

These Apples Be Mine

**Eatin' Good
Bad &
Ugly
in
your
Orchard
Hood**



the Urban Scion Post

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

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Becoming more accustomed to the more-I-learn-the-dumber-I-feel mindset, I sometimes lazily worry less about what I don't know until a concerned STFS Board member asks: Is STFS good with filing nonprofit paperwork to Washington state's Secretary of State? Ahh....

Recently, STFS Board member Ed S. who has interacted with the WASOS on behalf of another nonprofit raised some concerns whether STFS was periodically submitting the required paperwork to the WASOS. As the current STFS Treasurer, I have had no interaction with WASOS and had similar concerns after reading background text offered by Ed. Thanks (sincerely), Ed.

STFS is a chapter of WCFS, a 501(c)(3) nonprofit corporation. WCFS and STFS don't have the same Federal IRS EIN: STFS's EIN is 91-1296566, and WCFS's EIN is 91-1472182. I have been filing a Form 990-N ePostcard for STFS at the Federal IRS website each spring for a number of years now.

Following several emails with WCFS President Ron Weston, Ron and I received helpful input from WCFS's seemingly-for-life Treasurer Jerry Gehrke confirming again Jerry's invaluable service to WCFS/STFS and why finding a replacement for Jerry has been so difficult given the responsibilities that come with this volunteer position.

Jerry emailed that he has filed for WCFS/STFS with WASOS each year since 2012, that WCFS/STFS is a nonprofit corporation, that WCFS/STFS is not required to make a charity filing, and that a \$20 filing fee is charged by WASOS to WCFS each year because the free electronic online filing service hasn't been available from WASOS for a number of years now.

Ron passed along WCFS/STFS's UBI number (601007020) and pointed out the [WASOS website](#) where anyone can search for documents that WCFS representatives (Jerry for over the past decade. Thanks again, Jerry) have filed with WASOS.

As a gauge whether WCFS (which also covers all chapters including STFS) is regularly filing the necessary paperwork with WASOS, I checked out the past filing practices of Magnuson Community Garden, the nonprofit which manages the Magnuson demonstration garden, P-Patch, Children's Garden and related adjacent features at Magnuson Park. Based only on my observations, MCG appears to be exemplary in conducting administrative activities expected for nonprofits similar to WCFS. Reviewing past online filings by WCFS and MCG, their activities appear to be the same so I'm concluding that WCFS on behalf of STFS and the other WCFS chapters is regularly filing the necessary paperwork to stay in compliance with WASOS requirements.

As further assurances, Ron also emailed me the minutes of 3 WCFS Board meetings held in 2023. The 4th 2023 WCFS Board meeting has also already been conducted, however, the current practice is for the WCFS Board to motion and approve the written meeting minutes at the following meeting which will occur in early 2024. This is a standard practice which STFS really should adopt for quarterly STFS Board meetings as well as emailing out a draft agenda a week before each upcoming STFS Board meeting.



On the cover Early Fuji matures late so many things, not all good, can happen to hanging fruit. Good for your taste buds, but not storage: [Water core](#) is associated with high maturity fruit. Low night temperatures in fall promote water core development. Susceptible varieties include Jonathan, Stayman, Winesap, and Fuji. The water-soaked appearance is sorbitol-rich solutions accumulated in the intercellular spaces. Sorbitol is the carbohydrate source translocated into the fruit from the tree. The apple fruit converts sorbitol to fructose. Lessen chance of water core by avoiding delayed harvests. Bad and ugly but loss-limiting with a paring knife for fresh eating: [Apple scab](#) lesions on both leaves and fruits are roughly circular with feathery edges, and have an olive green to black color. Scab is caused primarily by the fungus *Venturia inaequalis*. Apple scab is not a lethal disease, even when trees totally defoliate. To control scab: collect and discard fallen leaves each autumn. Routinely thin tree canopy for better airflow drying off leaf surfaces. [Fruit pecking](#) by birds is largely confined to late summer and fall. Pecked fruit have irregular holes which are sometimes deep. Netting is effective. Some rodents also feed on fruit leaving parallel grooves (of the incisor teeth) in the flesh.

October 2023

Marilyn Tilbury

What a wonderful October we've had this year. We've experienced an Indian summer and still received some much needed rain, though we're still several inches below average precip as this is written in late October. NOAA says an El Niño winter is a lock.

