



PAWPAW PICKIN'S



State Chapter:
Ohio Pawpaw
Growers
Association

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*Spring 2018
Volume 18, Issue 1*

President's Patch

- Ron

Plans for the 2018 OPGA/NAPGA annual meeting are almost complete. Mark Stadler has done a fantastic job to complete the agenda, and has speakers from Ohio State University (Brad Bergefurd and Matt Davies) and Susan Owen from North Carolina as the special speaker lined up for the meeting. **The focus of this year's annual meeting will be on establishing a NA pawpaw orchard.**

Susan Owen is the owner of The Lilly Patch Farm in Vilas, NC. She is not only enthusiastic about the NA pawpaw but has a pawpaw orchard. Her farm is the oldest organic farm in Watauga, NC with 42 acres and consists of "a reimagined greenhouse, a timber-framed pavilion by the pond, an old barn, wild flowers, orchards, fields, woodlands-all combine for perfect mountain wedding memories." She specializes in weddings and farm to table catering.

The annual meeting will be held at Wilmington College, Wilmington, OH from 9:30 am to 3 pm on May 19th. Registration begins at 8:45 am. Details and directions were in the last issue of the E-News (Vol. 5, Issue 2, 2018) that was sent out on March 14, 2018. Send me an email at Botrytis@fuse.net if you need a copy of this E-News.

NAPGA & OPGA past newsletters are archived at
Ohio State University, Piketon, Ohio

<http://southcenters.osu.edu/horticulture/publications/newsletters/Ohio-pawpaw-growers-association-newsletters>

The OPGA/NAPGA annual meeting will be held in the old Kettering Science Hall that has been renovated and expanded as the new Center for Sciences and Agriculture (CSA). This is the largest academic building on campus. **A registration form is on page 8 or you can call or email Ron (513-777-8367 or Botrytis@fuse.net) to register.**

I am feeling better but am still recovering slowly from something unknown and have additional specialists scheduled to see if they can identify what is causing my distress! Thank you for your cards, emails, and prayers they are all appreciated and welcomed.

We would love to hear from you regarding your pawpaws, and pictures are always welcome. It is preferable to have diverse articles written by our members and your input is invaluable for the success of the NAPGA & OPGA. We welcome your questions and suggestions for articles. Many of the articles come from your suggestions. If you would like to help the NAPGA/OPGA, we could use help with membership renewals and the Ohio Pawpaw Festival.

We hope to see you at our OPGA/NAPGA Annual Meeting in May.

Mission Statement

NAPGA

is an organization of pawpaw enthusiasts, 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 with Ron (Botrytis@fuse.net) regarding your membership status.

Pawpaw String

There were not many useful tools or items noted in literature that were made from the *Asimina triloba* tree. Those items that I can remember are: canoe paddles, wooden spoons, small kitchen utensils, moccasins, baskets and fish nets and stringers, etc. Fish



stringers & nets were made from the bark of the North American pawpaw tree. Making string from plant fibers (bark) is called cordage. Cordage can be made from many different fibers including dogbane, milkweed, straw, nettles, hemp, flax (leaves), cattail, willow, maple, linden, cedar (root), NA pawpaw, etc. Each of these plants has specific requirements for extracting and preparing the fibers. The literature states that there are only two basic ways for using plant fibers to make a cord: braiding and twining.



I have been after David Moore from West Virginia for a year or more to demonstrate how he makes string (cord) from the pawpaw bark. I finally caught up with Dave at the joint NAFEX/NNGA joint meeting in Tifton, GA last year. He said that making cordage (string or rope) is an old technique. In order to prepare the fiber to making cordage from the NA pawpaw, Dave said that the brown outer bark must be scraped off from the inner bark. The bark is pulled off the tree in long strips.

The strong, fibrous inner bark has long fibers and was used by the Native Americans and early settlers and the fibers were twined into cordage. Braiding is usually done with flat, split materials such as cattail or flattened straw. Twining is a strong string formed by two or more fibers twisted together.

