

**2005 Chapter Officers  
& Committees**

**Chairman:**

Bob Goldsmith  
818 889-6875  
r\_goldsmith@sbcglobal.net

**Treasurer:**

K. Payton  
818 222-7556

**Newsletter Editor:**

Pat Valdivia  
805-5846244  
pat\_erati@yahoo.com

**Program Chairman:**

Lynn Maxson  
805 527-3912  
lmaxson@pacbell.net

**Historian:**

Emory Walton  
805 497-8835  
emoryw@adelphia.net

**Special Events:**

Richard Watts  
805 484-3584  
edew@adelphia.net

**Membership:**

Anita Drapkin  
818 888-8630

**Food Coordinator:**

Chris Warren  
818 362-8537  
christinewarren@med.va.gov

**Plant Sales:**

David Payton  
818 222-7556

# LOS ANGELES CHAPTER

May 2005

Volume VIII

Issue 3

## May Meeting

**Date:** Saturday May 28, 2005

**Time:** 10:00 am – 12 Noon

**Place:** Sepulveda Garden Center,  
16633 Magnolia Blvd., Encino

**Program:** Grafting demonstration by **Mits Karahara** of the Inland Valley Chapter. He uses a "modified whip" graft for which he claims 100% take. We will review what **Mits** recommends in his demonstrations, the grafting technique, the sanitizing of tools, the application of moisture to the scion cut, the wrapping of the joint with grafting (plastic tape), the sealing of the joint and scion with parafilm, and the daily watering.

## June Meeting

**This time we're going to make it happen!**

**Date:** Saturday, June 25, 2005

**Time:** 10:00 am followed by potluck.

**Place:** Winnie Wu's home

PLEASE NOTE: **Lynn Maxson** will be taking orders for blueberries starting in June for delivery next January from Fall Creek Nursery.

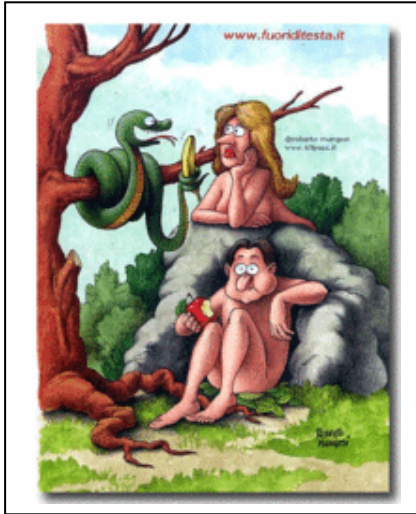
Those interested can visit the Fall Creek website ([www.fallcreeknursery.com](http://www.fallcreeknursery.com)), go to the section on Southern varieties, read about each variety, and then submit an order.

You can submit an order to **Lynn** by phone (805.527.3912), by email ([lmaxson@pacbell.net](mailto:lmaxson@pacbell.net)) or by regular mail (1261 Ahart St., Simi Valley, CA 94065).

## CARE AND SHARE

At the upcoming meeting in **May**, we ask that **those** of you **whose last names begin with A-L please** bring goodies to share with the group.

## A BANANA A DAY



### Banana facts that may surprise you.

After Reading THIS, you'll NEVER look at a banana in the same way again!!

Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough **energy** for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose

levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the **US Food and Drug Administration** have just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the

effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in "*The New England Journal of Medicine*," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

(From the Texas Cooperative Extension Horticulture, Texas A & M University System)

Reminder: A red dot on your mailing label means your 2005 dues are not paid up. Please send your dues to: K. Payton 22275 Dardenne St. Calabasas, CA 91302

## In the Fullerton Arboretum

By Alfredo Chiri

**SURINAM CHERRY – *Eugenia uniflora* – Myrtaceae**

**Donated by:** CRFG/ Vincent and planted 1976 (r.f.-04)

Common names: Pitanga-vermelha, Cerejeira-brasileira, Pitanga, Monki monki kersi, Cerise de Cayenne, Red Brazil cherry, Brazilian cherry, Cayenne cherry, Ceriscotes, ceremai belanda, dewandaru, mayom-farang

The Surinam Cherry, also known as the Pitanga, is a native of Brazil. The tree grows to 20-25 feet as a shrub or a small tree. The irregular trunk is heavily branched, red-colored and shows some unattached bark. The pointed ovate-lanceolate leaves are reddish color when young and later turning to a shining deep-green. The leaves, when crushed, give off a pleasant odor. Leaves turn red in the cold winter weather.

