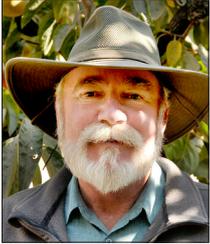


JUNE WEBINAR RECAP • 2022 HOTY UPDATE • GARDEN SHARE

On June 9, in the first live meeting of 2022, Tom Spellman delivered on the title of his program to teach us about “Antioxidants from Your Garden” and then some. Spellman is the Southwestern Sales Manager at Dave Wilson Nursery, which specializes in fruit and nut trees for commercial agriculture as

Photo provided by speaker.



well as wholesaling to retail and wholesale nurseries nationwide. As a fruit-growing expert with nearly 50 years experience in the nursery trade, he is extremely knowledgeable about which fruits with high antioxidant values can most successfully be grown in Southern California, and he shared that information – and much more – during his presentation.

Spellman began his talk by emphasizing the benefits of growing your own fruit vs. purchasing it from the market, specifically that *you* are in control of the entire process, from selecting what varieties to plant, to making decisions about using chemicals, when to harvest, etc. He also reminded us that in Southern California we have many choices regarding what fruits we are able to grow, and that we can enjoy locally grown fresh fruits year-round, including many that are high in antioxidants.

Spellman explained that antioxidant values are measured using the Oxygen Radical Absorbance Capacity (ORAC) scale, and that the recommended daily intake of antioxidants ranges from 3,000 - 6,000 units on this scale. For this program he used a 3.5 oz. serving to measure and compare the number of units found in a number of high-ranking fruits, whose numbers make them the “super-foods” in terms of antioxidant

benefits. Typically the darker red or purple fruits have high ORAC ratings. Spellman continued by listing varieties of each fruit type that can readily be grown in Southern California, beginning with the pomegranate, which ranked highest at 2,900 units, and continued in descending order.

Pomegranates are suited to growing easily in desert-like climates, requiring full sun and minimal irrigation. The variety that Spellman recommended as the most flavorful was the Parfianka. The many varieties of southern high-bush blueberries followed, and he suggested growing these in containers to control their soil requirements of a pH level below 6.5 with excellent drainage. He also recommended growing at least three different varieties for the highest yield, as well as doing a hard-pruning annually after fruiting is done. Next came cane berries (blackberry, raspberry and boysenberry), which he indicated are best grown on some type of arbor or other support, because most varieties fruit on 1-year old canes and will need to have room to produce a year’s worth of growth. Thereafter, the old canes are removed annually, and the new year’s growth will be producing fruit. However, there are some newer varieties available which will fruit on first-year wood. All require evenly moist soils with good drainage.

Low-chill fruits Spellman covered were red and black plums, hybridized pluots and plueries (non-genetically modified) and hybridized cherries. These were followed by blood oranges, red and black grapes, green and black olives, strawberries and concluding with avocados. In addition to describing the antioxidant properties of these fruits, he also provided growing tips, including planting for succession harvesting, training growth, pruning, fertilizing and irrigating.

After his talk, Spellman stayed to answer audience questions, and for those of us who were eager to learn more specifics about those high-antioxidant fruits we’re interested in growing, (as well as many other fruits), he also referred us to the Dave Wilson Nursery website (link here).

 Sabine Steinmetz

Link to view entire program:

<https://www.youtube.com/watch?v=hLUptxGJNZk>

SCHS MONTHLY GARDEN SHARE

**#1 Tip for July -
stay indoors as much as possible!**

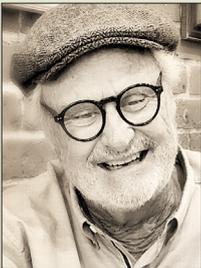
- **Monitor your garden’s water needs - if plants look wilted in the early morning hours, they may need a little extra H₂O.**
- Please stay within your city’s permitted watering schedule!**
- **Avoid planting, or if you must (like adding veggies to your patch), try to do so in the late afternoon and water deeply so plants have a whole night to prepare for the heat of the coming day.**
 - **Do any dead-heading, weeding or mulching in the early morning or the evening - and don’t forget to hydrate yourself - just like you would do for your plants!**

 Sabine Steinmetz

UPDATE ON 2022 SCHS HORTICULTURIST OF THE YEAR EVENT

SAVE THE DATE!
Saturday, September 17
Huntington Botanical Gardens

Photo provided by Dave Fross



The purpose of our gathering on this evening is to present Dave Fross, founder and owner of Native Sons Nursery, with the SCHS Horticulturist of the Year award for 2022. Fross is known not only for his groundbreaking nursery (in operation since 1979), but also as a celebrated authority on California native plants

and as the coauthor of *California Native Plants for the Garden*, considered by many to be the “native plant Bible.”

For the last two years, our HOTY event was relegated to being held virtually, and we are very much looking forward to an evening out that we all can enjoy together. In addition to the award presentation, the event will include a catered dinner banquet and feature the much-anticipated return of our popular silent auction. The latter is not only an entertaining diversion for guests to bid on and acquire interesting, unusual and often one-of-a-kind garden-themed items and plants, but also serves as SCHS’s main fundraiser of the year. We can’t wait to bid!

Please join us to celebrate and honor Dave Fross.

Learn more about SCHS and connect with us online at:

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