



# The Grapevine

December 2014

Orchards of the Bundaberg region

Newsletter of the Hinkler branch of Rare Fruit Australia, Inc.

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## Paul Biden's Orchard (Burnett Heads)

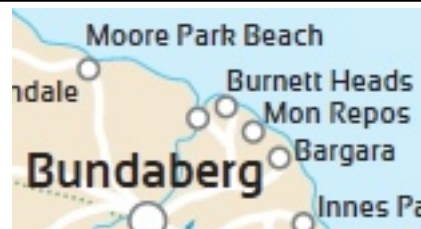
by Peter Myers

Paul and Pam Biden live at Burnett Heads. The block is 1300m<sup>2</sup>, about 1/3 acre - small in rural terms, but big as a town block.

It's a quiet and safe area. There's a primary school next door, but the kids never give trouble. They have the best of both worlds, and the fishing is close.

Their soil seems to be good, and they have a great vegetable garden, under a big net. Most of their fruit trees are netted too.

Paul has successes with certain trees but not with others - as we all do. His Nectarines were a treat for members who tried them at the last meeting. Apples do well for him too - a red apple, probably Anna, bearing in January and holding until winter. At my place in Childers, stonefruits and apples do poorly, whereas bananas do very well.



(above & below) A white Nectarine - a healthy tree with delicious fruit. Paul maintains it at this height, and nets it against Fruit Fly.



(above) Anna apple in flower. This tree is well filled-out and bears lots of big fruit



Paul has a big Black Sapote tree which bears well, and the fruit has good flavour. Pam sews bags, made from fruit-fly netting, to tie around the fruits.



(right) Pam sews bags from fruit fly netting, which can be tied around the Black Sapote fruits. Paul and Pam "net everything".



(above) Reed Avocado - big leaves and beautiful fruit

A big avocado tree got away on Paul, and he has no recourse but to take it out. However, a smaller, Reed, tree is doing well.



Two Lychee trees also got away. They got into a cycle of putting on leaf instead of fruit. Pruning them back only seems to exacerbate the problem, and they are already too big to control. Paul's going to take them out and start again. Graham says that cincturing is one other option.



## Eddy's Orchard (Bundaberg)

by Peter Myers

We love seeing each other's orchard, and meetings rotate among them. However we don't visit *everyone's* orchard - it depends on members offering their place as a venue. New ones are welcome, so please consider it.

There are some great orchards that we *never* visit, merely because they are *small* - that is on small blocks, too small for a meeting or for a big group of people to go rampaging through.

One of the privileges of being editor, is that you get to see such orchards. Most members are happy to open their orchard to the editor, for a feature in this newsletter.

Among the orchards I have been privileged to visit is that of Eddy, our President.



Eddy with Panama Berry, from Daleys. They normally have a vertical habit, but Eddy repeatedly took the top out, to make the fruit low enough for kids to pick.

one passes through one comes across new areas, giving the impression of a much bigger space.

It's somewhat chaotic, with fruit trees, vegetables and ornamentals all mixed in together in the "Permaculture" style. But Eddy has no time for spin; he's intensely practical. In the four years he's been there, he's got his trees well up and away, fertilising them



(Left) Not just a Bee Hive. Next to it, to the right, is a Passionfruit Vine growing over a Sapodilla tree. And the Sapodilla, though small, is fruiting. Another Passionfruit is growing over a Jakfruit tree.



(above) In the foreground, a Santol tree. They can grow big; Eddy will try to keep it small. In the background, to the left, is a Banana tree, with a Fig tree growing 30cm to the right of it.

Eddy's block is just under 1/4 acre. Part of it is lawn, and there's space for kids to run around. But the orchard area, at the side and back, is chock-a-block with fruit trees. In these photos, I attempt to show you the Close Planting! Despite the wide variety of trees in these photos, there are still other trees as well.



A Caimito (Star Apple) tree; and I'm behind it, a Nectarine tree which bore 24 fruit this year, despite its small size.



(above) Just to the left of the Santol is this Kale. In front of it is a marcotted Longan tree. It's only small, but it's flowering.

