

Issue 114

April 2019

# SONGNEWS

*The Newsletter of the Society of Ontario Nut Growers and  
Eastern Chapter of the Society of Ontario Nut Growers*

**WWW.SONGONLINE.CA**

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## NUTS ABOUT HEARTNUT COOKING

This unique cookbook is the only book dedicated solely to the heartnut. The book is priced at \$12. Please add \$3.50 for mailing. For special quantity price, contact: Gordon Chinnick, Treasurer, 722 6th Concession Rd, Walsingham, ON N0E 1X0

**SONG Website:** www.songonline.ca

Be sure to check it for updates on meetings, read about nut farming, post your nuts or nut products to sell on line.

Send your free posting to: Ernie Grimo, President, 979 Lakeshore Rd, RR3, Niagara/Lake, On L0S 1J0 or Nut.trees@grimonut.com

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## Library Corner - Gord Wilkinson

This part of the page is now open to members who would like reference information or articles written by NNGA or SONG/ECSONG members. Gordon has a nearly complete set of NNGA Annual Reports and a complete set of SONG News issues to research.

## SONG/ECSONG Archive

Have you visited ECSONG? Click the tab at the bottom of the SONG website to see the work that was done there? If you click on the SONGNEWS tab, you will be impressed to find all of the SONGNEWS issues from the beginning of SONG in 1972. Enthusiastic member, John Sankey of ECSONG did this for all members and visitors alike. There is plenty of reading there for the new as well as old members. Enjoy!

## If you Haven't Renewed

Its time for your annual membership. Check your envelope for the year you are paid up. You can renew for 2019 now! Please renew now.



## Coming Events

### SONG SPRING AUCTION MEETING 2019

Our meeting has not been well attended at the Simcoe Experiment Station Hall. Better attendance seemed to be in or near Toronto. Thanks go to John Flys for finding & booking the King Heritage & Cultural Centre.

**FEATURING:** Nut trees galore and more. Trees being auctioned include hazelnut, hardy Persian walnut, ultra-northern pecan, hickory, heartnut, sweet chestnut, pine nut, ginkgo, and hybrids including hicans and buartnuts to name a few. As a change of pace, an assortment of unusual fruits and ornamentals may be auctioned. Each year brings different items and always surprises.

Members are encouraged to bring things to auction off. Please contact Ernie Grimo 905-934-6887 if you plan on bringing more than ten items. Come early. There is always time for discussion and sharing experiences. This is a money raising event for the SONG/ECSONG treasury. It receives 30% of the proceeds.

**DATE:** Sunday, May 5, 2019

**TIME:** 1:00 - 4:00 p.m. Members and visitors are always welcome. Cash or cheque only.

**LOCATION:** King Heritage and Cultural Centre, 2920 King Rd, King City, ON L7B 1L6 Note that this is a new location.

**DIRECTIONS:** Take Hwy 401 or Hwy 407 (toll road) to Highway 400 N. Exit King Rd E. Pass Jane St., King Heritage & Cultural Centre is on the left. 2920 King Rd has a cluster of buildings. SONG will meet in the old Laskay school house. <https://www.google.com/maps/place/King+Heritage+and+Cultural+Centre/@43.9241212,-79.5500000,15z>

### NORTHERN NUT GROWERS

Plan your summer vacation around the annual meeting of the NNGA. This year it will be held at the Graduate Hotel in Iowa City, Iowa. There will be 3 days of meetings and tours from Sunday July 28 to Wednesday July 31. As a bonus, the North American Fruit Explorers (NAFEX) group will share the days of the meeting. This is a meeting you would not want to miss when novices, experts and researchers detail their findings. There are discounts for members registering early. Check the website: <https://nutgrowing.org/>

### SONG FALL MEETING 2019

**ATTENDANCE is free.** All are welcome. A barbeque lunch will be provided.

**DATE:** September 14, 2019

**TIME:** 12 noon to 4 pm

**PLACE:** The meeting is at the farm of Earl Hughson & Roselyn Meissner. They have a beautiful location with a young hazelnut orchard at Nutcracker Ridge Farm, 10079 Regional Rd 1, Uxbridge ON L9P 1R2.

**AGENDA:** Lunch will be followed by grower reports, a follow up of the Grimo Hazelnut Breeding Project, an introduction to Nutcracker Ridge Farm and a farm tour. Other local historical and educational sites may be added attractions.

