



Fruits of the Humboldt Bay

A Community Sourced Planting Guide (18th Edition)

by Sean Armstrong





This book is to help organically grow a:

**Permaculture Food Oasis
Public Park Plantings
Wedding Arbor
Fruits for the Grandkids
Citrus Grove**

**Edible Hedge
Edible Native Forest
Back-Yard Orchard
Mushrooms
Hot Weather Crops**

In Our Coldest of Climes

How and why was this guide written?

This booklet was written by interviewing more than 60 local experts: farmers, lifelong gardeners, professional orchardists, nursery owners, indigenous wildcrafters, and permaculture practitioners, all following organic or better practices to produce the results they report. Here is their hard-won wisdom, which is intended to help you grow organic, unfussy fruits, nuts, bulbs, mushrooms and vegetables outdoors. Please plant extra fruits, and share them with your neighbors, and particularly the children and low-income members of our community who suffer from low-nutrition food. So few fruits at the grocery store are ripe, let alone at peak nutrition, and many wonderful fruits can only be gotten by growing them yourself—pie cherries, Chilean guavas, goumis and honeyberries are unavailable for love or money. And many fruits, like ripe peaches and handfuls of blueberries, are too expensive to eat in the quantities you want. So grow your own, and please share.

Thank you for the collective wisdom of: **Bradley Thompson** and **Karen Shepherd** for your inspiring fruit forest, **Shail Pec-Crouse's** tireless scientific experimentation with varieties, **Jacques and Amy Neukom's** Edenic organic, dry farmed fruits and heirloom preservation efforts, **Rita Jacinto & Laurie Levey's** of **Flying Blue Dog Nursery** for their coastal heirloom annuals expertise and seed saving leadership, **Sam Polly** and **Jim Polly**--two generations of innovative and smart orchardists, **Dick Hansis's** patient success with peaches and plums, **Richard Engel's** and **Basilia's** lovely Sunset garden on Western, **Kevin Johnson** and **Lisa Brown** solutions-oriented fruit and nuts orchard, **Kathy Marshall** and **Rocky Drill's** deep straw-mulched raised beds with anti-slug copper strips and glued-down pennies, Wiyot Cultural Liaison and Founding Tribal Chair **Cheryl Seidner** for her childhood recollections of hazelnuts and more, the beautiful and inspiring **Potowat Health Village** restored native landscape and **Ed Mata's** CSA farm, **Eric Johnson** of **Samara Nursery** for his comprehensive native plants knowledge, **Isaiah Webb's** healing food farming at the Mad River Hospital, **Eddie Tanner's** first class strawberries at **DeepSeeded Community Farm**, the inspiring and educational food forest of **CCAT**, **Marsh Commons's** fragrant citrus and blueberry hedge, **Karen Davidson's** berry vines for the grandchildren, **Fawn Scheer** and **Erin Derden-Little** creations in the **Greenway Gardens** and **Redwood Roots**, **Tyler John Waterman's** healthy hops at his Farmhouse homestead, **Heather Plaza** and **Johnny Gary's** dedication to doing it right at **Organic Matters**, **Marc Robbi's** pioneering work at **Rolling River Nursery**, **Marianne Cipolla** and **Craig Knox's** urban orchard, the Hilfiker Street orchards of **Tim Lauck**, **Marisela & Dan Wassenaar**, **Kelly Barrett's** historic orchard and blueberries, **Don Nielsen's** apple and pear orchard in the Bottoms, the inspiration of the **Garden House**, **Wayne Hawkins** tending HSU's many landscaping fruit trees and use of agricultural vinegar instead of herbicides, **Kashi Albertsen's** luscious blueberry gardens, **Mark DuPont's** mastery in the heirloom tree nursery at the permaculture paradise called **Sandy Bar Ranch**, **Marnin Robbins** and **T Griffin** beautiful backyard orchard in Windsong and inspiring work at Potowot Health Village's CSA, **Ino Riley's** second generation local fruit growing wisdom and sweet strawberries, **Paul Giuntoli's** fourth generation local farming wisdom, **Susan Ornelas's** spectacular green tree grape and leadership at **Bayside Community Park**, **Xandy Grube** for revering native trees, **Danielle Newman** for growing Etter's apples, **Dick LaForge** for inspiring generations of students, **Lisa Zierer** for gorgeous tomatoes, **Russell Terry's** chestnuts, **Xandi Manns** for her commitment to public plantings of native edibles, **Michael Winkler's** sidewalk peaches, **Jared Goebel** for luma-nosity, **Brooke** and **Sierra Strongheart** for trying new peppers, **Colin, Erica and Kai Patrick** for copy editing and mushroom knowledge, **Robert Arena's** rare nectarine discovery, **Jeff Strehlow** for elderberry advocacy, **Tamara McFarland** for a new Fig, and the gorgeous printing job that **Aaron and Robert** provide at Bug Press.

Editor: Sean Armstrong is co-owner of Tule Fog Farm with the real farmer, **Shail Pec-Crouse**, who is the inspiration and muse for this booklet. Sean's profession is designing solar powered subsidized housing for farmers, seniors, working families, the homeless and veterans, and he's been sneaking fruit trees into apartment complex designs since 2005. Many thanks to Karen and Richard for the inspiring jungle gardens of Sean's childhood. **Please contribute your own experiences to the next edition of this local growers' guide to seanarmstrongpm@gmail.com!**

The Challenging Local Weather Can Be Gardened with Heirloom Varieties from Around the Globe

At 65 degrees Fahrenheit, *the Humboldt Bay Bottoms has the nation's coldest average summertime temperature*. We have a relatively warm winter with 400-600 "chill hours" (hours when the temperature is below 45F), so some stone fruits and apples that need a colder winter do not succeed as well here. The Bay Bottoms' get up to 50mph winds and drizzle equaling 40-45" inches of rain from October through May. The 50F California Current wells up in the summer, while huge plumes of fog roll in off the Pacific Ocean surf and more fog whips off the evaporative basin of the Humboldt Bay, keeping humidity at 60%-80% on sunny summer days. Clear winter nights produce our coldest temperatures at 27F, enough to kill the leaves of more tender plants like citrus.