An informal garden, without rows, the area is divided into "rooms" by plant screens. That is, there are walkways between the trees, and as

(Right) Insect-proof vegetable house. Eddy's sister sewed this zip into the fruit-fly netting. You can also use velcro instead of a zip. If you want one, Stretch might be able to do the sewing for you; he's an upholsterer.



with Mill Mud by the truckload.

Some trees are grafted or marcotted; as for the seedlings, Eddy's always on the lookout for good scions to graft onto them. He prunes by secateurs and chainsaw; there's no alternative to keeping the trees compact.





(Left) A Custard Apple; to its right, 1.5m away, is a Pomello, which is fruiting.

(Right) a Jakfruit growing 1m to the left of a White Sapote. It's a seedling; Eddy put Mac's Golden onto it.



(Left) Grape Vine and Pineapple.

(Right) Loquat



(L & R) Eddy with Carambola. The Avocado in these photos is only 1m away from it, and a Pitomba is also in the photo on the right.



(Left) Bakupari, to the left, and Soursop less than 1m away, to its right

(Right) Peach tree with Heliconias as understorey



(Left and Above Left) Kiwifruit (male & female)

(Right) A Fig tree, to the left, and a Jaboticaba, to the right, 1m away. A Persimmon is in between them.





## Graham's Orchard (Bargara)

by Peter Myers

Graham and Lynne's block is at Bargara, only a few hundred metres from the coast.

The block is about 5 acres, of which about 1 acre is orchard. Houses are encroaching right up to their boundary.

The terrain is rocky - full of big boulders. Graham had to dig lots of them up, to prepare the foundations of the house. The soil is shallow; Graham had to plant on top of it.

A Biolytix treatment plant supplies black and grey water to most of the orchard. A sump pump forces water out through two weep hoses running down the



(Left) View of the Orchard from the balcony.

(Above) Biolytix Water Treatment

(Below Left): Graham with Red Shahtoot tree

(Below) Red Shahtoot mulberries



(Left) Graham with Breadfruit, early in winter. He lifted the plastic cover for this photo. The tree got knocked back later, and may die.

(Right) Graham with Kwai Muk 'Richmond'.



lines of the orchard; they meet up at the end and join into a return pipe for flushing muck back to the tank. Socks around the weep hoses stop soil, tree roots and insects from entering.

Constant wind keeps the fruit trees to a rounded shape.

Graham's Breadfruit tree came through the 2013 winter ok. But this year was colder; and it died back, despite having a plastic cover and a small oil heater. New green shoots appeared in mid-Spring, but Graham now thinks he's lost it; it was about 2.5m high.

He also has a small Durian tree.

Graham's other specialties are Red Shahtoot mulberry and Kwai Muk 'Richmond' (a cloned vareity, from Daleys). Whereas most



Kwai Muk trees head up vertically, this one spreads out, and has a very good flavour. However, it is difficult to propagate.

We will be visiting Graham & Lynne's orchard next May as an AGM Field Day.

(Left) Dragon Fruit

(Right) huge boulders Graham had to dig up. He's been making a retaining wall with them.





# **MINUTES OF BI-MONTHLY MEETING HINKLER BRANCH OF RARE FRUIT AUSTRALIA INC.**

**Held on 26 October 2014 Hosted by Ian and  
Lorraine Clarke**

**MEETING OPENED AT:** 11.30 a.m.

**WELCOME:** President Eddy Dunn welcomed club members and guests.

**APOLOGIES:** Jenny and Gordon Tait, Sharene Beale, Eleanor Hannah, Yvonne and Barky O'Neill, Errol and Regina Duffil, Wendy Jeffs, Gloria Oldfield.

**Mov:** Cheryl Gatti **Sec:** Stretch Chamberlain

**GUESTS:** Leigh Nankervis (now a new member), Wayne Bragg (now a new member) David Roberts, Iris Johnson, Dion Dixon, Pauline Crouch.