We welcome members to host or suggest locations for our fall meetings. Check the website for up to date information.

### ECSONG WINTER MEETING & AGM 2020

**ATTENDANCE:** It's FREE. All are welcome.

**WHEN:** To be determined.

**WHERE:** Tentative, headquarters of the Rideau Valley Conservation Authority, 3889 Rideau Valley Drive, Ottawa, which runs east of Prince of Wales Drive.

**WHAT:** Presentations related to nut trees.



## ECSONG EXPENDITURES & REVENUES – 2018

### Expenditures Reimbursed by SONG

Room Rental for Winter Meeting – Jan. 20th \$28.25

Covering Bernard Contre's Travel Costs to Jan. Winter Meeting \$75.00

Purchase of 6 Hybrid Hazelnuts & 3 American-Chinese Chestnuts

from Pepiniere Lafeuillee for planting at Baxter Cons. \$140.52

Booth – Kemptville Woodlot Owners Conf. – Feb. 21st \$85.00

Booth – Perth Festival of the Maples \$129.95

Booth – Riceville Wood & Forest Exhibition – Sep. 9th \$50.00

Booth – Trenton Woodlot Conference – Nov. 23rd \$120.00

TOTAL: \$628.72

### Expenditures NON-REIMBURSED by SONG

Rental Cost of School Bus for Sept. 15th Bus Tour (i.e. Valley Bus Lines) \$688.17

Cost of Manufacturing 24 ECSONG Caps

(i.e. Springboard Promotions) \$399.76

TOTAL: \$1087.93

### Revenue

September 15th Bus Tour \$765.00

Sale of all 24 ECSONG Caps \$432.00

TOTAL: \$1197.00

NET REVENUE (TRANSFERRED TO SONG in October) \$109.07

(i.e. Revenue Minus Non-Reimbursed Expenditures)

## SONG WINTER MEETING

The SONG winter meeting was a good success. There were about 25 members in attendance and SONG came out ahead happy, since we did not have meeting site expenses at the Simcoe Station Hall. Our meeting went well. Treasurer, Gordon Chinnick explained that SONG was in good shape but that membership was declining.

## ECSONG Winter Meeting and AGM

ECSONG held its Winter Meeting and AGM on Saturday afternoon, January 19<sup>th</sup> from 2pm to 5:30pm in the large board room of the headquarters of the Rideau Valley Conservation Authority in Manotick. Unfortunately, attendance was down due to wintry conditions either starting or anticipated to start at the locations of our more far flung members. Nevertheless, it was a great meeting for those who were able to attend. We had 3 exceptionally knowledgeable outside speakers – Owen Clarkin, a chemist, naturalist and tree educator who gave an A to Z review of all the nut and fruit producing shrubs and trees growing in the Eastern Ontario countryside; Rose Fleguel, who spoke on the Butternut Recovery Program, and Dr. Myron Smith, a fungi specialist in the Biology Department of Carleton University, who talked about American Chestnut Blight Hypovirulence. During the AGM the majority (6 members) voted in favour of the motion to remove the old ECSONG Constitution and there were two abstentions. No one voted against the motion. In response to a question about finances, members learned that SONG finances are in good shape with assets of about \$10,000. They also learned about the bylaw in the SONG Constitution describing ECSONG expenditures, the current larger ECSONG membership geographic range based on the "K" postal codes, and the \$1,000 insurance payment. Afterwards only one member commented. He told everyone that these financial arrangements were very generous. The last agenda item was an enthusiastic discussion of ideas for upcoming ECSONG activities. At the end of the meeting two people joined SONG/ECSONG for the very first time, which I believe attests to the interest generated by this year's Winter Meeting.

## Librarian's Corner

Since the circulation of the January issue of the SONG newsletter, I received a request for descriptions of shagbark hickory varieties, including information such as nut size, percentage kernel, and harvest timing. Given that this information is likely to be of benefit to other members, I decided to share with the rest of you what I had found for this member. There is some information in back issues of the NNGA Annual reports, but there are also a few books in my personal book collection with listings of shagbark hickory cultivars and their characteristics. If any of you would like to receive such information please contact me via email at [gwilkinson001@gmail.com](mailto:gwilkinson001@gmail.com) Happy Reading!

