



PAWPAW PICKIN'S



State Chapter:
Ohio Pawpaw Growers
Association

Spring 2013

Volume 13, Issue 1

2013 OPGA Annual Meeting & Grafting Workshop

After last year's annual meeting at Fox Paw Ridge Farm, Adams County, the Board of Director's and Executive Committee felt that it was time to select a permanent home for the OPGA annual meeting. We have chosen a different location each year for 13 years. We have been to Wilmington College twice before and they have been excellent hosts. They would like to begin a pawpaw orchard to provide fresh fruit for their dining hall. The college is located off of I-71 and is easily accessible from both north and south.

The only objection that we heard was that we would no longer visit pawpaw plantings around the state. After a short discussion, it was decided that we could visit pawpaw plantings around the state later in the spring or summer. If you are interested in hosting a visit to your N. A. pawpaw planting, please let us know so that we can schedule a tour.

Mr. Brad Bergfurd will be our speaker at the 2013 Annual Meeting. Brad has worked for Ohio State University Extension and the Ohio Agricultural Research and Development Center (OARDC) for the past 24 years. He conducts specialty crops research and demonstration field trials at the OSU South Cen-

ters Research Farm located in Piketon, Ohio. His field research includes vegetable, melon, strawberry, pumpkin, pawpaw, hops, high tunnel and drip irrigation management. Extension education programming includes high value specialty crop production, Integrated Pest Management (IPM) and marketing.

Again this year, we will provide those who pay the full registration fee a potted N. A. pawpaw plant to graft and take home. A selection of pawpaw scion wood will be provided. Don't miss this opportunity to learn grafting techniques from the best.

The registration for the OPGA Annual Meeting on May 18 and the directions to Wilmington College can be found on page 7 of this newsletter. Be sure to communicate with Ron Powell so that we can have an accurate headcount for lunch, N. A pawpaw plants, scion wood, grafting handouts, grafting supplies, etc..

We receive requests for information and questions about our activities. All of this information is just a few mouse clicks away on the NAPGA/OPGA website at

Ohiopawpaw.com

All of our past newsletters are archived at Ohio State University AG link on our website.

Mission Statement

NAPGA

is an organization of pawpaw enthusiasts and backyard and commercial pawpaw growers, small and large, dedicated to promoting the superior traits of the pawpaw plant and fruit, developing a pawpaw industry and marketing plan, preserving and studying the wild pawpaw genetics.

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Please check your mailing label for membership status.

Brewing With Pawpaw

by Greg Hoertt

Have you decided what you're going to do with all that pawpaw fruit you have in your freezer? Have you ever thought of making beer?



Home brewing is a fun, interesting and tasty way to use your pawpaw fruit. Pawpaw adds a unique flavor to many different styles of beer and half the fun is trying to decide which style you'd like to brew.

One of the easiest ways to get started in home brewing is to purchase an ingredient kit from your local homebrew supply store. An ingredient kit

will produce a specific type of beer and will include the ingredients and instructions for brewing the beer.

Ales are easier than lagers for the beginning brewer. Probably one of the best beers for brewing with fruit is the German wheat beer, or weizen. Other beer styles that work well with fruit are Belgian ales and pale ales.

Getting Started. You will need some basic equipment, such as a large stainless steel stock pot and spoon, an outdoor gas burner (like those used with turkey fryers), a thermometer, fermenting vessel (carboy) or two, bottles, and caps. Equipment can be purchased individually or as a kit, which usually costs \$100-\$500 depending on the equipment included and its quality.

It's a good idea to review a good book, such as *Brewing Quality Beers: The Home Brewer's Essential Guidebook* by Byron Burch and "how-to" Internet resources to learn about sanitization, boiling, fermentation and carbonation. It's also helpful to have a brew partner to share in expenses and to help with the brewing process.

Many local homebrew stores, including Brewtensils located in Dayton, OH, provide basic brewing courses

for a nominal fee and homebrew hobbyists are often more than willing to share their favorite recipes and tips for a successful brew.