**MINUTES:** As per Grapevine

**Mov:** Stretch Chamberlain **Sec:** Ray Johnson

**BUSINESS ARISING FROM MINUTES:** Nil.

**CORRESPONDENCE:**

**Inwards:** Wide Bay Australia bank statement, Cheque book, Capricorn Edible Plants newsletter, Spring Gardeners' Gazette from Royal Horticultural Soc. Vic., Orchard Talk Oct newsletter from Fraser Coast Sub-Tropical fruit club, Oct-Nov newsletter from Sub-Tropical fruit club of qld. Email from Eleanor Hannah re: RFA newsletter. Email from Neutrog Australia re: sponsorship.

**Outwards:** Nil

**Mov:** Laree Chapman **Sec:** Manfred Steck

**TREASURERS REPORT:**

**ACCOUNTS FOR PAYMENTS:**

NAME	AMOUNT	REASON
Ray Johnson	245.10	Trees for auction
Peter Myers	48.00	Newsletter expenses
Lorraine Clark	71.34	Lunch provisions

**Mov:** Kev Chapman **Sec:** Lenzie Duffy

Treasurer Kev Chapman gave a report on the state of the club's finances.

**Mov:** Kev Chapman **Sec:** Ted Harris

**TALK BY HOSTS:** Ian and Lorraine Clark gave an overview of their property, the trees they grow, and how they have built up the soil since they moved in, during 2008. Ian uses a solar pump on his bore and would recommend it.

**EDITOR REPORT:** Peter requested more articles and photos for the club newsletter.

**NEC REPRESENTATIVE REPORT:** Gordon Tait was unavailable to give the NEC report.

**PLANT PROCURER REPORT:** Ray procured this meeting's trees from Daleys Nursery. He thanked members for bringing trees in for auction, and asked members who have special requests for trees to please see him.

**LIBRARIAN REPORT:** David suggested a cull of library books, with the books being offered for sale to members in the future. He ended on a high note, with a joke.

**GENERAL BUSINESS:** Kevin Chapman spoke about the offer from Neutrog Australia regarding sponsorship. Kevin moved that this matter be taken up with the NEC. Seconded by Ted Harris.

Ted Harris requested that the email from Eleanor Hannah be read to the meeting. Eddy Dunn read the email and moved that articles and information in the newsletter be relevant to rare fruits. If an article is submitted which the editor feels is of interest but not directly related they will refer to the committee or a meeting before including in the newsletter. Seconded by Ted Harris. The motion was carried on a show of hands.

Eddy discussed the Christmas party. It will be held on Saturday 6th December at 2 p.m. at Ted and Daphne Harris's home. Please bring a special salad/side dish and dessert. No nibbles and dips please, as these will be supplied by the club. Members who wish participate in Secret Santa, please bring a gift of approximately \$10. There will be no tree auction and no raffle at the Christmas meeting. The usual full-year members-only free raffle will be held.

**Membership for 2015 is now due.**

**ANNOUNCEMENTS:** Bill and Dulcie are having their 60th wedding anniversary party on Saturday 13th December at Barolin St Uniting Church. RSVP on 4159 3387 by 1st December

**NEXT MEETING:** Christmas meeting at Ted and Daphne Harris's. Starts at 2 p.m. See above in general business for more detail.

**CLOSED:** meeting closed at 12.05 p.m.



Ian and Lorraine have installed a solar pump from Solar & Sat of Gin Gin. The solar unit operates a submersible pump deep in the bore, which runs whenever the sun is shining. The bore is located in a low-lying area. There's a constant flow of water into the tank at the top of the block, from which the orchard is irrigated.

**Photos from the October meeting**



## Apricot Kernels for Cancer

[http://www.anticancerinfo.co.uk/apricot\\_kernels.html](http://www.anticancerinfo.co.uk/apricot_kernels.html)

Why eat apricot kernels?

Apricot kernels are, like most nuts and seeds, very nutritious. Among the nutrients they contain is one called amygdalin, which is also known as vitamin B17. This **attacks cancer cells**, and thus can help prevent cancer from breaking out in our bodies.