*The Hickories in Ontario*, 71:35

*Hickories I have known and Grown*, 76:32

*A Cultivar list for Hickory*, 79:131

Grimo, Ernie. 2011. "Nut Tree Ontario: A Practical Guide".

MacDaniels, L.H. 1979. "Hickories" in *Nut Tree Culture in North America*, ed. Richard A. Jaynes.

*Report on Hickory Nuts from Western Pennsylvania*, 73:46

*Productivity of Hickories in the North*, 78:35

Crawford, Martin. 2016. "How to Grow Your Own Nuts".



## **A Hazelnut Breeding Project on a Small Scale** by Ernie & Linda Grimo

The Ontario Hazelnut Association and Ferrero Roche, both are searching for the best selections to produce hazelnuts in Ontario. Canada imports over \$80 million in hazelnuts annually, so it is a crop with enormous potential. We would need to plant over 26,000 hectares to just offset the imports. Of the 3.6 million hectares of arable land in Ontario there would be suitable land to grow thousands of hectares of hazelnuts. For a new crop to survive and flourish, a breeding programme would be a basic beginning for this new industry. Ontario selections made so far are based on orchard selections with one known parent rather than controlled crosses or came from American breeding projects with climatic limitations.

Dr. Shawn Mehlenbacher developed selections suited to the Pacific north-west from Oregon north to the Fraser Valley. They are European cultivars, selected for the mild coastal climate. In our harsher climate, they lack hardiness or produce on a limited scale. The best of them can only be grown in two small zone 7 regions of Ontario and they are already producing high value fruit, vegetables and wines, so competition for suitable land is further limited.

Dr. Tom Molnar has been breeding selections for zone 6 at Rutgers University in New Jersey. Zone 6 represents a larger region in Ontario. His selections are under test in Ontario at the Simcoe Station. We are hopeful that his selections will be better adapted to Ontario conditions, possibly to zone 5.

A third breeding effort is taking place involving Dr. Jason Fischbach from Wisconsin and Dr. Lois Braun from Minnesota. The details of their work can be found at: [https://www.midwesthazelnuts.org/uploads/3/8/3/5/38359971/production\\_and\\_economic\\_model\\_for\\_hedgerow\\_hazelnut\\_production\\_v3.pdf](https://www.midwesthazelnuts.org/uploads/3/8/3/5/38359971/production_and_economic_model_for_hedgerow_hazelnut_production_v3.pdf)

There are interested growers in zone 5 in Eastern Canada that would be happy to grow a hazelnut crop, if only there were selections for them. Some hardy selections are under test in a variety of areas that were selected from the orchard of the Grimo Nut Nursery. These northern selections show promise, but additional improved selections are needed. So far no organization or institution is willing to begin a major breeding project. The Grimo Nut Nursery is spearheading a modest breeding project to develop newer selections. Land will be limited for the off-spring produced at the Grimo site, so an offer will be made to volunteer growers to manage, test and select the best trees.

The project is designed to select commercially suitable Canadian hazelnuts for the following breeding objectives in order of importance.

### **Breeding Objectives**

1. **Hardiness for zone 5, possibly zone 4a.** This would encompass an area covering much of the arable land of Southern Ontario, Southern Quebec and much of the Maritimes.
2. **Productivity.** There is a wide range of production in hazelnut selections and even more in seedlings. We aim for annual production average of 3-5 or more kilograms per tree without, or with, a small alternate bearing characteristic.
3. **Tree vigor.** A vigorous tree with a strong root system will be more productive and disease resistant.
4. **Filbert blight resistance.** The breeding selections have genes for resistance to pass on to the progeny. Two sources of resistance will be used in this project. Only parent trees with resistance will be included. Each parent will have a resistance gene source, and hopefully this will double the resistance making it harder for the evolving blight to overcome.
5. **Bud mite resistance.** The bud mite is a serious pest that can be controlled with sprays, but trees that have a natural resistance will prevent the need for spraying. 'Gamma' is selected as a parent in this project to provide this resistance. It is also chosen because it is one of the best producing hazels in Southern Ontario.