Brewing. The process of making beer is fairly simple. Water is combined with grains, malts and hops and boiled for approximately one hour. This mixture is referred to as the wort. After the wort is chilled, it is poured into a sanitized fermentation vessel, where yeast is added and the mixture allowed to ferment for up to one week. This step is called the primary fermentation.



The fermented mixture is then transferred to a second fermenting vessel to which the pawpaw puree is added. Pectin enzyme is also added to improve the clarity of the beer and to enhance the flavor of the fermented fruit. This step is called secondary fermentation. The secondary fermentation usually takes one to two weeks, depending on the type of beer being brewed.

After completion of the secondary fermentation, priming sugar (corn sugar) is added. The priming sugar serves as a food source for the yeast, which will produce carbon dioxide, adding effervescence or carbonation, as the sugar is consumed.

Bottling. The final step is bottling the beer. The homebrew is transferred to sanitized bottles and capped. Your pawpaw homebrew will be ready to enjoy in approximately two weeks.



2012 North American Pawpaw Fox Paw Farm Production

Variety	Location	7/24-9/1 Oz	7/24-9/1 # fruit	7/24-9/1 Av Wgt	9/2-10/11 Oz	9/2-10/11 # fruit	9/2-10/11 Av Wgt	Total Oz	Total # Fruit	Final Av Wgt
Green River Belle	Butler Cty 1	726.9	201	3.6	46.8	11	4.3	773.7	212	3.6
KSU 2-11 # 2	Butler Cty 1	175.2	90	1.9	579.2	214	0.0	754.4	304	2.5
KSU 2-11 #1	Butler Cty 1	200.8	104	1.9	337.2	129	2.6	538.0	233	2.3
KSU 2-7	Butler Cty 1	27.8	15	1.9	482.4	170	0.0	510.2	185	2.8
KSU Atwood	Butler Cty 1	147.8	64	2.3	73.0	32	2.3	220.8	96	2.3
Misc	Butler Cty 1	25.0	8	3.1	0.0	0	0.0	25.0	8	3.1
Mitchell	Butler Cty 1	574.8	158	3.6	218.0	57	3.8	792.8	215	3.7
NC-1	Butler Cty 1	767.6	148	5.2	79.6	24	3.3	847.2	172	4.9
Overleese	Butler Cty 1	535.1	139	3.8	45.6	13	0.0	580.7	152	3.8
PA Golden #1	Butler Cty 1	452.0	169	2.7	13.0	5	2.6	465.0	174	2.7
Rebecca's Gold	Butler Cty 1	524.4	111	4.7	59.0	13	4.5	583.4	124	4.7
SAA Zimmerman	Butler Cty 1	1240.5	288	4.3	242.6	55	4.4	1483.1	343	4.3