Amygdalin (vitamin B17) is contained in many hundreds of foods, but ones that are particularly rich in amygdalin have disappeared to a large extent from our Western diet. Peoples throughout the world who still eat a traditional diet, have been found to be largely free from cancer. These diets are rich in foods containing amygdalin.

Apart from apricot kernels, examples of other amygdalin rich foods are bitter almonds (amygdalin tastes bitter - **sweet almonds do not contain it, and apricot kernels that are not bitter do not contain it**). Other foods containing amygdalin are **apple pips, grape seeds**, millet, broad beans, most berries, cassava and many other seeds, beans, pulses and grains - but not ones that have been highly hybridised (African orange pips contain some amygdalin, but American ones don't, wheat is low in amygdalin).

There are many ways you can fight cancer. One is to build up the immune system so that it is very strong. Another is to supplement with antioxidants which fight carcinogens in the body. However, amygdalin seems to be unique in the way that it directly attacks cancer cells.

Amygdalin was first extracted and named over one hundred years ago and has been listed in pharmacological dictionaries since that time as being non-toxic. However it does have a poison locked away in it - **one of its constituents is cyanide**. But, locked into the compound amygdalin, it is chemically inert and harmless to normal living tissue. In the same way common salt (sodium chloride) is safe to eat, and in fact is necessary to the body. But this also has locked away in it **a poison - chlorine**. Of course if you ate too much salt at one time you would be ill. This is true of any substance, and would equally apply to apricot kernels. However, amygdalin is less toxic than salt, and less toxic than sugar. [...]

For prevention, however, Dr Ernst T Krebs Jr., the biochemist who first produced laetrile (concentrated amygdalin) in the 1950s, recommended that if a person would eat **ten to twelve apricot kernels a day for life**, then barring the equivalent of Chernobyl, he is likely to be cancer free. At the beginning of the 21st century it is expected that one in eight women in the UK will get breast cancer and one in nine men prostate cancer. If other types of cancer are added in, then no family is likely to be free. Therefore the suggestion that eating 10 - 12 kernels per day for life is likely to prevent cancer - is very good news indeed.

\* NB the kernels should be chewed, or ground and sprinkled



on food or in fruit juice, and only five or six (1½ teaspoons ground kernels) taken at one time/in one hour.

\* Please also note apricot kernels may lower blood pressure.

\* Please see 'Summary of suggestions for eating apricot kernels'.

### Where to get bitter Apricot or Almond Kernels

by Peter Myers

Since the last newsletter, I bought Almond Kernels from Woolworths and from Nana's Pantry. They were all the "sweet" kind, which is not what you want to fight cancer.

If you want the bitter kind, you may have to buy them on the internet, eg from Australian Apricot Kernels at <http://www.apricot-kernels.com.au/>

Their address is ChiTree  
P.O. Box 1022  
Castlemaine, Victoria 3450

They say:

"Sadly, **most of the apricot kernels available in Australia are imported**. Australia is one of the largest producers of apricots in the world. For an Australian supplier, there is only one reason to import apricot kernels from overseas - they're mass-produced, low grade and, consequently, very cheap. Relative to Australian apricot kernels, they are very low quality and subject to all AQIS quarantine measures.

"Though the cost and labour benefits are appealing, we will not sell foreign apricot kernels. [...]"

"Please Note: Amygdalin, often referred to as "B17" or "vitamin B17", is present in different concentrations amongst different apricot kernels. An apricot kernel of one variety does not equal an apricot kernel of another. The **apricot kernels sold in Australia have very different levels of amygdalin**. Some have relatively low levels, where **ours are very concentrated**. Freshness plays a significant role, as does variety and origin. A number of these kernels are imported from other countries, such as India, Turkey, Pakistan and China. Our apricot kernels are Australian-grown with a new batch cracked weekly. As a result, our product is very fresh and contains the **highest concentration of amygdalin**."

## Doctors fight Drug Company sales pitch

<http://www.abc.net.au/news/2014-10-10/gps-campaign-for-end-to-drug-companies-meeting-doctors/5803240>

GPs launch No Advertising Please to push for end to drug companies meeting doctors

7.30 Report  
By Tracy Bowden

A group of GPs are launching a new campaign to stop doctors from meeting drug company sales representatives.