Today native plants cultivated by the Wiyot co-exist around the Bay with hundreds of imported species from other cool, moist places: the coastal plains Patagonia, the Mediterranean, New Zealand, coastal China, Korea and Japan, coastal Australia, the highlands of Peru, the apple forests of Kazakhstan, the plains of Russia, the Black Sea of Turkey, the meadows of Afghanistan, bi-coastal Canada, the East Coast of North America and those that share the Jet Stream current such as Iceland, Scandinavia, France, and the islands of Ireland and Great Britain. Enjoy!



**“Blood,” “Frost,” “Avalon Pride,”
“Betty,” “Charlotte” and “Q-1-8”
Peaches (*Prunus persica*)**

The purple **Blood** peach was developed by the Tsalagi (Cherokee) Nation for hundreds of years after its arrival from Europe ~1500. Yellow-fleshed peaches were developed in China, and the dependable yellow **Frost** variety is fibrous, juicy and sweet, while the **Charlotte** is crisp and sturdy. **Avalon Pride** is a small, flavorful semi-freestone, and **Betty** is sweet and productive. For fans of white fleshed peaches, only the **“Q-1-8”** has proven itself, on Old Arcata Road, while the purple and yellow flesh peaches have proven themselves on 17th and Foster Ave, Arcata.



**“Arctic Queen” Nectarine
(*Prunus persica nucipersica*)**

Arctic Queen is a sweet and complicated white flesh nectarine that fruits prolifically in the Arcata Bottoms and doesn't suffer from leaf curl. Other **“Arctic”** varieties—**Glo, Jay, Rose,** and **Star** are related low-chill (e.g. 250 hours) varieties and also likely successes. **Panamint** grew yellow-fleshed, sweet, aromatic and intensely flavored self-fertile freestone nectarines on Elk River Road, but suffers from leaf curl and would need a copper spray.



**“Satsuma” and “Trovita” Oranges
(*Citrus sinensis* and *C. unshui*)**

The **Trovita** orange is a hardy, thick skinned, sweet offspring of the Naval orange, while the **Satsuma** pictured above is thin skinned and tangy sweet just in time for Christmas. Both will always need to be covered from Nov-Feb to keep the tender leaves from freezing and falling off. **Kumquats** and **Clementines** are also successful in an unheated greenhouse.



**“Improved” Meyer Lemon
(*Citrus x meyeri*)**

Meyer lemons are the most successful citrus for our area, but need to be covered during frosty nights for 5+ years. Meyer Lemon trees can grow to 10' tall with frequent flowerings of the sweetest smelling blooms and lemons at various stages of ripeness. Marsh Commons and the former Trinity Hospital at B and 14th in Arcata, near the Eureka High School and a backyard in Loleta.



**“Bearss/Persian/Tahitian” Lime
(*Citrus latifolia*)**

This lime was bred in central California by T.J. Bearss in 1895. It is the cold-hardest lime and does ripen small, yellowish limes if given time, a protected, south facing wall and some cover from Nov-Feb (a blanket, plastic sheeting, etc.). Marsh Commons has a small but healthy example on South G St.



**“Blenheim” Apricot
(*Prunus armeniaca*)**

Apricots are an ancient type of Eurasian domesticated plum, and this hardy variety was cultivated from a seedling at Blenheim Castle, England. Like loquats, it will only succeed some years due to late frosts and cold summers. It needs 400 chill hours to set fruit, full sun and loamy soil. Greenwood Heights



“Violette de Bordeaux,” “Desert King” and “Atreano” Figs (*Ficus carica*)

Violette de Bordeaux are sweet and richly flavored purple skinned figs. **Atreano** fruits are green, smaller, amber fleshed and quite sweet. **Desert King** is an old standard that provides mild, red-fleshed figs. A giant Desert King is on maritime Bay St, Eureka and elsewhere, a Violette is thriving in Eureka, and the Atreano is fruiting in the Sam Polly's Edible Hedgerow on 17th St, Arcata.



**Pawpaw
(*Asimina triloba*)**

If you miss mangoes, plant pawpaws in sandy soil. They are North America's largest native fruit, taste similar to mangoes, and are close relatives to the tropical cherimoya and custard apple. It's a 10-15' tree with bright orange fall foliage that grows well into Canada. An unknown variety fruits on Roberts Way, and the **Pennsylvania** variety is under trial.



Cornelian Cherries: “Yellow,” “Red Star,” “Elegant,” and “Pioneer”
(*Cornus mas*)

Cornelian Cherry is actually a dogwood species from Greece with fruit similar to tart pie cherries that ripen until they fall from a gently shaken tree. Cornelian cherries are partially self-fertile but will do better when planted in pairs. “**Yellow**” is excitingly tangy with mango notes, and the only yellow variety—others are red. “**Red Star**” is an excellent fruiter, “**Pioneer**” and “**Elegant**” are almost as good. A common purplish leaf discoloration doesn’t appear to be a problem. Roberts Way, Arcata.

Tart Pie Cherries: “Surefire,” “Morello,” “Montmorency” and “Carmine Jewel” (*Prunus cerasus* and *P. cerasus* x *P. fruticosa*)

These varieties of the S. Europe and SW Asia **sour** cherries are self-fertile and have dark red flesh that makes for a classic cherry pie or dried and sweetened treat. **Surefire** is heavily productive at the Edible Hedgerow on 17th in Arcata, and self-pitting as you pick them. **Montmorency** and **Morello** are both successful on Wyatt Lane and Foster Ave, Arcata. **Carmine Jewel** is perhaps the best of all of them—showy flowers precede richly flavored, dark cherries on a 8’ tall bush—it is crossed with *P. fruticosa*, a wild bush cherry. On Roberts Way, Arcata.

Sweet Cherries: “Lapin,” “Stella,” and “Bing” (*Prunus avium*)

Sweet cherries do well on the Bay, especially mature trees. The short and easy-to-pick “**Stella**” variety produces sweet cherries on Foster Ave. The “**Lapin**” is a self-fertile **sweet** cherry that grows well on Roberts Way, Arcata. There was an 80-year-old “**Bing**” at HSU near CCAT that produced dependably for years. The recent invasion the Two Spotted Fruit Fly has sometimes meant perforated, leaky cherries in bad years. The “cherry slug” that nibbles leaves is actually a sawfly larvae and their damage is generally tolerable.



“Long” Mulberry var. Pakistan
(*Morus macroua*)

Few of the 17 different species of mulberries seem to fruit well in the Humboldt Bay area, perhaps needing hotter summers, but the “**Long**” species is from the Himalayan mountains and grows extraordinarily long, honey-sweet berries. *Pakistan* is one of many varieties. Spear Ave.