And fruit production! Even some trees that are perennially shy bearers had bountiful harvests. By now not much is left to harvest—perhaps Gold Rush or Swaar apples or fuzzy kiwis awaiting a November harvest.

Be sure to remove any mason bee nests still outside, harvest the cocoons now and get them into refrigerated storage. (Editor's note: Even better: Bring mason bee nests inside by early summer when mason bees are no longer actively flying in and out of nests, store in dry and warm space over summer/early fall, but wait until now to harvest cocoons). This step is becoming increasingly important. Not only do we need to clean cocoons of the usual orange pollen mites, but a new osmia pest has recently established itself here, the [Houdini fly](#). (Editor's note: Pic of Houdini fly larvae, mason bee cocoons, and pollen mites in same local pic Page 3 of [USP 40 09 2022 Sep](#).)

Storing them in a cardboard milk carton which has been opened, then stapled shut, seems to keep them in good condition providing your fridge isn't packed full with outgassing fruit. In that event, try to find a safe place from rodents outside until the fridge has less fruit stored in it.

This month is the last call for planting cover crops. Austrian field peas, crimson clover and fava beans all do well here. But crows and increasingly, rabbits, are serious pests. Chicken wire screening may be necessary. Screening may also discourage pesky squirrels from planting acorns and walnuts.

Do you have friends or relatives in Oregon? Ever buy plants when down there? Perhaps you've seen the dramatic TV news footage of [jumping worms](#) which are being found all along the I-5 corridor in that state and now in some locations in our state too. These invasives from Korea and Japan really do jump and move erratically when

disturbed. Bait shops may sell them for fishing because of this behavior but that is a terrible idea.

Unlike our resident earthworms, these voraciously eat litter and organic matter in top soil, leaving a surface that resembles coffee grounds. With time these aggregate and produce an environment unwelcome to plant roots. What to do? If getting potted plants from Oregon, shake all soil away and repot using new potting soil. Another defense against this pest is to buy bare root plants.

These worms only live one year but produce huge numbers of egg cases in the fall which overwinter to hatch next spring. These are tiny brown spheres so easy to miss seeing. If possible place the original potting soil in a black bag to leave in sun.

If a patch of coffee grounds-appearing earth is observed, perhaps try spot treating it with soapy water. Unfortunately this treatment will kill a lot of other things including beneficials in the soil. Some researchers in the NE and Midwest suggest growing alfalfa or quinoa because their roots produce saponin which is thought to repel the worms. Other than that it seems our only option is prevention.

Google "[jumping worms oregon](#)" for a very informative brochure. Cornell has a nice two page bulletin on "[Asian Jumping Worm](#)."

Now that winter is setting in and we have more time indoors, here's a nice website for fruit oriented folks: Freeway Estates Community Orchard at <https://freewayestates.org>. About once a month they publish a well written blog on a down to earth topic. Back issues are easily accessed. This is an actual orchard you can visit along I-5 in north Seattle.

And a happy note: no *Vespa mandarinia*, [northern giant hornets](#), formerly known as murder hornets or Asian giant hornets, have been found in our state so far this year. Just maybe, this menace has been eradicated here.



Hey [SWD](#) & [BMSB](#): Do a [NGH](#) in '24 ...Disappear from the PNW!



WISC resource summary [USP 41 09 2023 Sep](#) P 4

Photo Credit: William W.



STFS Board Director Ed S. filed the following report after he and his family traveled up north to NW Fruit, Mt. Vernon. Thanks, Ed.

Apple & Pear Sample the Harvest Day

Saturday October 14, 2023

10 am to 2:30 pm

The day before the Harvest day was wet, windy and cool. We packed hats, raingear and several bags for the harvest.



Photo Credit: William W.

The actual weather was pleasant, cloudy, no rain and a mild wind.

Harvest day is well worth the trip to Mt. Vernon. Several members of STFS attended. The volunteers provide sampling tastes of a variety of fruit and are more than happy to answer questions.

The fruit was plentiful this year. Last year there were very few pears, but they were plentiful this year.

New this year, jugs of fresh-pressed juice, each was made from a different variety of cider apple or perry pear. The volunteer at the station was helpful in identify samples of sweet to sour juices and everything in between.