*Continued on page 5*



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- 6. Free Husking.** Nuts that do not drop free from the husk when they are ripe place an added step in the process of harvesting and processing.
- 7. Low blank percentage.** It is important to have selections that produce fewer than 3% blank or shriveled nuts. It is preferred that the unwanted nuts have a shell that is off-colour or remains stuck in the husk for easy separation.
- 8. Nut qualities.** Ferrero requires kernels that are round in shape and medium to large size for their roasters. The shell needs to be thin, and the firm kernel needs to fill the shell, and have a small central cavity. Generally a lower kernel percentage in good selections would translate into a thicker shell. The goal is a kernel to whole nut ratio of 40-50%.
- 9. The flavour profile.** The roasted hazelnut flavour is an important issue for Ferrero Roche. They also want nuts that will blanch. Nuts that do not meet their requirement will find other markets.

## The Parent Selections

**'Gamma'** was selected as a main parent for several reasons. It appears to be one of the hardiest cultivars from the Oregon breeding project. It is vigorous and has a good record of production in Ontario so far at the Grimo Nursery in Niagara-on-the-Lake, the Highland Orchard in Beamsville and at the Simcoe Station planting at Simcoe, Ontario. It has good filbert blight resistance and intermediate bud mite resistance. None of the others in the matched pairs have bud mite resistance. It is hopeful that the new selections will have improved bud mite resistance too. The nuts ripen in early September and they are medium size, thin shelled and round in shape, but do not blanch well. These are qualities that Ferrero Roche requires. Gamma has alleles 2 and 10 with 2 being expressed in the pollen. It is recommended for zone 6b-8. In Ontario the kernel percentage of 'Gamma' was between 47% and 48% in the 2018 crop year.

**'C. heterophylla hybrid'** was a selection that arrived at the Grimo Nut Nursery in the late 1970's from a benefactor in Quebec who described it as a *Corylus Heterophylla* seedling. Unfortunately, no record was kept on the tree and more recently it was decided that it was not a pure *Heterophylla* because it lacked the characteristic leaf shape. It was planted in the orchard in 1981. We did not test its hardiness but we expect it to be hardy in zone 5 and possibly zone 4.

It produces an abundance of very small round nuts that drop free from the husk near the end of August. The tree never grew more than 1.5 meters tall. Notice was taken when the above characteristics were seen in the late 1980's. The small tight buds were bud mite resistant.

About 60 of its open pollinated seedlings were planted in an effort to make selections. 'Aldara' and 'Andrew' were the first selections made. Seedlings of this tree, planted by customers from Quebec and Wisconsin returned clones of their best trees and these were named 'Northern Blais' and 'Gibson S15'. It is remarkable that all of the off-spring produce medium size nuts on larger trees than the parent. All were also susceptible to bud mite.

**'Aldara'** is an open pollinized seedling of the *C. heterophylla* hybrid. It was the best selection in our orchard of 60 seedlings from this parent and is still an outstanding tree for hardiness, production, annual bearing, nut shape, nut qualities and vigor. The original tree grew to a height of about 4 metres. The nuts drop in early September. Its alleles are 25 and 27. The percent kernel for 2018 crop year was between 43% and 44%.

**'Northern Blais'** is the best selection that came from a planting of 20 *C. heterophylla* hybrid seedlings purchased from the Grimo Nut Nursery and planted in Quebec at by Jacques Blais. In the fall of 2011 Mr.

*Continued on page 6*



*Continued from page 5*

Blais dug up the ortet and brought it to the Grimo Nut Nursery where it was planted in the orchard for further evaluation in 2012. It had a good crop every year since it was planted, even though it was bud mite susceptible. The nut is similar to 'Aldara' in size, shape and nut qualities. It has proven hardiness for Quebec. It had 35% kernel in 2018.

'**Gibson S15**' is one of the best selections that came from a planting of 30 northern hazel seedling trees that were sold by the Grimo Nut Nursery to Mr. Dennis Gibson from Minnesota. Dr. Lois Braun from Minnesota layered three of Gibson's best hazels and sent them to Grimo. The trees were potted and maintained in pots. The potted selections will be planted in the orchard in the spring of 2019 for evaluation. The alleles have not been identified as yet, nor have other characteristics. The trees have proven hardiness for zone 4b.

