits of Monty's Surprise Apple'

- The results showed that every apple variety is different. Every variety has different levels of compounds and the levels between varieties can differ substantially.
- It became apparent that modern apple breeding programmes that have resulted in today's commercial varieties have never used nutrition as a major criteria in their breeding programmes.
- Modern commercial apple varieties appeared to have less, and in some cases considerably less, beneficial compounds in them than some heritage apple varieties.
- Some heritage apple varieties contain substantial levels of compounds that give them the potential to be far superior varieties for human health. Subsequent in vitro cancer cell testing has shown Monty's Surprise as having the greatest potential to inhibit disease.

Since late 2007, the Heritage Food Crops Research Trust has concentrated on giving away thousands of Monty's Surprise apple trees throughout the community. 2008 – 2020: The HFCRT wondered if our Monty's Surprise Apple tree distributions would be embraced by the general public and would they understand the concept of food as medicine and grow the Monty's Surprise Apple tree for their health? Furthermore would they be able to communicate the vision and use the tree to help set up food forests in their communities? These questions were answered over the following years with the enthusiastic community uptake of 12,000 Monty's Surprise Apple trees (as at 2020). The vision also started to be community driven with the HFCRT noticing that people would take the trees and then give them to families along with the story and information on planting and care.

Contributed by Tracey Bernal

Inspired by recipes at PCC Community Markets. These preparations are especially good for less than perfectly ripe or flavorful stone fruit, as is the case with our Hollywood plums most years. The Hollywoods never seem to get enough sun for optimum flavor. Grilling, roasting, or broiling can help improve the flavor.



Grilled Plum and Nectarine Salsa with Ricotta or Goat Cheese

- | | |
|--|---|
| 2 small or 1 large pasilla chile(s) | 1 teaspoon sugar, or to taste |
| 2 nectarines, slightly ripe, cut in half and pitted | 5 to 6 dashes hot sauce |
| 2 plums or pluots, slightly ripe, cut in half & pitted | 1 teaspoon salt |
| High-heat oil, for brushing | Fresh ricotta or goat cheese |
| 1/4 cup finely chopped green onions | Gluten free crackers, crispbread or toasted baguette slices |
| 1/4 cup chopped fresh cilantro | |
| 1 to 2 tablespoons lime juice, to taste | |

1. Preheat an outdoor grill to high. Place chiles on the grill and cook, turning occasionally, until charred over a good portion of their skin. If you don't have a grill, you can broil the chiles and the fruit in the oven. Place in a paper bag and let rest for 10 minutes. Scrape off the blackened skin, remove stems and seeds and dice.
2. Brush the cut sides of fruit with a little oil and place face down on the grill, or place face up if broiling in the oven. Cook until they have nice grill marks, 3 to 4 minutes (or are browned in areas if broiling), and turn over. Cook for another minute or so, removing from the grill or oven while still firm. Cool briefly and then into 1/2-inch pieces.
3. Combine chiles, fruit and remaining ingredients, and chill until needed.
4. When ready to serve, spread toasts or crispbread with a generous layer of cheese, followed by a spoonful of salsa.

Stone Fruit Ricotta Crostini

1/4 cup white balsamic or champagne vinegar

1/4 cup olive oil

2 teaspoons honey

Salt and freshly ground black pepper, to taste

5 ripe stone fruit (plums, nectarines, peaches, etc.), sliced 1/2-inch thick with skin on

1/2 cup loosely packed Thai basil leaves or other basil

1 cup whole milk ricotta (my favorite is BelGioioso brand, at PCC Community Markets)

Gluten free crackers, crispbread or toasted baguette slices

1. Whisk together vinegar, oil, honey, salt and pepper. Set aside.
2. Toss fruit slices and basil leaves together in a bowl. Cover and refrigerate until ready to serve.
3. Spread crispbread or toasts thickly with ricotta. Top with sliced fruit mixture.
4. Drizzle vinaigrette over sliced fruit and cheese just prior to serving.



Calendar of Fruit-Related Events

❖ **Saturday 14 August 11 AM to 2 PM In-person – Weeding and spreading wood chips at STFS Magnuson Park Demo Orchard led by Mike Ewanciw, STFS President:** The Magnuson Children's garden is having a stewardship event & will be providing wood chips for us. If anyone is interested in helping to spread wood chips at the orchard this Saturday, please contact Mike at mikewan@aol.com or 206-683-9665.

❖ **Saturday 14 August 1:00 PM – 3:00 PM PDT online only – Preserving the Harvest for P-Patch Gardeners (Live Virtual Class) – Class Instructor Shanelle Donaldson West** - Learn how to preserve those delicious summer flavors so you can enjoy them during the fall and winter! In this class you will learn to make the most of your harvest by freezing and pickling your produce. This virtual class will feature a live, interactive lecture and slideshow, as well as time for questions and answers with the instructor. We will be using Zoom for this class, which you can use on your computer or phone. Hosted by Tilth Alliance - Classes @ Zoom. Register ASAP @ <http://seattletilth.nonprofitsoapbox.com/component/events/event/1314>

❖ **Saturday 22 August In-person @ 2 Seattle P-Patches 1 – 3 PM Brandon Street Orchard & 3:30-5:30 PM Angel Morgan P-Patch - Free Hands-on Summer Pruning Work Shops coordinated by P-Patch program and City Fruit**
Register ASAP @ (timecounts.org/city-fruit/events/34250) or (<https://timecounts.org/city-fruit/events/34254>)

If you cannot register, come anyway!

Locations: Angel Morgan P-Patch, 3956 S. Morgan St., Seattle, WA 98118 & Brandon Street Orchard, 4625 S. Brandon St., Seattle, WA 98118

❖ **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 In-person Seattle's Carkeek Park Piper's Orchard. For more info email Paul Brookshire pkbrookshire@me.com or <https://pipersorchard.org/>**

❖ **Saturday&Sunday 2&3 October In-person Skagit County: 23rd Annual Skagit Valley Festival of Family Farms Tour – Register ASAP @ (<http://www.festivaloffamilyfarms.com/>)**

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.

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 and 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

www.seattletreefruitsociety.com

www.facebook.com/SeattleTreeFruitSociety/

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

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(2-year term expires Jan 2023)

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(2-year term expires Jan 2023)

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(2-year term expires Jan 2023)

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(3-year term expires Jan 2024)

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(3-year term expires Jan 2024)

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(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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STANDING COMMITTEE CHAIRS

Orchard - Vacant—please volunteer

Events - Vacant—please volunteer

Programs - Vacant—please volunteer

NEW MEMBERSHIP & RENEWAL FORM

Seattle Tree Fruit Society

www.seattletreefruitsociety.com

A Chapter of the Western Cascade Fruit Society

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)	+ _____

TOTAL _____

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

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)**