Photo Credit: William W.



Photo Credit: William W.

Jacky King gave a presentation on unusual fruits, their flavors and their use. She told the story of a few paw-paw trees planted several years ago. They wanted to give them plenty of space to grow so planted them out in the field. The trees grew well, but never produced any fruit. The Discovery garden asked if they could get some trees to block the bathroom facilities, so the trees were transplanted. In the next few seasons the trees produced lots of fruit. It turns out that

the pollinators for Paw-paws are beetles and flies that are attracted to rotting smells. The flowers of the paw-paws are brown and don't smell good to humans/bee pollinators.



It's great to go home with new varieties of apples, kiwis, pears and other fruit, but you will also learn from the classes, the volunteers and other participants as you wander the grounds. 2nd Saturday in October, put it on the calendar.



Photo Credit: Ed S.

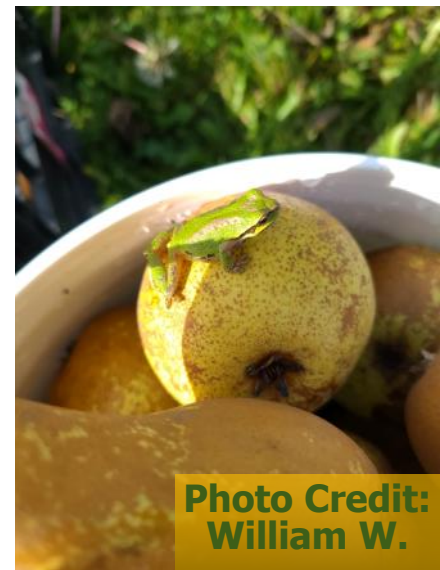


Photo Credit: William W.

Netting protects Christie's apples from bugs and critters



STFS Member Christie M. borrowed some netting to experiment protecting apples with just socks or doubling up with netting over socks. The apple tree may be a Liberty on dwarfing rootstock purchased from Seattle's Swansons Nursery over two decades ago. Christie observed that the netting appeared to provide additional protection from bugs with the added benefit of keeping squirrels and birds from damaging or stealing apples. STFS offers STFS members pieces of netting to cover their fruit plants typically during June after excess fruitlets have been thinned. Email STFS to request nets. (seattletreefruitsociety@gmail.com).



Linda's BMSB-damaged Asian pears

STFS Board Director who managed maggot barrier sales for many years, Linda S. DMed pics of Asian pear fruits grown in the Seattle area that were deformed with raised stem-end bumps of hard, white interior flesh that quickly discolored when cut into.

Early season feeding by brown marmorated stink bugs (BMSBs) on Asian pears results later in dimples or irregularly depressed areas on mature fruit. Inside the fruit, stink bug feeding causes white, dense flesh that quickly turns brown when cut. Dense areas concentrated near the fruit stem is typical for BMSB feeding.

Some beneficial predatory stink bugs share some physical characteristics with BMSB. So know your stinkies before smashing bugs.

BMSB adults are one of the larger stink bugs encountered in WA (12-17 mm). BMSB adults have several key characteristics probably the most distinct being the alternating white bands on the antennae. BMSB can be confused with the other brown stink bugs, namely the conspersus stink bug (*Euchistus conspersus*) and predatory (beneficial) stink bugs in the genus *Brochymena* (rough stink bugs). The rough stink bug has a coarsely toothed margin on the prothorax, with solid colored antennae. The conspersus stink bug is much smaller, has a finely toothed margin on the prothorax, and lacks white banding on the antennae. Stink bugs in the genus *Chlorochroa* are also brown, but have smooth white margin on the prothorax and abdomen, and a white dot at the tip of the prothorax, where the forewings meet.



Photos courtesy of Sharon J. Collman



Photo courtesy of Deborah BanDrosky



Photos courtesy of Sharon J. Collman

Editor's Note: For novices like myself, [Pear Trellis Rust](#) is different from widespread [West Coast \(Pacific Coast\) Pear Rust](#). Reprinted from Fall 2023 WCFS BeeLine originally titled "Pear Problems".