'**Cheryl**' was a selection originally identified as 'NY 110'. It was a selection from a breeding project conducted by the late Dr. George Slate of the Geneva NY Experiment Station. This selection was a cross of 'Rush' x 'Kentish Cob'. 'Rush' is an improved American hazelnut with a high degree of blight resistance, and 'Kentish Cob' is an English cultivar. Layers were obtained from the Geneva Station by the Grimo Nut Nursery in 1976 and planted in the orchard in 1977. This tree has been very productive over the years even though it is bud mite susceptible. The nuts drop from the husk in mid to late October. The nuts are slightly pointed and medium to large size. It has very good blight resistance and has never shown symptoms. It has not been tested by Ferrero. Its alleles are 15 and 23. It is suited for zones 5b-8. In the 2018 crop year, it had between 39% and 40% kernel.

## Method

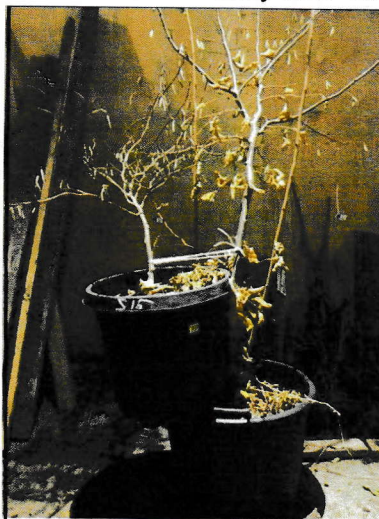
In normal breeding projects, the subject trees are field grown and covered with a framework of wood and cloth to isolate the parent trees. This system leaves the trees outdoors in difficult conditions to control. Our plan was to use potted trees and bring them into a more controlled situation where the trees are isolated from the sun, wind, cold & snow that could damage the structure or affect the covered tree. Our potted trees would be isolated in breeding pairs for the full period of pollinization in an unheated insulated barn that doesn't freeze below -2°C over the winter months, but stays cold enough to maintain ideal conditions for the trees to pollinize each other. European trees often fail to produce viable pollen in Ontario outdoors but do inside.

The project design began with 10 one year old hazelnut trees planted in 15-20 gallon pots in the spring of 2017. By November of 2018 the trees were producing catkins and were expected to have female flowers by spring. Five of the trees in larger pots were 'Gamma' hazels. The other five were selections that had noteworthy qualities that include most of the criteria listed above. They are: 'Northern Blais'; 'Aldara'; 'Gibson S15'; the original parent of these 3 called 'C. heterophylla hybrid'; 'Cheryl' aka ('NY 110').

Each of the latter selections was matched with one of the 'Gamma' trees. In November before the flowers X matched pairs and stretch wrap was wrapped around the lower pot to enclose the pairs of trees, to isolate them from other sources of pollen.

Since hazelnut trees are self-infertile, they can only pollinize each other. This negates the

*Continued on page 7*



Lower 'Gamma', Upper Gibson S15 breeding



Hazelnut matched pair enclosed & sealed



*Continued from page 6*

requirement to remove the catkins from one of the pair of trees and seed can be collected from both. Each will pollinize the other.

The pairs of trees were then stored in an insulated barn for the winter.

On February 18, receptive females were showing and catkins were extended and ready to drop pollen. A compressor was filled with air in the farm house where pollen is trapped by the furnace filter and leaves little chance for stray pollen to get in the air in the compressor. A small hole was cut through the plastic and a wand from the compressor was used to deliver air into the tent with the pairs of trees. The stream of air was directed at the catkins to spread the pollen in the enclosure to pollinize the female flowers. The hole was sealed with a piece of masking tape, where large holes were needed, close pins were used.

The wand was wiped with a moist cloth to remove any pollen that may have been picked up before moving to the next pair of trees. Every 3 days later, the same procedure was followed to catch later receptive females with later opening catkins, until no pollen appears to be dropping.

The plastic cover will be kept on until mid-April or when it is certain that all outdoor pollinizing is over. The trees will then be tagged to identify the crossing partners and then moved to a drip line for the summer months to develop the nuts.

In August when the nuts appear to be ripe (they should be brown on the surface and slip readily in the husk), they will be hand harvested, counted and mixed with wet peat moss in a plastic bag, identified with the cross made and stored in the refrigerator at 3-4°C for the fall and winter.