Dave demonstrated how to make a single ply string. Start with a bundle of pawpaw inner bark cut into thin, long strips about the thickness of the finished string. Dave uses a "finger-twisting" technique because it is usually done completely in the hand with the finished string being wound on a bobbin or netting needle as you go. The left hand is used to control tension while your tight hand does the twisting. Begin as in Figure 1 then place the Y (the point where

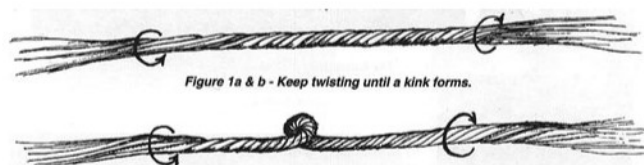


Figure 1a & b - Keep twisting until a kink forms.

the two plys come together) between your left thumb and fore finger. Take the lower of the two ply strands and twist it tightly clockwise un-

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Pawpaw String, cont.

til it begins to kink. Lock the twist in by closing your remaining three fingers over the strand

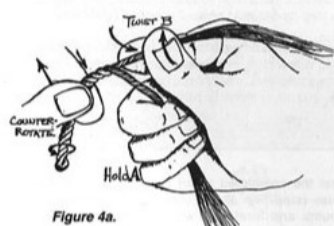


Figure 4a.

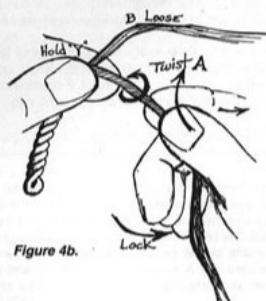


Figure 4b.

(see Figure 4a). While holding the twisted ply A securely, twist ply B with your right thumb and forefinger. As you twist, you should feel the completed string begin to twist counter-clockwise (step Figure 4b). Follow this motion with your left thumb and forefinger while maintaining even tension and a symmetrical Y. Next, move your left thumb up to the fork in the Y as before and repeat steps 1 and 2 until you need to add more fiber. It is possible to add more fiber to the string by placing the Y of the bundle of fiber into the V of the Y of your string. After the string is finished, you can cut or burn carefully off the overlap ends to make the string less fuzzy.



Dry surfaces tend to slip, so you should keep your hands and the fiber damp while you are working. Squeeze out excess water or your string will be loose when it dries.

Finger-twisting methods are best used when a small amount of string is being made or

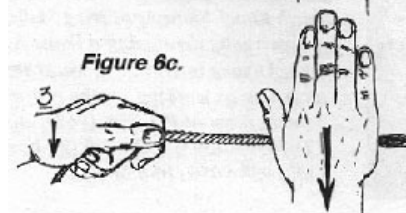
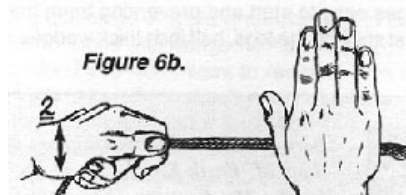
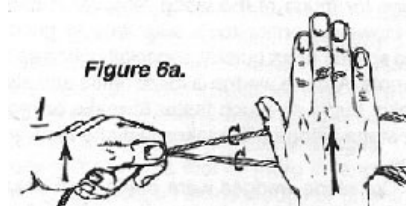
has to be very tight and even. When making mass quantities of string, it is much faster and easier on the hands to use the leg (thigh) rolling method. This is the way Dave makes his string. The principal is the same, but the twist is applied by rolling on the leg, rather than twisting

between the thumb and finger. The critical element in making this method work is having the right surface on which to roll. Traditionally, the bare left thigh is used. You can use pants, but these should



be tight around your leg, so they will not bunch up as you roll, and they should have a rough surface to give them traction. Keeping them damp is also critical. This method is illustrated in Figure 6a-c

(Note: the pictures show how to make a 2 ply



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Pawpaw String, cont.

string but steps are the same in making a 1 ply string.

Be sure to prepare as much fiber as you will be using during your session. Roll the layers away from you with your palm of your right hand. Your left hand holds the Y and follows the movement. This short description of making single ply string or cordage is just the first step in making the two-ply cordage. Pictures of Dave's homemade string are shown below.



References:

- 1). Jackson, Mario T. "The Indiana Banana." Indiana Native Plant and Wildflower Society, Winter 2005-06, pp. 10-11.
- 2). Primitiveways.com/cordage.html. Norm Kidder. "Making Cordage by Hand."
- 3). Moore, David. Personal conversation, August 14, 2017, Tifton, GA.

Be sure to see the E-News for the latest information on the OPGA Annual Meeting being held at Wilmington College, Wilmington, OH on May 19, 2018. A registration form can be found in the E-News as well as the agenda. Our guest speaker this year is Susan Preston Owen of Vilas, NC. She is the owner of The Lily Patch Farm that specializes in weddings and farm to table catering events.