Seedling	Butler Cty 1	29.4	31	0.9	124.4	92	1.4	153.8	123	1.3
Shenandoah	Butler Cty 1	191.0	54	3.5	253.8	62	4.1	444.8	116	3.8
Sue # 1	Butler Cty 1	288.7	117	2.5	590.8	228	0.0	879.5	345	2.5
Sue # 2	Butler Cty 1	195.0	85	2.3	100.4	85	1.2	295.4	170	1.7
Sunflower #1	Butler Cty 1	659.1	121	5.4	483.8	109	4.4	1142.9	230	5.0
Sunflower #2	Butler Cty 1	100.4	35	2.9	234.6	69	3.4	335.0	104	3.2
Sweet Virginia	Butler Cty 1	27.2	6	4.5	44.4	11	4.0	71.6	17	4.2
Taylor	Butler Cty 1	157.8	76	2.1	0.0	0	0.0	157.8	76	2.1
Wilson # 1	Butler Cty 1	523.6	317	1.7	66.2	38	1.7	589.8	355	1.7
Wilson # 2	Butler Cty 1	30.0	14	2.1	128.0	70	1.8	158.0	84	1.9
Allegheny	Butler Cty 2	47.2	14	3.4	0.0	0	0.0	47.2	14	3.4
IXL	Butler Cty 2	452.8	120	3.8	128.0	35	3.7	580.8	155	3.7
KSU 2-11	Butler Cty 2	3.6	2	1.8	43.0	11	3.9	46.6	13	3.6
KSU 2-7	Butler Cty 2	110.4	91	1.2	0.0	0	0.0	110.4	91	1.2
KSU Atwood	Butler Cty 2	994.2	246	4.0	197.6	42	0.0	1191.8	288	4.1
Lynn's Favorite	Butler Cty 2	371.8	110	3.4	0.0	0	0.0	371.8	110	3.4
Mary Foos Johnson	Butler Cty 2	175.6	65	2.7	3.2	1	3.2	178.8	66	2.7
Misc	Butler Cty 2	71.6	26	2.8	6.2	3	0.0	77.8	29	2.7
NC-1	Butler Cty 2	143.4	23	6.2	71.8	11	6.5	215.2	34	6.3
Overleese - rear	Butler Cty 2	262.4	69	3.8	0.0	0	0.0	262.4	69	3.8
Overleese - fr	Butler Cty 2	221.0	52	4.3	9.4	3	3.1	230.4	55	4.2
Potomac	Butler Cty 2	0.0	0	0.0	11.6	6	1.9	11.6	6	1.9
Prolific	Butler Cty 2	60.2	20	3.0	67.5	22	3.1	127.7	42	3.0
Quaker Delight	Butler Cty 2	135.6	49	2.8	0.0	0	0.0	135.6	49	2.8
Rapahannock	Butler Cty 2	131.6	85	1.5	0.0	0	0.0	131.6	85	1.5
Rapahannock	Butler Cty 2	58.6	39	1.5	0.0	0	0.0	58.6	39	1.5
Seedling	Butler Cty 2	4.0	1	4.0	17.4	3	5.8	21.4	4	5.4
Shenandoah - fr	Butler Cty 2	329.1	70	4.7	125.0	29	4.3	454.1	99	4.6
Shenandoah - r	Butler Cty 2	121.8	29	4.2	58.0	15	3.9	179.8	44	4.1
Sunglo	Butler Cty 2	39.4	15	2.6	0.0	0	0.0	39.4	15	2.6
Susquehanna - fr	Butler Cty 2	16.6	2	8.3	0.0	0	0.0	16.6	2	8.3
Susquehanna - r#a	Butler Cty 2	59.6	11	5.4	27.8	6	0.0	87.4	17	5.1
Susquehanna - r#b	Butler Cty 2	29.2	10	2.9	0.0	0	0.0	29.2	10	2.9
Taytwo	Butler Cty 2	290.6	86	0.0	0.0	0	0.0	290.6	86	3.4
Tollgate	Butler Cty 2	219.2	77	2.8	9.0	2	4.5	228.2	79	2.9
Wells	Butler Cty 2	222.4	43	5.2	111.8	21	5.3	334.2	64	5.2