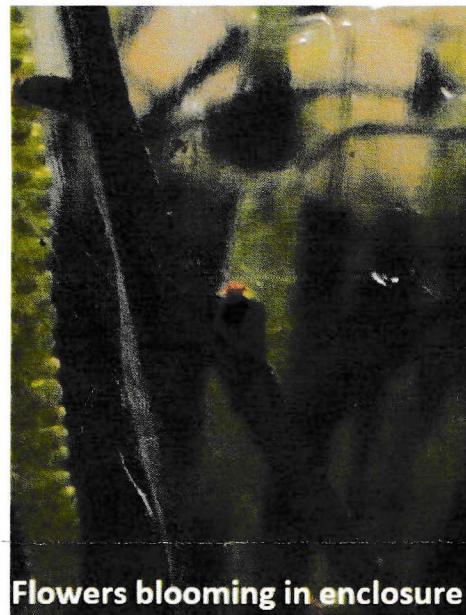
In the spring of 2020, the seed will be planted in a nursery row and covered with a chicken wire hoop over the seed bed to protect the seed from birds and other pests. In August or September, a count will be made of all the successfully growing seedlings. The trees will be left in the nursery row for a second year before they are ready to plant out in permanent locations.

## The Next Step

The Grimo Nut Nursery does not have enough open land to grow out the seedling in this study. This step is the most time consuming and important part of the breeding project. Ontario SONG and OHA growers will be solicited as volunteers to grow the trees and continue the work. This will be a ten or more year project.

The seedling germplasm will remain the property of Grimo Nut Nursery. The nut crop will be the property of the volunteer growers. The growers must agree to do the following:

- Plant the trees at the grower's expense, in orchard spacing and map or identify the cross(es).
- Manage the trees by controlling weeds, fertilize, water and prune as needed.
- Harvest nuts from trees individually and record weights, nut size and nut fill from the best trees. Tag or identify the selections for future comparison. List other qualities too.
- Report results & forward a 30-50 nut samples of the best trees to Grimo Nut Nursery Ltd by December 31 of each year.
- The grower must produce layers of each selected tree for Grimo to plant & assess.
- All reproduced layers, cuttings or tissue produced trees from the selected best trees are the property of Grimo and may not be distributed to other growers without Grimo consent.



**Flowers blooming in enclosure**



## Project Gutenberg Volunteer Needed by Ernie Grimo

In an email sent to Jerry Henkin, Librarian of the Northern Nut Growers Association and to our SONG/ECSONG Librarian, Gordon Wilkinson, it was determined that the incomplete set of the NNGA Annual Reports on the Gutenberg Project site needed to be restarted and completed. Marilynnda Cunliffe, a SONG member started the work some years ago, but was unable to complete it. We need a volunteer that has some computer knowledge and time to spend on this project. We are reaching out to both members of the NNGA and SONG/ECSONG. Please direct your interest to Jerry Henkin, sproutnut@aol.com .

Mr. Newby, Director of the Gutenberg Project, [www.gutenberg.org](http://www.gutenberg.org), has forwarded information that the prospective candidate can use to be familiar with the procedure and it follows:

The starting point is here: <https://copy.pglafl.org>

Though there have been a series of prior publications, we want to confirm public domain status year-by-year.

There is lots of guidance on required formatting at <https://upload.pglafl.org>

And, the very long "volunteer faq" at <https://www.gutenberg.org> shares many practices utilized by others.

Finally, you can find a community of proofreaders at <https://www.pgdp.net>, including forums for discussion.

## Utopia As Described By J. Russell Smith by Ernie Grimo

J. Russell Smith was a forward thinker who wrote the classic, *Tree Crops, A Permanent Agriculture* back in the 1930's. I purchased the reprinted book on Amazon recently and read it with interest. In it he described the devastation created by traditional agriculture where the land is plowed to produce annual crops on steep land that eroded into gullies, ruining the land for cropping. His solution was to plant trees that produced edible crops for humans and farm animals. Tree roots would hold the soil in place and the land would be productive.

He described that hilly land in Southern Europe was converted to productive land, in Italy for instance, where planted or chance chestnut trees grew, and then were grafting to produce improved chestnuts. Competing trees were removed, leaving a chestnut forest. He suggested that there were numerous trees that could be grown in America (Canada too) that produced crops from the tropic Hawaiian algaroba to the nut pines reaching to the Arctic tree line, the rain forest Brazil nut to the near desert crop of the pistachio and pinion pines.