Mayhaw
(*Crataegus aestivales* and *opaca*)

Mayhaws are a 10’ tall fruit tree native to the Southeast wetlands (e.g. Georgia, Louisiana) that do well around the Humboldt Bay. They’re not sweet, but they’re popular in jellies for their flavors of mango, pineapple and apple. Profuse white flowers in the spring and bright red fall leaves add to their charm. Roberts Way, Arcata



“Gold Nugget” Loquat
(*Eriobotrya japonica*)

Loquats are soft, complex, sweet-sour fruit from Southeast Asia that tastes “tropical” and are a popular fruit among the 2000 Portuguese families around the Bay that know them as “*nêspera*.” In Portugal they have two varieties of yellow loquat—sweet and sour. Loquats are unusual in that they flower in the fall. They are sensitive to frosts, so you may have 1-3 years in between good harvests. The Gold Nugget variety is the only local variety known by name, but there are local unnamed “sour” Portuguese specimens with yellow flesh. They like the hot summers inland, such as a big stand on Highway 36 east of Hydesville. On the Bay they’re found on Anina Way, Los Bagels and the parking lot opposite the Jacoby Storehouse, Arcata.

Dry Gardening Established fruit trees want, but do not need to be watered during the summer. Six inches mulch 2-3 feet out from the stem base will save you watering and weeding all summer. The Neukoms dry farm peaches in Willow Creek using a “dust mulch” from dragging a 6” deep tiller. Straw is cheap, water is expensive, and fruits taste better and more intensely when they have not been watered down with irrigation.



“Greengage” Plums
(*Prunus domestica* ssp. *italica* var. *claudiana*)

The “Greengage” is a family of ancient heirloom plums developed in France from Turkish wild types and grown throughout Europe as a choice desert plum, frequently cooked in syrup to make a plum compote. The greenish colored flesh seems to confuse birds and the Greengage escapes being pecked. Richmond Road.



“Golden Nectar” and “Shiro” Plums
(*Prunus salicina*)

The “Golden Nectar” is an early-bearing, bright yellow, famously sweet plum but is not successful every year due to the need for heat. A healthy, mature one was loaded in 2013 on G St, Arcata. The “Shiro” is more dependable, but has smaller plums. A successful grove of them is planted at the Courtyards of Arcata food forest on Guintoli Lane.



“Methley” and “Beauty” Plums
(*Prunus domestica*)

The “Methley” is a new proven sweet success while the “Beauty” is a local standard, smaller, less interesting tasting sweet plum. Potowat Health Village, 12th Street, Buttermilk and Roberts Way, Arcata.



Pineapple Guava
(*Acca sellowiana*)

This Brazilian member of the Myrtaceae family fruits after 10-15 years, but its flower petals are sweet treats while you wait. Hardy varieties of this tropical tasting fruit are grown as far north as Scotland, but we do not yet have a record of what varieties grow around the Bay. Potowat Health Village Farm.



Strawberry Tree
(*Arbutus unedo*)

The relative to madrone is juicy and sweet, but also mushy and rather seedy. The peeling bark and sinuous shapes are reason enough to plant one, but the fruit is fun and one of the first in June. Founders Hall at HSU, parking lots at Eureka Natural Foods and the Arcata Co-op.



“Stanley,” “Italian” and “French” Prune Plums (*Prunus sp*)

Disagreements are rife among prune fans as to which is best (French is sweetest...), but all three similar varieties are self-fertile, do well around the Bay and their fruit ripens all at once, requiring the gardener to quickly dry, eat, or give away the plums. Thin the heavily loaded branches so they don't break! Roberts Way and Hilfiker St, Arcata.



Eastern Persimmon
(*Diospyros virginiana*)

The **Eastern Persimmon** is native to the Northeast and is the only persimmon to fruit fairly well on the Bay. It is astringent like a green banana until gooey ripe, but then tastes like cinnamon custard. Old Arcata Road.

-Pluots, Seabuckthorn/Seaberry and Avocados have not yet fruited in any of the Humboldt Bay plantings.



Pepperwood/California Bay Laurel Nuts (*Umbellularia californica*)

This highly aromatic **native** tree has nuts that can be roasted to a dark chocolate brown color to reduce their pungency, then eaten whole or ground up in a drink. They're a delicacy to those who know about them. Arcata's Redwood Community Forest.



“Damson” Plum
(*Prunus institia*)

The small, heavy-bearing Damson plums have traditionally been used for making wine, brandy jam and jellies. This heirloom subspecies is from the Damascus area of modern-day Syria, and were introduced to England by the Romans two millennia ago. The “spicy” yellow flesh is sweet, but the tart skin is what makes for a complex, interesting wine or jelly.



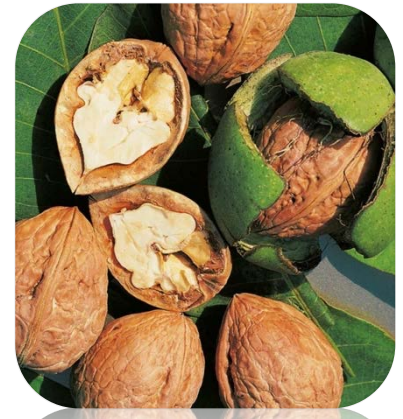
**European and Native Hazelnuts,
“Beta,” “Epsilon,” and “Yamhill”
(*Corylus species*)**

Former Wiyot Tribal Chair and tribal Elder Cheryl Seidner remembers eating native hazelnuts when she was 12, but not since—the plantings have all but disappeared. Native hazelnuts are lightly productive, while some cultivars will produce moderate numbers of nuts on large shrubs/small trees. Hazelnut trees are excellent for hedges, native plantings, and can handle wind and partial shade. Roberts Way, Arcata.



**American Chestnut
(*Castanea dentata*)**

Sweet, soft, rich nutmeat is the hallmark of the Chestnut, and worth the effort of peeling. California is outside Chestnut Blight zone, so our Chestnut trees can grow large and old, while most U.S. trees are killed before they can ever fruit. There is a very large, old tree in a yard on Old Arcata Road that drops nuts, and two healthy trees on Main St. outside of Eureka that have not yet fruited since they started from twigs in 1990—usually they take four years, so this is a mystery.