I chose not to include the harvest from the farm in Adams Co., OH this year due to a severe wind storm on or about August 18. Most of the fruit was knocked off by the high wind. Very little fruit was harvested at the farm after August 18. The farm was in extreme drought and the high temperatures resulted in very little fruit.

I will go back and summarize the harvest data collected over the past several years next year. This task has become very demanding and I will no longer record the total harvest from every tree that is producing fruit. I will collect data from new varieties that are beginning to bear fruit.

I will be collecting different data next year that has not previously been collected to add to our knowledge.

As the chart shows, our N. A. pawpaw harvest began on July 24 and ended on October 11. This is about 1 week earlier and 1 week later than last year. The chart again shows which fruit ripens early, late and across the entire harvest season. IXL, NC-1, Green River Belle, and Mitchell were among the earliest to ripen. Wells, Sunflower, Sue and Prolific were the latest fruiting cultivars.

Native Plants + Horticulture + Fresh-Picked Foods

A Recipe That Created New Work for an Artist

by Karen Sandorf, Pittsburgh, PA

As you go about pruning and in all ways preparing for the coming growing season, I prepare for the upcoming season by putting edible and other plants on canvas and paper. Combining professional art and design skills with a love of native plants, gardening and eating well has opened a new chapter in my work and life.

During my final year of art studies and studio work at Penn State University, I lived in a neighborhood that bordered a cornfield and was within walking distance of main campus (you may know that PSU is my home state's land-grant university, chartered in 1855 to create one of the first US colleges of agricultural science). I loved living in that mix of agriculture, small town and university near mountains. Nature was often a general subject in my work then, but it was not until years later that backyard gardening led me to draw and paint the native and edible fruits of my labor.

During college summers, I was fortunate to find a great job at a place in the western Maryland mountains near my hometown. Five days a week, I dressed in long calico skirts and demonstrated early American crafts to travelers who stopped at Penn Alps Craft Shop, Restaurant and Artisan Village. The woman who brainstormed the creation of this place in the 1950s, Dr. Alta Schrock, invested her life helping to make Penn Alps a successful enterprise for the benefit of the community, not for personal profit. She supported herself as a professor of biology, and when time allowed, she took me and other summer help on wildflower identification walks.

For many years after college, I, then my husband and I, traveled our local mountains and the western US national parks, identifying and photographing native plants as we went.

After years of employment as a graphic designer and illustrator, one day I was digging in my native plant garden and realized that here was a perfect subject for my art and design skills. Having completed Master Gardener training at about that time, I decided that the colorful edibles I grew in my small kitchen garden were great subjects for my art works, too.

The graphic designer in me wanted to provide written information with my art, and with that first effort, my native plant series, I included habitat information on the back of each illustrated note

card. With the kitchen/garden series, I wanted to celebrate not just healthy eating but also the unsung local growers who year in and year out labor to grow food in our own communities — the freshest and most efficiently produced foods available to all of us.

I found a partner in a non-profit, the Produce for Better Health Foundation. PBH generously offered me selections from their enormous collection of recipes for reprint on the back of note cards that I create. A fruit or vegetable featured in a recipe is the colorful subject of my illustration on every card front. Each card back also bears the message "BUY LOCALLY GROWN/ GROW YOUR

OWN." And when space permits I've added a gardening tip or suggestions on varieties to try.

Last year I thought it might be interesting to create a group of recipe note cards that specifically featured edible native plants. This group includes some things that were already a part of the series: blueberries and cranberries. To them I added sugar maple (syrup) ... and brilliantly colored North American pawpaw fruits.

Almost ten years ago, before these art works began,



(Continued on page 5)

I was curious about our native North American pawpaw and ordered frozen puree from Integration Acres in Albany, Ohio. From our home in Pennsylvania it traveled by car with us to a Thanksgiving family reunion on the Outer Banks of North Carolina, where I used it to make pawpaw ice cream for that holiday meal. I tasted it for the first time with my extended family and loved the flavor — the creamy sweetness of it.

PBH has a huge variety of recipes, but my search for pawpaw took me to the Internet. I found the Ohio Pawpaw Growers Association online and contacted Dr. Ron Powell. His wife, Terry, generously shared recipes she has adapted to use our largest native fruit.

After years of working primarily at a computer station as a designer, offering my art in juried shows and exhibiting at garden and food events has become a wonderful way of interacting with my community. There are some farmers markets in my area that are open to artist vendors, and these venues offer different and fun ways to reach people who already appreciate using fresh foods from local growers. I meet fellow gardeners there all the time, and it's my opportunity to supplement what I grow in my small suburban plot with the fresh-picked goodness that market growers provide in great abundance.

Both the native plant and the kitchen/garden series are works in progress, with new pieces added year round. It's my hope that these art works give people a way to express values to others both with the note cards and with the fine art prints of my illustrations. If you're curious about my work, please go to **www.ksandorfgallery.com**. These art works are purchased for resale by museums, galleries, my local food co-op and other specialty shops. And I continue to work as a freelance designer and illustrator from my home studio. In recent years several organizations have hired me to illustrate and design for print and signage on environmental education projects — another area of work that has opened since beginning these series.

The Ohio Botanical Symposium, a biennial event presented by the Ohio Division of Natural Areas and Preserves, is all about native plants. It takes place this April 5, 2013 at Villa Milano in Columbus, and I'll be there to attend as well as to show my work. If you're planning to go, please stop by and say hello!