PAWPAW CHEESECAKE

- 1½ cup graham cracker crumbs
 - 1 cup confectioner's sugar
 - 6 Tbsp. melted butter
 - 10 oz. Ricotta cheese
 - 16 oz. cream cheese, softened
 - 4 eggs, lightly beaten, plus 3 egg yolks
 - ¾ cup pawpaw pulp
 - 2 tsp. vanilla
 - ¼ tsp. salt
 - ½ cup sugar
 - Fresh strawberries or peeled kiwi for topping
- Mix together crumbs, confectioner's sugar and butter.
- Press over bottom and sides of a 9-inch springform pan.
- Mix together cheeses then add eggs and sugar.
- Stir in pawpaws, vanilla and salt.
- Mix until smooth & pour into springform pan.
- Bake at 450° for 15 minutes, then reduce heat to 350° for 30 minutes.
- Loosen sides when done and let cool for 30 minutes in pan.
- Remove and chill; serve with fresh fruit topping.



Missouri Outdoors

"How We're Cookin'!"

by Martha Daniels

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Cool Bot System

For the last several years there has been an increased demand for my North American pawpaws, so I was looking for a way to hold my freshly harvested pawpaws at the farm. I



decided to construct a 4' by 8' walk-in-cooler. With the help of my brother-in-law, I purchased the Cool Bot programmer, an insulated door,



am able to hold about 350 pounds of fresh fruit at home, but this is just one picking at the farm and then the need to haul it home just was not acceptable.

I needed to decide whether I was going to construct a small walk-in-cooler at the farm or purchase a used refrigerated trailer. I assessed what resources I already had at the farm, i.e., sheets of 4' x 8' x 5" foam, a small air conditioner (8 – 10,000 BTU) from my daughter, and most importantly sufficient space. So, I



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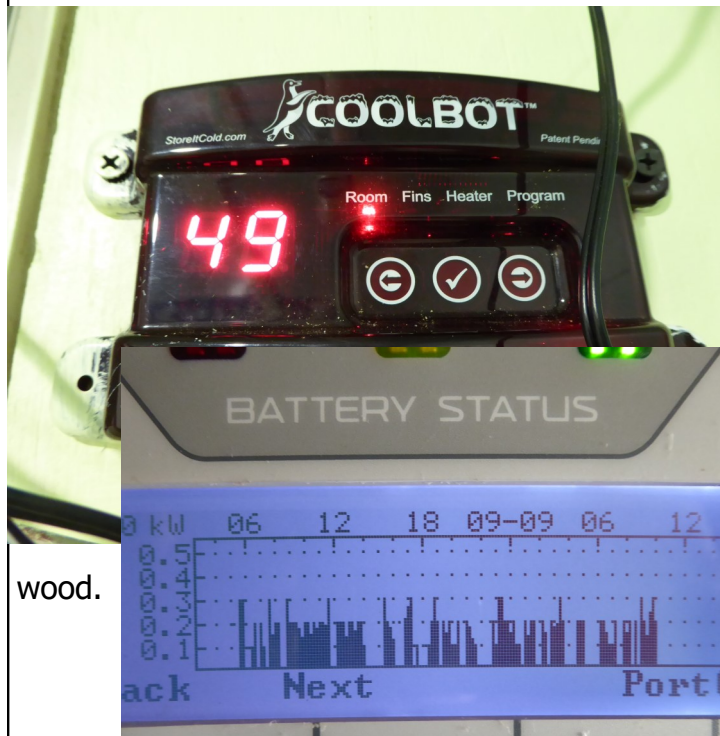
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Cool Bot System, cont.



several sheets of plywood, and wire and components to run a dedicated electrical outlet for the air conditioner.

I had an ideal corner of the basement free and the two just needed to be covered with green foam board. I decided to tie the ceiling of the cooler into the floor joists, adding the insulation as I went. The floor was covered with a piece of green foam and then covered with plywood.



The cooler wall studs were set 5' apart to accommodate the large foam sheets that were left over from the roof insulation. I have included some pictures to show how the construction progressed. I constructed one 10' wall and the short 4' wall was easy since this wall was where the door was to be installed so the door just needed top be framed in.

The air conditioner was set above the door so the cool air would blow the length of the cooler. The Cool Bot programmer was easy to install with the directions and trouble shooting information sheets were very helpful. Just be sure to read the Cool Bot System recommendations before you begin construction as they show many configurations of their system.

I had to adjust the probe that attaches to the fins because the air conditioner was not recycling correctly and the fins were freezing up. Once I had the probe set correctly, the unit worked correctly and no more ice on the fins. This is the probe that cycles heat on and off to make the air conditioner think that the room air temperature is warmer than it actually is.