**English Walnuts “Pedro” and
“Carmelo” (*Juglans regia*)**

It is commonly said that the Bay’s cool climate doesn’t grow walnuts. Not true! “Carmelo” is a tall walnut tree with large nuts, almost double the size of most walnuts. Carmelos are also grown in commercial California orchards. “Pedro” is a 30’ tall semi dwarf walnut variety that grows a relatively small walnut. Both grow and fruit on Old Arcata Road.



**“Centennial” Crabapple
(*Malus domestica*)**

This personal favorite fruits early, by September 1st in 2012, and flowers on the late side, thus avoiding the rainy shoulders of our dry summer. The Centennial fruits with a lovely blushed set of apples but nary a rubbing scar, so they’re ornamental as well as juicy, bright, complex, sweet and aromatic. You may want to thin the 2” fruits some years because the Centennial can fruit so heavily it breaks its branches. Specimens next to the old Stewart School in the Arcata Heights neighborhood and Foster Ave are loaded.



**“Golden Delicious” varieties
(*Malus domestica*)**

The “Golden Delicious” is among the most successful varieties around the Bay. **Supreme** and **Sir Prize** are both favored varieties. Golden Delicious apples are sweet, crisp, and profuse, best eaten fresh, juiced or sauced. They do not serve well for pies because the Golden Delicious variety gets wet and sloppy without much tartness or complexity, but consider mixing them with the Red Gravenstein. The fruit ripens in September and is best picked in October and November. It grows sweeter as it hangs on the tree until the flesh becomes translucent with sugars. Foster Ave.



**“Red Gravenstein”
(*Malus domestica*)**

The popular and successful Red Gravenstein is a firm apple that bursts with complex flavors and perfumes, tart and sweet, so this terrific apple has can be used for eating fresh, pies, sauces and drying. It is also the earliest ripening of coast apples, so consider planting it in a row of apples trees. The Old Arcata Road.



**“Liberty”
(*Malus domestica*)**

Robust, nearly scab free, sweet and flavorful—the Liberty is a local favorite. Hilfiker St and Roberts Way, Arcata.



**“Fuji” and “Granny Smith”
(*Malus domestica*)**

Fujis grow smaller and greener close to the Bay. **Granny Smiths** fruits heavily, store well and can be left to sweeten on the tree until February. Loleta and Redmond Rd.





“Scarlet Surprise” Apple
(*Malus domestica*)

One of the reddest of all red-fleshed apples (there are dozens!), this early season apple is tart, berry flavored and juicy. Scarlet Surprise is vigorous and healthy, and the apples should be eaten right away—they don’t “keep.” This variety was used by Albert Etter to breed the Pink Pearl.



“Pink Pearl” Apple
(*Malus domestica*)

The pink-to-magenta sweet-tart flesh tastes of raspberries and is best fresh but makes an incredibly beautiful sauce. This extraordinary local heirloom has magenta pink flesh and was bred by Albert Etter from Scarlet Surprise near modern-day Ettersville in Southern Humboldt.



“Mountain Rose” Apple
(*Malus domestica*)

The scarlet red flesh of this apple smells like cotton candy and strawberries. The apple is mildly sweet-tart and bright red even when cooked. The rare variety hails from Mount Hood, Oregon.



“Hudson’s Golden Gem” Apple
(*Malus domestica*)

This unique and sweet dessert apple was discovered in a thicket in Oregon in 1831. The fruits are large and cone-shaped but the tree itself stays small. Apples should ripen all the way on the tree September. Western Ave and Redmond Rd.



“Mutsu” Apple

The Mutsu is grown commercially at Clendenen Cider Works in Fortuna and has done well in Arcata. It’s fruit is similar to a Golden Delicious, but larger and tarter.



“Wickson” Crabapple

This sweet eating and cider variety of crabapple was developed by Southern Humboldt apple breeder Albert Etter and named after his mentor Edward Wickson.



“Macintosh” Apple
(*Malus domestica*)

A classic summertime apple, the Macintosh has done well in both Arcata and McKinleyville back yards, producing sweet, crisp apples early in the season. Windsong neighborhood.



“King” Apple (*Malus domestica*)

The “King” Apple is one of the easiest apples to ripen around the Bay. It’s a large apple with sweet flavor and a local favorite in commercial orchards. The tree grows vigorously and large. The fruit ripens in August. Old Arcata Road



“Akane” Apple (*Malus domestica*)

Pronounced Ah-Ka-Nay, this is an early season apple with a balance of sweet and sharp flavors that was developed in Japan in the 1930s from the “Jonathan” and “Worcester Pearmain.”



“Honeycrisp” Apple
(*Malus domestica*)

A relatively recent and popular variety that is a proven success in the blustery Windsong neighborhood and **Deep Seeded Community Farm**. Famed for its exceptional sweet-tart flavor for eating out of hand, it also stores fairly well.



“Melrose” (*Malus domestica*)

The Melrose is the favorite apple of Mary, the fruit tree buyer at Miller Farms. Her tree is heavily productive just blocks from the ocean. Dick LaForge, says: “Good in all ways, medium-late fruits, stores well, no disease and tasty.”



“Dolgo” Crabapple
(*Malus dolgo*)

This sweet-tart Siberian variety of crabapple produces crispy small apples good for eating fresh or making into jelly, cider, etc. The heavy showing of white flowers helps pollinate other apple trees.



“Bartlett” and “Delicious” Pears (*Pyrus communis*)

Few pears ripen without cracking around the Bay, but a green Bartlett pear has thrived and produced nearly scab-free pears for 30 years on 11th St in Arcata, and the related “Delicious” variety is productive on Redmond Road. European pears need well drained soil and cross-pollination.

“Orcas” Pear (*Pyrus communis*)

Orcas pears are mild, sweet and one of the most scab resistant varieties of the Pacific North West. This variety was found in an orchard on Orcas Island, Washington.

“Bosc” Pear (*Pyrus communis*)

A Bosc pear is crunchy and sugary, a favorite for frugivores who love a crisp bite. Their thicker skin makes them the least prone to scab and cracking of the European pears, perhaps our best European pear on the Bay. Windsong and Eye St, Arcata.

“Comice” and “Duchesse d’ Angouleme” Pears

The Comice and its close relative, the Duchesse d’Angouleme” are tender to the touch, juicy, sweet and buttery, when ripe. These related pears are both somewhat fireblight resistant, which is helpful around the humid Humboldt Bay.