Presidents Patch

by OPGA President, Ron Powell, PhD

These are exciting times in the world of North American pawpaws! Interest in growing and consuming pawpaws is continuing to grow. We are receiving a record number of phone calls and email contacts about pawpaws. I have identified 13 state coordinators in the surrounding states that will be a "first" contact in those states for the NAPGA. Most of these contacts are active members and in a couple of states where there are no members or a few known contacts they are not members but are interested in helping the NAPGA spread the word about the N. A. pawpaw.

We are facing challenging times regarding our newsletter. The postal service is changing its regulations regarding the paper that is used to print the newsletter. At this time, we are not exactly sure how the changes are going to impact the printing cost or postage of the newsletter. We will need to make a decision at this year's annual meeting to aggressively move toward an "E-membership" and an optional "Full membership" that will continue to receive the newsletter by mail. At this time, we request members to voluntarily choose between an electronic newsletter or a mailed copy. Future "Full membership" will require a higher level of membership dues.

This may benefit us since an electronic newsletter can be expanded with additional pages as the organization grows. With the current "paper" newsletter, we must add pages in increments of 4! We would like to encourage more of our members to contribute to the newsletter. If you have an idea for an article or would like to contribute an article or picture, be sure to pass it along.

I have spoken with Dr. Pomper, Kentucky State University, and he has tentatively agreed to hold the next International Pawpaw Conference in the fall 2016. This is the 100th anniversary of The Journal of Heredity contest in 1916. Mark your calendar!

- Ron

EGG-less Pawpaw Cake

by Terry Powell

1 2/3 cups all-purpose flour
1 cup packed light brown sugar
1 tsp. baking soda
1/2 tsp. salt
1/2 cup Pawpaw puree
1/3 cup vegetable oil
1 tsp. vinegar
1/2 tsp. vanilla



- Preheat oven to 350° F.
- Mix flour, brown sugar, baking soda, and salt.
- Add the pawpaw puree.
- Stir in the vegetable oil, vinegar, and vanilla.
- Stir until well blended. You don't need to use an electric mixer.
- Pour into ungreased square pan, 8x8x2.
- Bake until for 35 to 40 min or until a wooden pick inserted in center comes out clean.

This recipe does not contain spices because most people don't want to obscure the delicate taste of the pawpaw. If you prefer to use a spice, use sparingly. No more than 1/4 tsp. of spice, if used.

The cake is good warm without frosting but you can use vanilla or cream cheese frosting.

Refrigerate any left over cake.

Wilson N. A. Pawpaw

by Derek Morris, Winston-Salem, NC

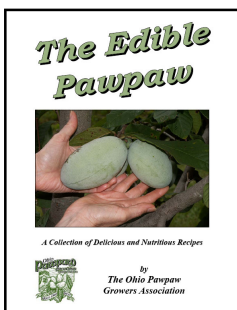
According to the Kentucky State University pawpaw website, 'Wilson' is a variety discovered on Black Mountain in Harlan county KY by John V. Creech in 1985. In my observance 'Wilson' is a fast growing variety that quickly comes into production. It tends to be more upright in its growth compared to many others and is a very productive variety.

In my opinion the fruit of 'Wilson' is of average quality. It is not the best variety but is certainly not the worst. The trick with this variety is in knowing when it is best for consumption. Like the variety 'Mango' it does not age well at all becoming too strong with bitter notes. This is not appealing to most consumers.

As stated earlier, 'Wilson' is a very productive variety and its mostly small to medium sized fruits are quite good if eaten in a timely manner, that is — mostly before any skin darkening or blotching. 'Wilson' is also a very attractive fruit in that it displays a lot of skin yellowing when just ripe. Unless consumers are educated on when to consume 'Wilson', it is probably best utilized as a processing variety. Like 'Mango' it needs to be processed before aging much since the quality goes downhill rather quickly. Its fruits typically are roundish oval in shape and according to the KSU website average weight is 90 grams and 130 fruit per tree. 'Wilson' portrays typical golden yellow flesh with average number of seeds. In my experience it ripens in mid season, not as early as 'Overleese' but not as late as 'Sunflower.'