I shared his passion when he wrote on page 326 and I quote, "Every farm even in the flattest, blackest prairie of Illinois has some corners of land that are not cultivated and where the tree lover can make a few trials without interfering with the main business of the farm. There is the lawn. The beautiful (but worthless) elms, the fruitless sycamores and box elders and the maples—oh, Lord! How many are the (soft) maples that throw down worthless leaves upon our pathways! To ornament the home nothing is more beautiful than the hickories and the pecans, and the various walnuts certainly rank high in esthetic value. They all have the additional charms of intellectual interest and a probability of nuts."

What he wrote then is still of value now. Traditional tree crops in Europe still cover the hillsides. In North America we encourage woodlots and windbreaks but not the emphasis that Smith suggests. He sees plantings of trees to feed and fatten pigs, let loose in the grafted mulberry, chestnuts, oaks, walnuts, hickories, pecans, ginkgoes, persimmons and honey locust woodlots.

But alas, our world has graduated to the realm of factory farms where computers monitor and control our farm products. In the sixties we had the agricultural revolution that was needed to increase production on the land to feed the ever expanding world population. Starvation looms in the future unless we can expand our farm production again. The next agricultural revolution is facing us now as agricultural scientists are using gene manipulation to further increase grain and bean production. Good or bad, unless there is a terrible catastrophe or population control is implemented, the world's future is in peril.



## **Scourges or Blessings of Our Modern Society?** by Ernie Grimo

Modern society is blessed with many time and labour saving devices and foods. We no longer need to shovel coal into a furnace or shovel snow for that matter. Cars have evolved to the point where we may not even need to drive them. Our clothes are washed and dried by machines and there is no need to iron them. Our food is picked largely by machine and processed. We only grow our own if we have space to do it and the inclination. In many cases single people find that grocery store and restaurant prepared food is more efficient and desirable than home prepared. After all, people are too busy to take the time.

Gyms are filled with people who need to lose weight and get exercise. They would rather spend money on that, than ride a bike, take long walks or jog. On the positive side, it takes them away from their sedentary life of cell phones, televisions and computer games.

No wonder this next generation will actually live shorter, less healthy lives than the last, even with the remarkable advances in medicine. Obesity is an epidemic from lack of exercise, the choice of wrong foods and overeating. It is up to each individual to monitor and control these factors. Discipline and control are the answer. By making some simple choices, we could do much better. For exercise take the dog for a walk, or the neighbour's. It is a good excuse to get you out. Ride your bike, at first around the block and then venture out further. Haven't skated since you were a kid? Visit the rink. In the nice weather use in line skates for year round skating.

Our grocery stores are filled with aisles of snack and prepared foods with colourful pictures to attract your attention. The soda pop is filled with empty calories and the diet free may do harm too. If these things are not in the house they won't call you. Look for sensible snacks like fruit or nuts, but not juices. An apple or an orange takes time to eat and is satisfying. Juice goes down quickly and is often spiked with sugar. So rather than eating one orange you are drinking the juice of several in one glass, more unnecessary calories are consumed that lack the fiber you need for good digestion.

Like juice, salted shelled nuts are hard to stop eating. Nuts you crack and eat go down more slowly, so you tend to fill up and stop eating more quickly. Nuts can be a snack, but for diet sake they should be eaten as part of a meal. A lunch comprised of a handful of in-shell walnuts, heartnuts or chestnuts, followed by fresh fruit is a satisfying lunch and it stays with you until dinner.

Need I say more? Diet with nuts and exercise is what it takes to stay healthy and live long fruitful lives.

## **SONG/ECSONG Treasurer's Report to March 5, 2018**

(We are awaiting the Financial Compiler's report and will include it in our next newsletter.)

**Financial Report 2018 Year End**, presented at the Annual spring meeting 2019-Mar-6.

The 2018 Dec 31st year ending balance of bank and cash was \$12,269. This is down \$3,213 over prior year. One extra-ordinary outflow was a \$2,000 donation to the Quebec nut organization (CPNCQ) to help defer some of their costs when they hosted the NNGA in 2019 August in Trois-Rivières.

As of 2018-Dec-31, there were 181 members with 60 expired contacts on the roles.

(As of 2019-Mar-05, there are 161 members with 95 expired contacts on the roles.)

Treasurer 2018, Gordon Chinnick



## Classifieds

### **GRIMO NUT NURSERY LTD**

In business since 1972, we are the only nursery in Canada that specializes in grafted and layered nut trees and a selection of grafted "orphan fruit trees". All listed cultivars are tested in our own orchards before we offer them for sale. While trees can be picked up at the nursery, we ship fresh dug bare root trees in the spring across Canada and the United States. A selection of potted trees are available during the growing season.