Medlar (*Mespilus germanica*)

Medlars were popular in Europe around the 12th century, but are mostly a novelty today—apple sauce packaged in its own skin! Medlars are like dates, Hachiya persimmons or jujube berries that shrivel on the tree until soft, or “bletted”, but they can be picked earlier and ripened sepals down on paper. When finished bletting, medlars are brown, soft and taste like caramel, applesauce or cinnamon custard. Medlars produce fruit in just two years and grow so thickly they can be used for topiaries. Plant in full sun and somewhat wind protected. Roberts Way, Foster Ave, 17th St.



“Kaunching” Quince (*Cydonia oblonga*)

Many types of Quince grow well on the Bay, but unlike most the **Kaunching** variety can be eaten raw, rather cooked with apples and pears into a lovely sauce. Quince also do well in apple pies, can be made into a cheese-like custard and even a fruity liqueur. A productive example can be found at C St & 12th near HSU, Kaunching is on Foster Ave, Arcata.



“Hamese,” “Shinseiki,” “20th Century,” “Atago” Asian Pears (*Pyrus pyrifolia*)

Hamese is the earliest, juiciest and most refreshing (the author’s favorite local pear), **Shinseiki** is smaller but sweet and perfumed, while **20th Century** and **Atago** are thicker skinned and harvested a few weeks later. Leave Asian Pear on the tree until they are swollen and yellowed for best flavor. The trees are vigorous growers and the pears are sweet, juicy, and medium-large if thinned early in the season to allow the remaining pears to grow larger. Hilfiker St, Foster Ave, Roberts Way.



Shipova (*X Sorbopyrus auricularis*)

This cross of European Pear and a Mountain Ash fruited after growing for seven years, and was worth the wait. It tastes like Asian Pear and is wet and meaty. It may fruit better if planted with a pear for cross-pollination. Roberts Way.

Shrubs



“Patriot” and “Blue Crop” Blueberries
(*Vaccinium ssp*)

All blueberry varieties listed below thrive around Humboldt Bay and fruit well with irrigation but may struggle for the first years without irrigation. There are many species of plants called blueberries from all over the world, some of which are evergreen, some deciduous. Foster Ave, Eastern, Spear Ave, Arcata

- | | | | |
|-------------|----------------|----------------|---------|
| -Blue Crop* | -Patriot* | -Burgundy | -Elliot |
| -Brigitta | -Chandler | -Duke | -Darrow |
| -Blue Gold | -Blue Ray | -Hardy Blue | -Reka |
| -Rubel | -Sunshine Blue | -Legacy | -Misty |
| -Brunswick | -Top Hat | -Pink Lemonade | |

*Overall favorites

Notable Failures: “Rabbits Eye” varieties, Camellia and Spartan



Huckleberries (*Vaccinium parvifolium, V. ovatum, others*)

Tart-sweet, slightly astringent black and red huckleberries are native to Humboldt Bay and perfect for native gardens. Natives and cultivars of the closely related species do very well in 3/4ths sun with abundant, small, intensely flavored berries. Black and blue species bear more heavily than the milder tasting red huckleberries. Ma-le’l Dunes, Western Ave, former CCAT native gardens and Roberts Way.



Aronia “Viking” and “Nero”
(*Aronia melanocarpa*)

Aronia is a productive fruiter late in the fall, with rich, sweet-tart flesh and somewhat astringent skin. They are native to snow country in the Eastern U.S., and are very hardy. Kids like them. The dark purple juicy flesh and skin has extremely high levels of antioxidants, especially anthocyanins, known to help prevent cancer by reducing cellular damage from free radicals. Foster Ave, 17th and Roberts Way, Arcata.



“Sweet Scarlet” and “Red Gem” Goumi Berry
(*Eleagnus multiflora*)

Goumis are one of the earliest fruits of the season in May and are hugely popular with little children. They are from coastal China, Korea and Japan with cherry-like and sweet-tart berries that can be enjoyed fresh, and are excellent cooked. The seeds are thin and swallowable. Sweet Scarlet grows vigorously puts on a heavy fruiting in the Bay Bottoms. The shrub fixes nitrogen for your garden with actinomycete bacteria living in symbiosis within its roots. Goumi berries and seeds are a rich source of Lycopene, essential fatty acids, proteins and fats. Astringent until ripe, more fertile in pairs. Do not buy non-varietal seedlings, which are invasive. Foster Ave & Roberts Way.

Chilean Guava
(*Myrtus ugni molinae*)

The Chilean Guava is very popular in South America, and they are the only species of guava that is known to fruit in Arcata. They are ripe when the red berries lighten to pink and the taste is pleasantly piney and guava-ey. Chilean Guava is evergreen, attractive, easy to propagate and can handle fog, while also providing some of the last fruits of the fall. Roberts Way and Janes Creek Meadows subdivision of Arcata.



Luma/Chilean Myrtle/ Arrayan (*Myrtus apiculata*)

Arrayan, or Luma Tree, is a large shrub or a small tree with berries that are milder and juicier than its smaller cousin, the Chilean Guava. It has been sold in California since 1909. Very hardy and can be grown as a fruiting hedge with huckleberries. 101 Corridor in South Eureka near the Bay.



Jostaberry

(Ribes nigra x R. divaricatum x R. uva-crispa)

The Jostaberry is a highly recommended sweet-tart cross of black currant and two types of gooseberries. It's a large shrub with early July berries and no thorns, perfect for small children. It is also somewhat resistant to the currant worm. Foster Ave, Roberts Way, Arcata.



Red Currant

(Ribes rubrum)

The juicy red berries are sour but tasty in a syrup or jelly. Unfortunately a "recurrent" problem is sawfly larvae called "currant worm", which usually arrives to eat your bush to the stem midribs within 2-3 years after planting. Nicotine has worked to control the currant worm, as does pyrethrin-based organic insecticide, but note that *Bacillus thuringiensis* does *not* work on sawflies. CCAT, Roberts Way and Western Ave.



"Pixwell" and "Hinnomaki Yellow" Gooseberries *(Ribes uva-crispa)*

Gooseberries are an old European fruit that succeed along the Atlantic coast from France through Scandanavia. In our area, "Pixwell" is the best, followed by "Hinnomaki Yellow," which may prefer more heat to sugar up. "Red Hinnomaki" is on trial, but "Poorman" has been eaten to the midribs by sawfly larvae. Foster Ave, Roberts Way.