Oh, Rust! Another problem with growing pears in PNW backyards

By Marilyn Tilbury, Life STFS Member

About 1990 some nursery stock including junipers infected with *Gymnosporangium sabiniae*, a fungal rust disease, were imported from Germany to Vancouver BC. The disease caused by this fungus on junipers is only noticeable during moist periods in April or early May when orange jelly-like fruiting bodies appear, so it escaped detection by the Canadian plant protection service on these young nursery plants.

Unfortunately this disease has obligate hosts— European pears, *Pyrus communis*, Chinese and Vietnam pears, *Pyrus calleryana* and Asian pears, *Pyrus pyrifolia*. It is a serious disease of pears in Europe and is commonly known as European pear rust. Here the same disease is usually called pear trellis rust.

Before the Vancouver folks comprehended what had happened, their ornamental Bradford pear street trees, a cultivar of *P. calleryana* which were often underplanted with susceptible junipers along boulevards, developed so many rust lesions on their leaves that the pear trees had to be removed.

If the only junipers in the area were those under the street tree pears, removal of them would have saved these trees, but junipers are a common component of urban gardens and those were also now becoming infected with this fast spreading fungus. By 1997 this new rust disease had been observed in Bellingham and it was found along the east coast of the US by 2012.

Several *Gymnosporangium* species cause rust diseases in various rose family fruit trees. They each have at least one juniper evergreen winter host and a rose family deciduous summer host. The evergreen host is minimally affected by infection but the poor summer host may die if defoliated over several years. This summer saw a number of pear street trees here succumb to pear trellis rust and drought stress.

If you grow pears, what to do? Most junipers in the nursery trade are susceptible to this rust but three species are highly resistant: *Juniperus communis*, *J. horizontalis* and *J. squamata*. Removing susceptible and almost certainly infected junipers growing within one hundred feet upwind of pears may help enough to enable growing pear trees tho they will still suffer some rust damage. Fungicides are ineffective and are not registered for this disease on pears.

Folks from the eastern US are familiar with cedar-apple rust, another *Gymnosporangium* species which has *Juniperus virginiana* (known as “eastern red cedar”) and a number of other junipers as the alternate hosts. It has not come to our area yet. There are also cedar-quince and cedar-hawthorn rusts with various susceptible species of junipers as winter hosts.



Aecia on top side of leaf.

B.C. Ministry of Agriculture and Lands (Jespersion)



Aecia on bottom side of leaf.

B.C. Ministry of Agriculture and Lands (Jespersion)

Oh Rust! Another problem with growing pears in PNW backyards (cont.)

Gymnosporangium has another trick up its sleeve. In addition to many junipers as winter hosts, a species originating in California, *Gymnosporangium libocedri*, uses incense cedar (now botanically known as *Calocedrus decurrens* rather than *Libocedrus*) as its evergreen winter host. Incense cedar is native to western CA and OR and grows well in WA and BC. Its summer host is, alas, pear, and thus this disease is called West Coast pear rust.

The disease has now spread up the coast to our area where it causes fruit drop of young pear fruit wherever incense cedars are infected. Since incense cedars can be tall trees, rust spores can spread over a large area. The only control for pears is removal of the incense cedars.

By now eastern researchers have developed lists of apple cultivars and their relative susceptibility to cedar-apple rust. Highly resistant apples include Enterprise, Liberty and McIntosh.

Pear cultivars also have variable susceptibility to pear trellis rust so perhaps with time a similar list can be developed for the European and callery pear cultivars grown in our maritime area. It's likely that there is also relative susceptibility to West Coast pear rust. These two diseases affecting our pears are only a problem in areas with wet springs, like ours.

More reading at:

[Pear \(Pyrus spp.\)-Trellis Rust \(European Pear Rust\) | Pacific Northwest Pest Management Handbooks \(pnwhandbooks.org\)](#)

[Pear Trellis Rust - A New Disease - OSU Extension Service Metro-area Master Gardener Newsletter \(oregonstate.edu\)](#)



Fig 1: Pear trellis rust (*Gymnosporangium sabiniae*) on the top leaf surface of edible pear tree; Multnomah County, OR. (Client image; 2017-09)



Fig 2: Pear trellis rust (*Gymnosporangium sabiniae*) on the reverse of a leaf from an edible pear tree; Multnomah County, OR. (Client image; 2017-09)