Doctors and academics devised the **No Advertising Please** campaign to **combat the hard sell used by pharmaceutical companies**. [...]

There are concerns **drug representatives influence what medications doctors prescribe**, resulting in patients getting drugs they do not really need or a certain brand being prescribed over others. [...]



## Billy goat plums breed life into Indigenous communities

ABC Rural

Robin McConchie

<http://www.abc.net.au/news/2014-10-17/rural-billy-goat-plum-prawns/5822316>

Fri 17 Oct 2014, 2:43pm

At World Food Day, a big wrap was given to the native bush tucker known as billy goat plum.

The plum, **also known as Kakadu plum**, grows in the bush west of Darwin.

Smart science has seen plum extract, **used to extend the shelf life of prawns** and it is also used in a range of high Vitamin C foods and drinks.

Researchers in Queensland were extremely pleased with the results. The plum improved the shelf-life and colour retention of prawns. Treated prawns were first marketed last Christmas.

Researcher Dr Yasmina Sultanbawa says a lot of fresh foods have limited storage life and industries are under continued commercial pressures to use chemical preservatives.

"The consumer trend is towards clean and green products, and so Kakadu plum is a natural antimicrobial, which means it can replace some of the chemical preservatives used by the (seafood) industry," she said.

"They (consumers) don't want extra additives and so plant extracts such as Kakadu plum will play a critical role in branding and promoting such products."

Dr Sultanbawa says the seafood industry wants cooked prawns



PHOTO: Kakadu plums harvested at Wadeye in the Northern Territory. (ABC)

to have a shelf-life in excess of 14 days and the Kakadu plum tests have been getting prawns up to 21 days before spoilage.

She says the use of this natural solution will not only help the prawn industry, but also boost demand for Kakadu plum.

"The Australian Prawn Farmers Association, hats off to them, has taken the challenge of incorporating native foods into the prawns and now it is truly uniquely Australian," she said.

"So they (the prawn farmers) have this added marketing advantage, of not only a clean green image, but also purity of provenance, that it is truly Australian and that is where you will find you export markets in the future."

The Kindred Spirit Foundation supports the wild harvest of the plums.

The foundation's Ann Shanley says the project provides real commercial opportunities for Indigenous communities in the Top End.

"Two hundred people went out picking plums this year, women, men, kids and old people, telling stories on their country and getting paid for their work," she said.

Ms Shanley says they are establishing a processing plant in Darwin and have business plans for not only the prawn shelf-life extender, but also high vitamin C snack bars, drinks and a powder. ==

Leonie Norrington discusses Billy Goat Plums in her book Tropical Food Gardens - Ed.

## BITTER MELON

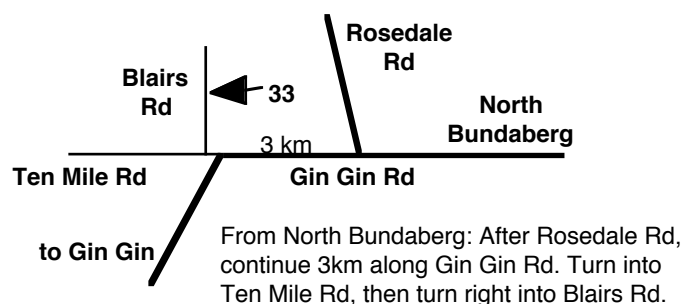


**Bitter Melon** is a medicine for both **Type I and Type II Diabetes**. In tropical Asia it is also grown as a vegetable. People who grow up there like the flavour and can eat it straight, but others need to disguise the flavour with other ingredients in stir-fries. The bitter chemical in it is related to Quinine, and Bitter

Melon also has anti-Malarial properties. The vine is a perennial in frost-free locations; fruits, tips and tendrils are eaten. To prepare it, discard the pulp containing the seeds; then chop the rest and fry. Choose light-green fruits of full size. Fruits going yellow are over-ripe. Save seeds when the pulp surrounding them goes red.