Service Berry/Saskatoon/Juneberry, "Smokey" *(Amelanchier alnifolia)*

Although this native tart, soft berry looks like a blueberry, it tastes like the delicate pear it is more closely related to. The fruit is called serviceberry because it blooms in mid-April, when long-delayed religious services were held throughout 19th century New England. It is called the juneberry because the fruit ripens in June. Berries have twice the anti-oxidants as blueberries. Roberts Way.



Clove Currant

(Ribes odoratum)

Around the Bay the best tasting currant that is also resistant to the sawfly larvae is the black Clove Currant, which has bright red and green foliage, is modestly productive and best eaten when almost overripe. It does suffer from a wilting disease that can harm half the harvest. It grows large without pruning and has fragrant flowers. The related Jostaberry is somewhat resistant to the currant worm, and the Pixwell currant has a little resistance. Roberts Way, Foster Ave.

July 17, 1858 "Lewis K. Wood, an ex-county clerk, appears to be as apt at farming as he was at keeping correct records. He is the owner & occupant of the Kiwalettah Ranch [now 1387 Janes Road] & has some of the finest fruits in this vicinity. He sent us some currants & gooseberries yesterday, which are the largest we have seen on this Bay. Receive our thanks, friend Lewis." From the Fountain Papers



Red Flowering Currant

(Ribes sanguineum)

The native red flowering currant is popular with our native hummingbirds and is a gorgeous landscaping plant, but the marginally edible fruit will likely stay on the bush to support native wildlife. Marsh Commons, Foster Ave.

May 12 -1855 - Kiwellattah "The person, who when passing through this farm, has been in the habit of jerking the latches off the gates and otherwise leaving them open, will have the moral courage to let his name be known and give his reasons for so doing unless too low flung and cowardly to do so, in which case I only want to catch him at it." LK Wood's public posting from the Fountain Papers



Lingonberry

(Vaccinium vitis-idaea)

These tart red berries grow on low, evergreen shrubs throughout Scandinavia's forests and are smaller and juicier than their similar relative, the cranberry. No fruits in a McKinleyville garden, but more success on Roberts Way, Arcata.



Fuchsia berries
(*Fuchsia splendens* and others)

Fuchsia species have surprisingly sweet juicy berries, although sometimes peppery. Roberts Way, Foster Ave.



Chilean Wintergreen (*Gaultheria mucronata*)

This species grows throughout South America and is highly variable, with pleasant, juicy and wintergreen-tasting purple to pink to snow white berries on bushes 1-5' tall.



Wintergreen
(*Gaultheria procumbens*)

This lovely evergreen groundcover fruits in late fall and winter. The small red foamy berries and evergreen leaves can be used to make a minty tea. Good for sinus and respiratory health. Foster Ave and Luscious Gardens, McKinleyville.



Native Blue and "Adams" Elderberry (*Sambucus nigra* L. ssp. *Caerulea* and *Sambucus canadensis*)

The native Blue Elderberry is sweet, as is the European "Adams" elderberry. These elderberries are sweet enough for wine. "Adams" will fruit better with a cross-pollinating variety such as "Black Lace," which has gorgeous purple foliage and a modest amount of fruit. Local forests as well as Roberts Way and the Greenway Building Gardens.



Saltspray Rose
(*Rosa rugosa*)

Extremely hardy, vigorous, disease-free rose will form a thicket if left unchecked. Huge sweet/tart and mushy rosehips form after fragrant blooms on young canes, good for eating fresh or making into jam, wine, etc. Rose petals are edible.



Cranberries
(*Vaccinium macrocarpon*)

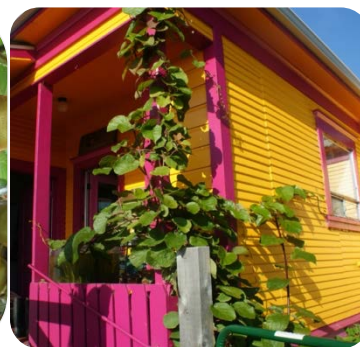
Cranberries grow successfully in sunny Blue Lake and want a warm spot in your Bay region garden. Almost every genus of *Vaccinium* does well in our climate (blueberries, huckleberries, lingonberries), but cranberries especially need irrigation and warmth.

Vines and Canes



"Blake", "Hayward" and "Vincent" Fuzzy Kiwi
(*Actinidia deliciosa*)

Small and sweet kiwis are available around the Bay, and the "Blake," "Hayward" and "Vincent" varieties have proven themselves. Kiwis grow vines big enough to swallow a house and must be pruned to keep them under control. They are a sexed plant, so a male and a female are necessary for fruit. However, hand pollination is easy if your friend has a male in blossom and you have a female. CCAT, Foster Ave, Roberts Way.



"Blue Moon", "Blue Forest" and "Blue Pacific" Honeyberry
(*Lonicera caerulea*)

Honeyberries are a type of honeysuckle shrub that has been bred into different edible varieties. Around the Bay they are juicy and tart, not "honey", and the leaves can be afflicted with caterpillars. "Blue Moon" is the better tasting variety. Roberts Way.

* Notable Shrub Failures

- Goji berries grow inland but will not flower or fruit in the cold summers on the Bay
- Highbush Cranberries will fruit terrible "butyric" tasting berries
- Bush cherries get confused by false spring weather and consistently suffer from brown rot



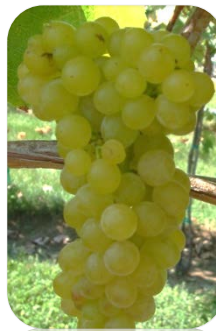
“Muscat of Alexandria”
(*Vitis vinifera*)

There are 200 varieties of Muscat grapes, which are perhaps the oldest family of domesticated grapes. They have sweet and exotic flavors that makes them a favorite for table grapes and in desert wines. Very successful on Q St and Foster Ave, Arcata



“Barbera” Grapes
(*Vitis vinifera*)

Small, sweet grapes that fruit dependably in the Arcata Bottom on Roberts Way. They are the third most grown wine grape in Italy.



“Interlaken”
(*Vitis labrusca*)

A seedless table grape that is good fresh or as raisins. Vigorous, disease resistant vines. Developed from the same parents as Himrod, although Interlaken may have higher yields and ripen earlier. Near Wildberries.



“Vanessa”
(*Vitis labrusca*)

A sweet, firm and extremely cold hardy seedless grape that stores well. The flavor is bright and mild. Near Wildberries.