Free consultation is offered to customers.

Own rooted (layered or cloned) hazelnut trees are available for commercial growers. Grafted and seedling trees are available of heartnut, Persian walnut, black walnut, butternut, sweet chestnut, hazelnut, pecan, hickory, pine nut, and more including a selection of rare hybrids. Fruit trees offered include pawpaw, persimmon, mulberry, fig and quince. We also sell harvesting equipment, tree shelters, nut crackers & Ontario nuts & nut meats.

Our 10 page print catalogue is \$1 or two current Canadian letter stamps, but free for SONG members. Our new on-line catalogue is updated daily as items are sold out. For information or ordering:

**www.grimonut.com**  
**nut.trees@grimonut.com**  
**phone: (905)-Yeh-nuts**

**(905-934-6887) Fax: 905-935-6887**  
**or write: Grimo Nut Nursery**  
**979 Lakeshore Rd, RR #3**  
**Niagara-on-the-Lake, ON L0S 1J0**

### **RHORA'S NUT FARM AND NURSERY**

We have been in active business for over 39 years and Offer cold hardy trees (Climatic Zone 4) and all of the trees were tested in our orchards before offering them for sale. We are the only nursery in North America that offers as many Different varieties of Edible Nut Pines ranging from climatic Zone 1 – 9. We also offer our selection of nut trees and minor fruits. Trees of Persian Walnut, Japanese Heartnut, Japanese walnut, Black Walnut, Butternut, Buartnut, Chinese Chestnut, Japanese walnut, American Chestnut, Hazelnut (bush type), Trazel, India Tree Hazel, Chinese Tree Hazel, Turkey tree Hazel, Hickories (4 different types), Northern Pecan, Beech, hybrid sweet Oak, Ginkgo and others. Edible nut pines that we offer are: Korean, Armand, Swiss Stone, Swiss stone var. Siberica, Dwarf Siberian, Jeffrey, Russian cedar (Pinus siberica), Pinus Siberica f. humistrata, Pinus Siberica f. coronans, Pinus Siberica f. turosa, Macedonian, and others. Minor fruit trees offered include Paw Paw, Persimmon, Beech plum, Mulberry, Chinese Dogwood, Elderberry,

Sea Buckthorn, & Cornelian cherry.

We also offer a variety of Rare & Unusual trees & Shrubs. We also offer solid state pest controls and harvesting equipment for sale.

We only Spring ship freshly dug bare rooted trees. Pick up can be arranged as well. Please visit our website for our online catalogue for more detailed information about the above listed trees. Those wanting a printed 22 page catalogue is available for \$5.00 which is refundable when placing an order. To contact us about ordering:

**www.nuttrees.com / rhoras@nuttrees.com, phone or fax 905-899-3508, or write us: Rhora's Nut Farm & Nursery, 33083 Wills Road, R. R. #1, Wainfleet, Ontario L0S 1V0**

...**MEMBERSHIP** benefits in the Society of Ontario Nut Growers (SONG) & ECSONG (Eastern Chapter of SONG) include three yearly newsletters, along with 3 annual meetings in two regions, set to satisfy the needs of both the commercial growers and the hobbyists. For an added bonus, **new members** will receive SONG'S own nut growing manual, *Nut Tree Ontario, A Practical Guide*, a \$20 value, **free**, when you take out a three-year, \$45 membership. Simply ask for your free copy when joining SONG. For added information, view the ECSONG handbook at: <http://www.songonline.ca/ecsong/>. Fill out the tear off below and send to: **SONG/ECSONG, Gordon Chinnick, Treasurer, 722 6th Concession Rd, Walsingham, ON N0E 1X0**. Your cancelled cheque is your receipt. **Dues can also be paid by e-transfer to: song.treasurer@yahoo.com**.

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Date: \_\_\_\_\_ Renewal: ☐ New membership: ☐ Payment enclosed for: 3 Years \$45.00 ☐ One year \$17.00 ☐

Please send my free copy of *Nut Tree Ontario, A Practical Guide* with my **new membership** ☐

I would like to purchase my post-paid copy of *Nut Tree Ontario, A Practical Guide*. I enclose \$26.00 (\$29 US) ☐