Latest PNW Commercial Pear Production Numbers

Northwest Horticultural Council 2021/2022 Pear Facts: The PNW produced 84% of the fresh U.S. pear crop. Top pear producing states were Washington, Oregon and California. Top 2021/22 Fresh Pear Sales: Summer/Fall Pears: **Green Bartlett**, Starkrimson, Red Bartlett & Winter Pears: **D'Anjou**, Bosc, Red Anjou, Seckel, Comice

All about **Big Pear** from **Pear Bureau Northwest:**

The Pear Bureau Northwest was established in 1931 as a non-profit marketing organization to promote, advertise and develop markets for fresh pears grown in WA & OR. Pears from these two Northwest states are distributed under the USA Pears brand. Combined, WA & OR comprise the nation's largest pear producing region. They produce approximately 88% of all fresh pears grown in the United States, and more than 96% of all winter pears (non-Bartlett varieties such as Bosc and Anjou). They also account for 92% of America's fresh pear exports. Nearly 900 grower families and 50 packers/shippers are represented by the Pear Bureau Northwest.



#1 Summer/Fall



#1 Winter



With many pears, dropping fruit may be overripe! There are many reason fruit drops. It is best to know the measurements and indicators that indicate correct harvest time. This way you can enjoy the best flavor and qualities of all your fruit.

~ the former USP editor Laure J.

WHEN TO PICK PEARS

European pears divide into two basic categories: fall pears, that do not need a storage period before they are ready to use, and winter pears, that will not mature properly unless they are given a resting period in cold storage immediately after picking. The fall pears are earlier ripening varieties such as Bartlett, Clapp Favorite, and Orcas, while those that ripen later, such as Bosc, Comice, and Highland, are winter pears.

In either case, both fall and winter pears still look "green" at the time they are ready to pick. If you wait to pick your pears until they look ripe, with yellow skin color, they will be soft and soon rot in storage. In addition, since most pears ripen from the inside out, if left on the tree to ripen, many varieties will brown at the core-in other words, they are overripe in the middle. This is variety dependent but is particularly common in most fall pears. The Orcas pear is one fall variety that has not been plagued with this condition and ripens fairly well on the tree. However, if you want to store pears for a month or more, letting them ripen on the tree won't work. The earlier harvested fruit on a pear also stores the best for a given variety, and like apples the later season varieties (winter pears) have the longest storage potential.

How do you know, then, what is the right time? Commercial and research orchards use a hand-held pressure tester. This is an instrument with a spring scale that registers the amount of force (usually recorded in pounds) required to push a metal probe of specific area into the fruit. This measures the firmness of the fruit, and for pears it is quite a reliable indicator of the fruit softening as it ripens. However, the tester is relatively expensive, about \$150, not very practical for most people with only a couple of backyard trees. It can also be used to test your apples.

The best guide for the home orchardist is this: when most pears are ripe, the stems will easily separate from the spur (at the abscission layer) when the fruit is lifted. If you have to tug and pull to get the pear off, it usually is not ready. After picking, fall pears can be kept on a shelf at room temperature until ready to eat - when yellow color develops and the fruit begins to soften. Fall pears can be stored but usually do not keep for more than 4-6 weeks, Many people use their fall pears for canning and drying. Winter pears should be put into some kind of cold storage (below 40°F, down to 33°F) for at least 3 weeks. After that period, you can start to bring out fruit as needed to soften up at room temperature. At first it may take 5 to 9 days before the pears are ready to eat, later on a couple of days at room temperature may be long enough.

One other tip is to record the day of harvest for your trees from year to year; usually they will be within a week of that harvest period each year. Start testing the fruit 1-2 weeks before the anticipated harvest date and before long you will be proficient at harvesting correctly.



WHEN TO PICK PEARS (CONT.)

Asian pears can be stored but sometimes develop a strong, winy taste if kept too long. When storing Asian pears loose in a box, it is a good idea to clip the stems short, because the stiff stems can puncture and damage the fruit. Fruits that rub will often become dark at the rub points.