The leaves have an essential oil containing citronella, cineole, and turpentine. In Brazil, the crushed leaves are thought to repel flies, and are often spread on floors.

The flowers are white and fragrant and about half inch in diameter.

The fruit is round, about one inch in diameter, and has eight prominent ribs. As the fruit ripens, it changes color from green to yellow to orange to deep red. It should be eaten only when fully ripe, when the flavor is distinctive and aromatic. The fruit can be eaten fresh, used in jams and jellies, or made into sherbet or fresh juice. Unripe fruit has turpentine-like flavor. The fruit is very juicy and has high vitamin C content. Beside the vitamin C it has also Calcium, Phosphorus, iron, vitamin A, riboflavinine, and niacin.

The fruits contain one or sometimes two round light brown seeds.

The tree/shrub can be grown in containers or as hedge. It is hardy to 28 degrees. In western North America, it is often grown as an ornamental for its foliage, (the new growth is deep red), fragrant flowers and colorful fruit.

The plant is primarily propagated by two methods: seeds and cuttings. Seedlings while young will develop better when protected for the first two years. After then the plant can be planted in full sun or partial shade, and the soil should be kept moist for the first two months after planting.

The Surinam cherry has tolerance for drought and will grow in almost any type of soil but has no tolerance for salt.

The plant can be grown in tropical and subtropical zones.

The plants, besides being grown in USA, are found in the Caribbean Islands, India and China.

## LOOKING TOWARDS THE FUTURE

At our May meeting we will set up a means for people to register their availability during the week for possibly multiple tours of **Melissa's**.

As we had some success with the polyacrylamide we should discuss the possibility of broadening our offerings through group purchasing of other products from either FGS or Orange County Farm Supply as well as others suggested.

Also related to this grafting thing we should consider ordering rootstocks, buying potting material in bulk, and pots or sleeves for our January scion exchange. We can incorporate it into our plant sales.

## SEPULVEDA GARDEN FAIR

Don't miss the annual Garden Fair to be held this month at the **Sepulveda Garden Center**. It will run for two days- **Saturday May 21<sup>st</sup> thru Sunday, May 22<sup>nd</sup>** from 9 am to 5 pm. Parking and admission is free.. There will be various garden clubs, vendors and arts and crafts booths. Our own chapter will have a booth manned by **Dick Watts**. If you have plants you would like to sell on either of these two dates, or would like to help out with the booth get in touch with **Dick** to coordinate the time. You can call or email him at: **805 484-3584 edew@adelphia.net**

### It's Your Turn

Time for those of you who's last name begins with **A-L** to bring something to share for our tasting table.

### Prayer of a Gardening Mother (or Father),

Dear God, give me the strength to grow a garden.  
Give me the perseverance to find a portion of dirt in my backyard that is free from old popsicle sticks and sand toys, out of range of the swing and not used as a tricycle parking lot or a soccer field.

Bestow on me the ability to say names like “Myciaria floribunda” and “chaenomeles cathayensis”. ...since I am stuck in a hobby that seems to be conducive to only unpronounceable plants.

Give me the courage to face the fact that the crate of bulbs that took weeks to be delivered and three hours of back-breaking labor to plant, can be dug up in five minutes by a two-year old with a shovel.

Guide me through the backyard over plastic toys, irrigation systems and wire mesh to untangle the dog from the watering hose for the fifteenth time.

Help me to accept that everything in my garden is either expensive, high maintenance, or unpronounceable, and the only thing that looks the same as it did in the mail order catalog is the dirt.

Grant me patience when my daughter waters all of the bulbs with apple juice because ‘they look thirsty’.

Give me the strength to remain silent when my husband puts pans of beer throughout the garden to get rid of the snails. Comfort me when all of the pans are empty—and the dog is staggering around the backyard trying to do the limbo with the low branches on the apple tree.

And when it rains, give me the strength to spend all afternoon on my knees blowing the moisture off the new sprouts with my hair dryer so they don’t catch “a fatal fungal disease”.

And if I ask too much, God, just give me the foresight to know that no matter what I do, by the end of the summer the flowers will be run over by roller skates, the gardening stakes will be used for goal posts and the fertile soil will, one again, be filled with old popsicle sticks and sand toys---and it won’t bother me one bit.

(off the internet [familydaze@home.com](mailto:familydaze@home.com) written by **Debbie Farmer**)