“Himrod”
(*Vitis labrusca*)

Himrod is a seedless green grape known for excellent flavor and ripening early. It has a fast growth rate and is known as one of the hardiest green grapes. Near Wildberries.



“Venus”
(*Vitis labrusca*)

Venus has unusually large grapes for a seedless variety. The skin may be somewhat astringent, but it is well known for being a table grape and sweet wine grape. Near Wildberries.



“Marechal Foch”
(*Vitis riparia x Vitis rupestris*)

An early ripening small red wine grape that is disease resistant, very cold-hardy and has a semi-trailing growth habit. It is grown in Southern Ontario, Minnesota and much of the NE and NW of the U.S. Near Wildberries.



“Einset”
(*Vitis labrusca*)

A medium sized seedless table grapes famous for tasting like strawberries. Prefers to grow on longer canes. Growing in a wind protected garden near Wildberries.



“Hero” Russian Arctic Kiwi
(*Actinidia arguta*)

Arctic kiwis are a large family of related vines, and the “Hero” variety has proven to be a successful variety in Arcata, with sweet and flavorful berries growing on a fence in mixed shade and sun. They are slow-growing in our area due to the cool summers, but are invasive in the forests of Massachusetts. Roberts Way.



Chocolate Vine
(*Akebia quinata*)

This beautiful, healthy vine produces lovely and unusual fragrant flowers that result in bizarre purple fruit. Very little of the fruit is edible—just the goo around the seeds tastes custardy and mildly sweet, while the rest of the fruit is bitter. The plant is a vigorous trellis-vine, even in partial shade, and regrows after hard frosts. Needs cross pollination. Roberts Way.



“Maypop” Passionflower fruit
(*Passiflora incarnata*)

Maypops are a type of passionfruit/liliquoi native to the East Coast with tart, exotic flavored gelatinous flesh around the seeds in a yellow-green ball shaped fruit. The maypop must have cross-pollination to produce fruit. The maypop dies back with winter frosts and grows new vines each spring. Janes, K St and Zehdner in Arcata.



Chocolate Berry/Himalayan Honeysuckle (*Leycestria formosa*)

Chocolate berries are pungent, tasting just like bitter dark chocolate mixed with red wine. They grow into a modest bush and fruit prolifically. This honeysuckle species is from the Himalayan mountains. Foster Ave.

Common Fruit Pests



-“Cherry slugs” are actually sawfly larvae covered in slime. They are not affected by Bt bacteria, but die if sprayed with NEEM or “Safer Soap” mixed with pyrethrins.



-“Currant worms” are also sawfly larvae and have no response to Bt. Manual removal is very difficult, but NEEM or “Safer Soap” mixed with pyrethrins works.



-The Spotted Fruit Fly arrived in CA in 2008, and is a serious pest to all soft fleshed fruits. Eat fruit punctually or it will turn into goop with fruit fly larvae.



“Cascade”, “Willamette” and “Shasta” Hops
(*Humulus lupulus*)

Cascades and Shasta provide medium-sized buds and heavier yields, while Willamette has a lighter yield of very large buds. This beloved bud of beer brewers grows surprisingly well around the Bay. The dried flowers, “hops,” are used to flavor beer and some teas, and the vine does double-duty as decorative greenery. Janes Road, CCAT gardens, Bayside, Roberts Way.



“Blue Dream,” “707 Headband,” “Gorilla Glue,” “Purple Panty Dropper” & “Northern Lights” Cannabis (*Cannabis indica x C. sativa*)

Growing marijuana indoors accounts for 5% of California’s electricity use and associated greenhouse gas pollution, while growing outdoors on the Bay is possible with many varieties of marijuana even in the misty bottom land. Plants may be half-size without a greenhouse, but still be healthy and productive. Grown on Stewart Ave, Tilley Court and Foster Ave in Arcata.



Salmonberry
(*Rubus spectabilis*)

Salmonberry is a native that will grow to 10+’ in dappled shade, but it is a sparse fruit producer and its berries are mild. Found in sunny patches of local Redwood forest groves.

Thimbleberry
(*Rubus parviflorus*)

Thimbleberry is a native raspberry that will grow to 8+’ in dappled shade. It has tart, brightly flavorful berries that ripen best in dappled light, such as in the understory of the Arcata Community Forest and along the Eel River. Lee Ann Dulco, a local Wiyot elder, makes the most incredible thimbleberry jam with berries she collects with her father—they have tiny seeds and huge raspberry flavor.





California Blackberry
(*Rubus ursinus*)

Our native California Blackberries fruit in the Dunes in July, a month or more before the invasive Himalaya blackberries. The native berry is distinctly more flavorful, making a fruitier jam and a more enjoyable handful. Unfortunately they can be light bearers for the amount of thicket they create, and they require direct sun to sweeten up. Natural thickets with enough berries to make it worth your while are found on the North Jetty near the airport/drag strip.



Triple Crown Thornless Blackberry
(*Rubus ideaus*)

The Triple Crown Thornless is a superb berry—named for its three pre-eminent traits: flavor, productivity and vigor. It will give you fresh berries for a month straight. If you have room for only one blackberry, this is a great choice. The berries are enormous, and sweet. Foster Ave.



Boysenberry, var. "Nectar Berry"
"Rubus spp x"

Boysenberries were developed accidentally in California through multiple crosses, but became a national best-seller for their plump, juicy, complex flavor. Boysenberries are tart on the Bay, but the "Nectar Berry" variety is better suited to our cool summers. Foster Ave and Western Ave.



Raspberries
(*Rubus ideaus*)

Many raspberry varieties, both yellow and red, are successful around the Bay. They prefer to be mowed down every year or two so the roots can grow healthy new stems. Raspberry fruits are wonderful and their leaves make an excellent tea. Do not mulch with pine or you will introduce a deadly virus to your raspberries.



Marionberry
(*Rubus L. subgenus Rubus*)

The marionberry is our most productive berry on long, heavily fruit laden canes. They are perfect for trellises and training on fences or the side of your house. The berries are sour until almost overripe—they're best in smoothies or cooked in pies and preserves. Foster Ave and Roberts Way.