STORAGE TIPS

For long term storage of any fruit, the key words are cool and ventilated. Cooling slows down the fruit respiration, which slows down senescence. Ventilation keeps ethylene and carbon dioxide from building up to damaging levels. Some people use old refrigerators set aside just for keeping fruit. If that is impractical, choose an area with low heat that does not go below freezing. A garage or shed, unheated porch, or dry basement area are possible locations. Avoid direct sunlight or areas with a wide range in temperature. Avoid confined unventilated areas. Fruit can be packed in ordinary boxes lined with newspaper or other padding. Some people use perforated plastic box liner bags (available from orchard suppliers) to prevent fruit from drying and shriveling in long storage. Plastic bags without holes for ventilation should not be used as they can cause buildup of trapped ethylene, which will speed up ripening and shorten storage life, while excess moisture contributes to rot. Avoid storing fruit with open blemishes as they will be a focus for rot. Check periodically for rotten fruits and remove them at once. The old timers knew what they were talking about when they said that "one rotten apple spoils the whole barrel". If picked at the proper time and given good storage, many of our best apples and pears can be enjoyed for months after the harvest season is over.

BeeLine Editor still needed after long vacancy

BeeLine editor assembles the quarterly newsletter from other authors' articles. The 9 WCFS chapters are expected to provide content. BeeLine editor also needs to find additional content from other publications like Good Fruit Grower. Ideally, the new BeeLine editor is proficient with Microsoft Publisher which is similar to PowerPoint and other Office software. Past BeeLine editions are available for review at the WCFS website (www.WCFS.org) under the "Resources" tab. Marilyn Couture, former BeeLine editor, emailed on 6/12/21 that BeeLine editor activities are rewarding and educational to all. Marilyn offered some initial mentoring for the new editor. Interested? Contact Ron (email ronweston09@comcast.net) or Marilyn(email marilyncouture1@gmail.com) directly. Past editors have volunteered their time, but with the position still open now for many months, WCFS representatives may realize that a nominal stipend may be necessary to fill this position. You won't know if you don't ask.



& Still Needed NOW: WCFS Treasurer

Longtime WCFS Treasurer, Jerry Gehrke, had hoped to retire from this volunteer position effective January 2023, but a replacement hasn't been found yet. WCFS doesn't have the luxury of going without a WCFS Treasurer. Jerry will coach any potential replacement candidate on what the job entails and see that she or he is equipped with the knowledge to succeed. For now, it is imperative that WCFS find the person for Jerry to mentor. Interested? Or know of someone who might be? Please contact Ron Weston, WCFS President, directly via email (ronweston09@comcast.net) ASAP.

Popular pears 20+ years ago

From Annual Report 2001 Pacific Northwest Fruit Testers Association

The Pear Report-Over 150 Varieties by George Ing, Hood River, OR fruit grower.

Pears continue to be a viable crop in most suitable climates of the world. While the crop is considered "steady" in the U.S., there has been considerable reduction of Bartlett acreage in California. Pear production is down in most European countries except Spain, Holland, Belgium and Italy's Po Valley. Passa Crassance, once the leading pear in France, has almost disappeared because of fire blight. Greece lost some 50% of its production of the variety Condu-la to fire blight. China has had very heavy expansion of pear production, in recent years, similar to their apple production. China grows more than 50 pear varieties commercially.

Pear varietal change is much slower than with apples. There are far fewer breeding programs. Mutations are less likely and time to first crop is much longer as the industry continues to seek viable size controlling precocious rootstocks. Therefore, old timers such as Bartlett (Williams), Bosc (Kaiser Alexander), Anjou, Comice, Conference and Packham (in the southern hemisphere) remain as principal varieties.

With 48% of world production, China's leading variety is Ya Li. Thus we may assume it is also the world's leading variety by volume since Ya Li is not grown outside of Asia. Su Li, another principal pear in China, is larger with very long storage. Nomenclature can be confusing as a similar pear is often called Tsu Li or by other local names. Su Li is not grown outside of Asia. Both Ya Li and Su Li are pyriform pears with ripening sequence similar to "European" or "Western" pears although they are considered in China as "Chinese" pears. Varieties such as Snowflake and Korla have considerable volume in given provinces.

The World's most universally grown variety is undoubtedly Bartlett, discovered at Berkshire, England in 1760. It is called "Williams" in Europe and the Southern Hemisphere. Bartlett is also grown in China and elsewhere in Asia. As the leading variety for processing, the volume has dropped off somewhat as the demand for processing has declined.

In the U.S., nurseries report a return to "green pears meaning Bartlett and Anjou. A few years ago Bosc led among new plantings. Plantings of red pears have diminished but Red Anjou continues to have considerable interest.