Request for Pawpaw Recipes

"The Edible Pawpaw" recipe book is **sold out** and we have reprinted 100 copies.



It's time to begin work on a second North American Pawpaw cookbook! Please send your pawpaw recipes and suggestions to

Ron Powell
6549 Amelia Dr.
Cincinnati, OH 45241

or

Email: Botrytis@fuse.net



L to R — Jeremy Lowe, Dr. Ron Powell, Dr. Kirk Pomper, & Jerry Lehman at Kentucky State University on February 28, 2013. Photo taken by Jim Gilbert.

Don't let your OPGA membership lapse. Check your mailing label, call Ron or send him an email. Don't miss any important benefits of OPGA membership.

Directions to OPGA Annual Meeting & Workshop at Wilmington College

Saturday, May 18, 2013

Registration begins at 9 am / Meeting begins at 10 am

From Cincinnati:

- North on I-71 to SR 73 (Exit 45).
- RIGHT on SR 73 to Wilmington (approximately 7 miles).
- Turn RIGHT on Mitchell (First red light off I-71) and LEFT on Wayne (old SR 73) go toward Fairgrounds
- Merging LEFT onto Main Street. Continue through city center to College Ave.
- RIGHT on College Ave.
- Kettering Hall is on the left just before Elm St.

From Columbus:

- South on I-71 to US 68. LEFT on US 68 to Wilmington.
- Turn RIGHT on Mitchell (First red light off I-71) and LEFT on Wayne (old SR 73) go toward Fairgrounds
- Merging LEFT on Main St. to College Ave. (Main entrance to Wilmington College).
- RIGHT on College Ave.
- Kettering Hall is on the left just before Elm St.

From Dayton:

- East on SR 73 crossing over I-71 and continuing approximately 7 miles to Wilmington
- Turn RIGHT on Mitchell (First red light off I-71) and LEFT on Wayne (old SR 73) go toward Fairgrounds
- RIGHT on College Ave.
- Kettering Hall is on the left just before Elm St.

If you get lost, call Ron @ 513-382-9031

2013 OPGA Registration Form

By Mail: Complete the information section below and return with the registration fee to:

NAPGA / OPGA, % Ron Powell, 6549 Amelia Dr., Cincinnati, OH 45241

\$12 — each for NAPGA / OPGA members in good standing

\$15 — each for non NAPGA / OPGA members

Or by Phone: Ron Powell @ 513-777-8367 **or E-mail:** Botrytis@fuse.net

Completed registrations by May 7th are appreciated.

Please make checks payable to: NAPGA or OPGA.

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Pawpaw Pickin's

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Cincinnati, Ohio 45241**

Spring 2013



NAPGA/OPGA Dues

Please check the mailing label when your dues expire. We are now able to print mailing labels with each member's anniversary date. Dues are now be collected on your anniversary date.

Please renew your membership in NAPGA/OPGA to show your support. Your continued support is needed for education about and promotion of North American pawpaws.

Go to the OPGA web site, **Ohiopawpaw.com**, for a membership form.

Membership dues are: **\$15.00 — individual membership**
\$20.00 — family membership

Send dues to: **NAPGA / OPGA, % Dr. Ron Powell**
6549 Amelia Dr., Cincinnati, OH 45241

Ron Powell, Ohio - Chapter President
Greg Hoerrt, Ohio-Chapter 1st - Vice President
Tony Russell, Ohio - Chapter 2nd Vice President
Dave Simpson, Ohio - Chapter Treasurer
Terry Powell, Ohio - Secretary
Deanna Powell, Ohio - Web Mistress
Dale Brooks, Alabama
Lee Brumley, Indiana
Cliff England, Kentucky
Gary Gottenbusch, Ohio
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2013**

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www.Ohiopawpaw.com

Pawpaw Pickin's is published bi-annually by the NAPGA/OPGA, an organization dedicated to advancing education and knowledge of North American pawpaw culture, encouraging the planting of pawpaws, the management of native pawpaws, and perpetuating the utilization of all N. A. pawpaw products.