"Albion," "Seascape," "Hood Junebearing," "Tristar," & "Chandler" Strawberries
(*Fragaria x ananassa*)

Many different varieties of garden strawberries will grow around the Bay, but local strawberry farmers say Albion is most resistant to the Spotted Fruit Fly larvae. Seascape and Chandler are large and productive. Gardeners appreciate the flavors of Tristar and Hood Junebearing. They do very well with straw bedding to keep down weeds, prevent berry rot and deter slugs. Rice straw is high in silica and resists rot best in our climate.



Loganberry
(*Rubus x loganobaccus*)

Loganberries are a hybrid of particularly flavorful blackberries and raspberries accidentally created in 1883 by a Santa Cruz lawyer. They ripen early and set large numbers of berries that are not ripe until purple. Loganberries are sweet enough to enjoy off the bush and can replace blackberries and raspberries in jam and pie recipes.



Tayberry
(*Rubus fruticosus x ideaus*)

Many local gardeners think Tayberries are the very best kind of Rubus berry (blackberry, raspberry, etc.) that grows on the Bay. Tayberries are a boysenberry/raspberry cross, highly productive, disease resistant, lovely tasting, and easily trained to trellises or propped up with wires. The canes can grow 9' 14' long, so give them space. Foster Ave & Tilley Court.



Beach Strawberry
(*Fragaria chiloensis*)

The native beach strawberry of the Humboldt Bay is one of the two species of strawberry that were hybridized to make domesticated strawberries. The fruit is small and sweet, while the plant spreads vigorously with runners that can make a thick and attractive ground cover.



Panther Lily (*Lilium pardilinum*)
and
Columbia Lily (*Lilium columbiana*)

The Panther Lily likes moist soil and is found only in California. Its edible bulbs have been harvested by indigenous people for millennia, and it was much more common in years past. The orange with red-speckles Columbia Lily can be harvested for both its delicate petals and edible bulbs, which are peppery and somewhat bitter.



Soap Root
(*Chlorogalum pomeridianum*)

This fibrous native has numerous medicinal uses and was traditionally used as soap, with the outside fibers bundled to make a scrubby brush—supper, soap and scrubber all in one. It is unpalatable unless roasted like a potato, but it is still very fibrous. The flowers are fragrant in the evening to attract moths.

Brodiaea californica leptandra
and
Tritelia laxa

The natives *Brodiaea* at left and *Tritelia* at right are small lily-like flowers with abundant and edible bulbs that were a main ingredient in pre-Settlement indigenous meals, and now a valued but rare ingredient in traditional meals.



Fungus and Bulbs: Fruits of the Earth



Blewits (*Clitocybe nuda*)

Blewits are delicious, colorful and like to eat fresh lawn clippings. They were planted in a garden bed heavily mulched with wood chips, but popped up in the lawn 20' away. Tasty and fragrant. Local culinary mushroom expert Bradley Thompson has a 20% success rate of "planting" mushrooms in his garden in layers of wood chips and green waste. Foster Ave.



King Stropharia
(*Stropharia rugosoannulata*)

Stropharia were historically grown with corn in Europe because they supported corn health with their habit of eating nematodes (microscopic worms). They can grow large and meaty, and like most mushrooms they taste delicious fried in butter and garlic. Roberts Way, Fungaia Farms on Old Arcata Rd.



Wavy Caps
(*Psilocybe cyanescens*)

These edible hallucinogenic mushrooms have purple spore prints and bruise blue after a minute when the stem or cap is squished. There are many look-alikes that do not have purple spore prints and blue bruising. They can be grown in the pathway and mulching around fruit trees on fresh wood chips, except redwood which does not support their growth.

Tomatoes (*Solanum lycopersicum*)

The essential thing to know about growing tomatoes around the Bay is that they should ripen in less than 70 days, and give them space to get air movement to dry off after fog or rare summer rain. Sadly, extended wet and cold growing conditions will kill the entire tomato plant.

All tomatoes that ripen fruits within 55-70 days are good candidates around the Bay. Some smaller and cold-hardy varieties that have done well include:

San Francisco Fog*- firm, **best tasting** saladette
Mountain Princess*- **fastest ripening** slicer, compact and productive growth, very little flavor
Mountain Magic*--saladette
Stupice* - saladette
Cherry Tomatoes*—all varieties
Moscovich* - a big slicer with little taste
Early Girl* (DNA patented by Monsanto)--slicer
Oregon Spring - slicer
Principe Borghese-small tomatoes for drying
Siberian - saladette
Siletz - slicer
Sub Arctic Plenty - saladette
Thessaloniki - saladette
Willamette - slicer
Alaskan Fancy - paste
Crimson Sprinter - saladette
Glacier - saladette
Legend - slicer
Marmande - saladette
Matina - saladette

***Most successful varieties**

Hot Weather Annuals



Sweet Pepper "Elephant Ears" (*Capsicum annuum*)



"Deux des Landes Basque" (*Capsicum annuum*)

If given enough time (e.g. 80 days), some peppers can ripen in the cool summer weather on the Humboldt Bay. The Serbian paprika-type "Elephant Ears" sweet pepper is meaty and sweet, and the only non-hot pepper that turns red on the Bay. Hot peppers include **Red Rocoto** from the cool Andes mountains, the hot frying pepper "Doux Des Landes Basque" from alpine southwestern France, and the Serrano pepper "Tampiqueno" on Mad River Road, Foster Ave, and Blakeslee in Arcata.



"San Francisco Fog"



"Georgia Jet"

"Georgia Jet" and "Beauregard" Sweet Potatoes (*Ipomoea batatas*)

These two varieties of sweet potatoes are highly productive and among the fastest to harvest with 80-90 days of "normal" summer in the Northeast, but on the Bay we have less than 70 days of growing time so they produce light harvests. They are also especially favored by gophers. Mad River Hospital.

"Golden Bantam," "Spring Treat" and "Sugar Dot" (*Zea mays*)

The three varieties of sweet corn that produce at all still have modest harvests on a good year due to lack of spring ground heat and summer ripening heat. The Golden Bantam at left is a genuine heirloom, the corn that started the yellow sweet corn craze in 1902 when it came out in the Burpee catalogue. Spring Treat (not pictured) looks like Golden Bantam, but is a hybrid seed. The bicolor hybrid Sugar Dots at right is noted for starting "vigorously" in cool soils like ours. A few varieties of feed corn and decorative corn will grow small ears, but according to Paul Giuntoli, a 4th generation Bottoms farmer, "the others just give a pretty stalk." Bottoms farms and the Mad River Hospital farm.