In Europe, Conference is by far the leading variety being planted. Comice is overall second. However Blanquilla is the leading pear in Spain and Abete Fetel in Italy. Abate, an elongated late season partially russeted fruit, is grown very little outside of Italy.



Apple Oatmeal Maple Breakfast Pudding

Contributed by Tracey Bernal

Ingredients

2 Cups rolled oats
1/4 Cup ground flax seeds
1 1/2 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
1/4 teaspoon fine sea salt
1 teaspoon baking powder
4 Tablespoons butter, melted
2 eggs
1 1/2 Cups whole milk, nut milk, or water, or a mix of water and your choice of milk
1/4 Cup maple syrup
2 Cups cored & diced apples
1/3 Cup chopped pecans
Yogurt and additional maple syrup for serving, if desired.

I decided on this autumn appropriate recipe to use up my homemade almond milk, which doesn't keep more than a few days after making it.

There are very few Akane apples on our tree this year, so I was able to use some of the far from perfect ones. I usually give away some of the nice looking apples, but this year, I'm keeping them all.

This recipe can be assembled the night before and refrigerated until time to bake it (just add another 5-10 minutes to the baking time), or it can be baked immediately after mixing up the ingredients.

Adapted from the book [Rise and Run: Recipes, Rituals, and Runs to Fuel Your Day](#), by Shalane Flanagan & Elyse Kopecky



Tasks

1. Preheat the oven to 400 degrees F. and butter a 9 inch baking dish.
2. Combine oats, flax, cinnamon, cardamom, salt and baking powder in a large bowl.
3. Make a well in the center of the combined dry ingredients and crack the eggs into the well, followed by the milk, maple syrup and half the melted butter. Whisk well and stir in the apples and nuts. Scrape out into the buttered baking pan and smooth the top, then drizzle the remaining melted butter all over the top.
4. Bake on the center rack of the oven until set in the middle and golden on top, about 40 to 45 minutes.
5. Cool slightly before cutting into squares and serving, topped with a little yogurt, maple syrup and a few blueberries (if you still have some you can go pick right now from the garden.)

STFS: Who Are We & What We Do

Western Cascade Fruit Society (WCFS), a 501(c)(3) non-profit organization ([UBI# 601007020](#)), was founded in 1980 & is made up of nine Western Washington chapters full of helpful hobby orchardists & backyard fruit growers. STFS members receive automatic membership in WCFS. Prior to the COVID-19 pandemic, WCFS regularly published a [quarterly BeeLine electronic newsletter](#). WCFS provides other member services, including an online member forum, event calendar & internet platform.

Seattle Tree Fruit Society (STFS) is a chapter of WCFS. Current STFS bylaws are available in [USP 39 01 2021 Jan p 16-22](#). The purposes of STFS are listed in Article II:

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 either online or in-person on a Saturday morning. 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 the STFS online monthly newsletter Urban Scion Post (USP). 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.

Background: Unprotected "Goldstar" variety apples suffered bird damage but were still tasty after wound; pared away. Port Orchard 2023–Oct-13.



Seattle Tree Fruit Society



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www.seattletreefruitsociety.com

www.facebook.com/SeattleTreeFruitSociety/

PRESIDENT Mike Ewanciw 206.683.9665
(2-year term expires Jan 2025)

VICE PRES. Tracey Bernal 206.913.3778
(2-year term expires Jan 2025)

SECRETARY Vacant—please volunteer
(2-year term expires Jan 20??)

TREASURER Trent Elwing 206.517.3118
(2-year term expires Jan 2025)

STFS DIRECTORS

#1 - Laure Jansen

(3-year term expires Jan 2024)

#2 - Linda Sartnurak 425.271.6264
noilinda@yahoo.com

(3-year term expires Jan 2024)

#3 - Ed Scullywest 425.286.4030

(3-year term expires Jan 2024)

#4 - Melinda McBride

(3-year term expires Jan 2026)

#5 - John Roach

(3-year term expires Jan 2025)

#6 - Ia Dubois

(3-year term expires Jan 2026)

#7 - Vacant—please volunteer

(3-year term expires Jan 20??)

MEMBERSHIP &

USP NEWSLETTER EDITOR

Trent Elwing treling@gmail.com

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)**