**NEXT MEETING:**      **Ted & Daphne Harris**  
**Saturday 6th**      **33 Blairs Rd., Sharon**  
**December, 2pm**      **ph. 4159-9057**



### **Pollination of Persimmons, Black Sapotes, Mamey Sapotes and Annonas**

by Peter Myers

Can you net your Persimmon tree in November, while it's flowering? Or will you miss out on pollination by bees and other flying insects?

Eddy tells me that Persimmons are wind-pollinated; so you can net them without loss of fruit.

John Picone, who has about 1 ha of fruit trees under permanent fruit fly netting, sometimes has bees (Native Bees and Honey Bees) within the netted area and sometimes has them outside. He told me that Black Sapotes fruit even when no bees are present. So do Mamey Sapotes.

**As for Black Sapote flowers, "I've never seen a bee down there," he says.**

Re Annona Pollination, John says that **Annonas need humidity to set fruit**. There's no point going to the trouble of hand-pollinating if the trees are too dry. Put a hose under the trees. Zinc Sulphate and small quantities of Boron can help too. Other advice on Annonas is not to remove low branches, because that's often where you get most of your fruit. This would make sense if the humidity is higher close to the ground - making humidity the real issue. Try that first; consider hand-pollinating only if the Humidity fix fails.

David Chandlee says, in an interview with Sheryl Backhouse:  
<http://stfc.org.au/visiting-david-chandlee-in-nth-qld>

"The actual **humidity within the flower** is the critical thing. This applies to all Annonas. **What causes lack of pollination are the organs getting too dry.**"

### **The Orchardist's Refrain**

**By Gloria Oldfield**

We plant our fruit trees with a will,  
A fair sized plot we like to fill.  
'Cause some need sun and some need shade  
A frame for netting will need to be made.  
At times it's too wet, and then too dry –  
(must Remember to trap those darned Fruit Fly!)  
We water and nurture and watch them grow,  
Prune and feed them the best way we know.  
Then just as the fruits look ready to eat  
We'll go out in the morning for a tasty treat  
To find possums and bats have taken the best  
And bugs and birds have spoiled the rest!

But we don't give up, there's every reason  
To try again for a better NEXT SEASON!

### **Some old English sayings:**

For every plant in the row  
At least 4 seeds you'll need to sow.  
One for the rook, one for the crow,  
One to rot, and ONE TO GROW!

(Referring to weeds – when you let them take over!)  
One year's seeds equals  
Seven Years' weeds.

### **Presidents Report**

Thanks to Ian and Lorraine for hosting our October meeting. It was a glorious day on top of the hill. Their trees have grown noticeably since we were last there.

Fruit tastings are a bit limited at this time of year, but there were plenty of trees in the auction. Thankyou to Ray and David for auctioneering while Gordon is away – if he is not careful he may lose his job!

The rain on 3<sup>rd</sup> November was very welcome with 13mm in my gauge but reports up to 2 inches further west. Hopefully there will be more to come soon. Persimmons, mangoes, avocados, macadamias and citrus have all been dropping fruit, a bit heavier than normal due to the dry conditions.

My stonefruit produced well this year and have been loved by all (especially flying foxes). Spotting bug has been very active lately with a wide variety of crops damaged. My grapes have been very

hard hit by the bugs unfortunately. Mulberries have still been producing very well.

Next meeting is 6<sup>th</sup> of December at Ted and Daph's at 2pm. Our Christmas meeting is a little different to the usual with everyone still to please bring the usual chair/plate/cup and a salad/side dish (a special one for Christmas, although they are always so good!). There is no meeting fee at the Christmas meeting. There is also no raffle and no tree auction, but people are invited to bring a present to the approximate value of \$10 for a secret santa. The will also be a ticket given to each person who has a current 2014 membership to go into the draw for a bigger present supplied by the club.

A reminder that 2015 memberships were due at the October meeting, so if you haven't paid yet then bring in December and see Kevin. Standard memberships are \$35 for a double and \$28 for a single.

Eddy