I had a second minor issue with the Cool Bot unit but was not due to any malfunction of the unit itself. I have not mentioned that my electric is supplied by an off-grid system, about 7,000 watts during the day and drops to about 4,000 watts during the night. When I first set the Cool Bot programmer, I had it set at 45° F. With the heat probe misplaced and the temperature set at 45° F the fins froze up and the air conditioner ran all night, i.e., without any cycling off. This caused the batteries to discharge below their discharge default setting. Thus, causing the batteries to take longer to recharge the following day. So, when I checked the computerized solar system, there were red lights flashing due to it being cloudy resulting in the batteries not being fully charged! The system didn't shut down but ran for two days without fully charged batteries which is not good for batteries.

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Cool Bot System, cont.



to 50° F which is still better than 90° F in the full sun. I have attached a picture of the Cool Bot Programmer unit to show that the unit was now cycling on and off. I have not since had any

flashing red lights but I would certainly like to have the temp at 45° F but 50° F is still better than sitting out in the hot sun.

I was driving to the farm on Tuesdays, Thursdays and Saturdays to harvest fruit during the season. I began sorting and packing the ripe fruit in the field and moved it to the walk-in-cooler in stackable grape boxes. Several times I had over 1,000 pounds of fresh pawpaws in the cooler. I picked up the fruit on Saturday to be shipped on Sunday. I was able to turn the cooler off on Saturday and turn it on again on Tuesday.

Even with the walk-in-cooler, and harvesting fruit 3 days a week, I figured that I lost between 500 and 1,000 pounds or more of fruit due to the high temperatures during the harvest season, fruit being in the direct sun, causing sunburn on the fruit, *Phyllosticta*, and raccoons. Since Terry (spouse) retired this past year, I hope to do additional harvesting of the fruit this year.

In summary, 2017 was a successful year. Terry was happy because we processed no fruit and the majority of the harvested fruit was sold fresh. Unfortunately my inverter is maxed out at about 3700 watts and I can't add additional batteries until the present batteries are replaced. I may need to add additional batteries and panels but technology for solar panels and



I made the decision to up the temperature

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2018 OPGA Workshop Registration Form

The 2018 Annual Meeting will be held at Wilmington College on May 19th

Center for Sciences and Agriculture on College Ave

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 and \$15 - each for non-members

or

by Phone: 513-777-8367 or E-mail: Botrytis@fuse.net

Registrations by May 14th are appreciated so we can plan for lunch.

Please make checks payable to: NAPGA or OPGA.

The registration fee includes coffee and bagels at registration, and lunch. Please let us know a week in advance if you require a special diet or are vegetarian. A small NA pawpaw seedling and NA pawpaw scion wood to take home with you will be provided. A grafting demonstration will be presented by OPGA members. A visit to the Wilmington College farm NA pawpaw planting will take place in the afternoon, if weather permits.

Name: _____

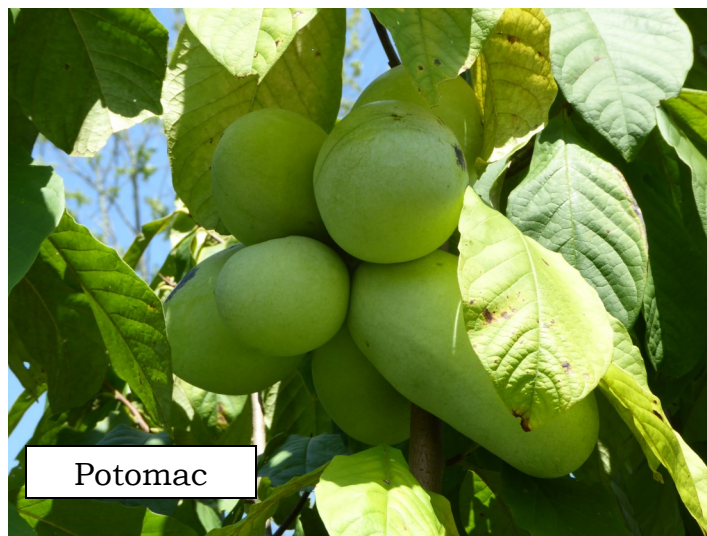
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Pawpaw Pickin's is published bi-annually by the NAPGA/OPGA, organizations dedicated to advancing the education and knowledge of North American pawpaw culture, encouraging the planting of pawpaws, the management of native pawpaws, and perpetuating the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

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