Pruning and Tree Care

Most kinds of deciduous fruit trees require pruning to stimulate new fruiting wood, remove broken and diseased wood, space the fruiting wood, and allow good air circulation in the canopy. Pruning is most important in the first three years, because this is when the shape and size of a fruit tree is established.

**Year 1**

At planting time, arched trees may be topped at 15 inches to force very low scaffold limbs. Or they may be topped higher, up to four feet, depending on existing side limbs and desired tree form. After the spring flush of growth (late April, early May), cut the new growth back by half in late August to mid-September, cut the subsequent growth. Size control and development of low-tailing wood begins now.

**Year 2**

In the second season, this is an open-center. Pruning is the same as the first year. Cut back new growth by half in spring, early summer, and late summer. Pruning three times may be the easiest way to manage some vigorous varieties. Prune in the spring, early summer and late summer.

**Year 3**

Two to three is the decision of the grower. Choose a height and don’t let the tree get any taller. When there are vigorous shoots above the chosen height, cut back or remove them. Again, in late spring/early summer, cut back all new growth by at least half.

Don’t let pruning decisions elicit your worry about you. There are design implications that statement in - if two people will prune the same tree in the same way, you learn productivity pruning.

Canning Recipes

### Spicy Apple Sauce

- 7 cups apple sauce
- 1 cup sugar
- 1 cup water
- 2 tablespoons lemon juice

**Preparation**

Place the pot over moderate heat, add the ingredients, and bring to a boil. Reduce the heat to medium-low heat and bring to a boil over medium-high heat; allow to simmer until thick. Skim off any foam. Return the juice to a boil over medium-high heat, bring to a boil, and allow to simmer for 10 minutes. Add the cinnamon and ground cloves. Remove from heat and allow to cool, then pour into jars.

**Yield:** 4 half-pint jars

### Nectarine Preserves with Basil

- 7 pounds nectarines or peaches — peeled, each
- 8 small basil sprigs
- 1 cup fresh basil sprigs
- 1/4 cup fresh lemon juice
- 1/2 cup firmly packed light brown sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon freshly ground cinnamon
- 1 teaspoon ground nutmeg
- 2 tablespoons fresh lemon juice
- 1 cup granulated sugar
- 2 cups apple juice
- 2 cups peach juice
- 8 half-pint jars with lids
- Powdered pectin

**Preparation**

Ladle the syrup into jars, leaving 1/4-inch of air space at top of jar. Remove any air bubbles. Screw bands in hot soapy water. Rinse well, and then dry screw the bands. Put sealed jars on a rack in a warm dark place, until the jars seal.

**Yield:** 8 half-pint jars

### Further Reading

- Canning Recipes
  - Further Reading
  - Portland, Oregon
  - The Studio for Urban Projects presents
  - Public Orchard
  - Portland, Oregon
  - Public Policy
  - Urban Agriculture
  - Public Produce: The New Public Edible Landscapes
  - Growing Better Cities: Urban Agriculture
  - Civic Agriculture: Reconnecting Farm, Food, and Community
  - City Bountiful: A Century of Community Gardening in America
  - Growing Better Cities: Urban Agriculture for Sustainable Development
  - Recipes provided by Nicole LoBue, www.lobueevents.com
  - Portland, Oregon
  - Portland, Oregon
  - Portland, Oregon
  - Portland, Oregon
How can we create public edible landscapes in our cities?

PUBLIC ORCHARD

There has been a groundswell of interest in the local foods movement in the past several years. However, healthy, organic produce is still out of reach for many and food security remains a problem in the United States. Given this context, it’s striking that most American cities’ edible landscapes are not integrated into our urban environments. Fruit trees are discouraged in the public realm because of concerns about the mess on city streets. In addition, foraging in parks is technically illegal, as it encourages “the destruction of park property.”

How can we re-imagine and redesign our cities to allow them to become part of an urban foodshed? How can we make urban planning more participatory, transparent, and reflective of the public need for affordable and healthful food? What models, current, imagined, or historical would help us to understand future directions for our cities?

Public Orchard is an architectural installation and series of events created by the Studio for Urban Projects for the 2010 01 SJ Biennial exhibition that explore these questions. The project centers around the problems of food safety and security, obesity and poverty — and how some US cities are encouraging the creation of edible landscapes on publicurbed land to address these pressing issues.

Nordahl is the author of Public Produce: The New Urban Agriculture (Island Press, 2009) and My Kind of Town: Rebuilding Public Transportation in America (University of Chicago Press, 2008). He is the city director at the Davenport Design Center, formed in 2003 as a division of the Community & Economic Development Department of the City of Davenport, Iowa, and has taught planning at the University of California at Berkeley.

Darrin Nordahl talk

Join us for a talk with author and activist Darrin Nordahl, who will discuss the problems of food safety and security, obesity and poverty — and how some US cities are encouraging the creation of edible landscapes on publicurbed land to address these pressing issues.

Nordahl is the author of Public Produce: The New Urban Agriculture (Island Press, 2009) and My Kind of Town: Rebuilding Public Transportation in America (University of Chicago Press, 2008). He is the city director at the Davenport Design Center, formed in 2003 as a division of the Community & Economic Development Department of the City of Davenport, Iowa, and has taught planning at the University of California at Berkeley.

Biodiesel Bus Tour

Come explore San José’s urban orchards and local farms. Stops will include Emma Prusch Farm Park, Guadalupe Gardens Historic Orchard and Full Circle Farm. Local–sourced vegetable lunch prepared by chef Nicole Lo Bue will be provided.

Advance registration is required. Tickets are $35 and are available at www.sjbiennial.org.

Biodiesel Bus Tour September 16 10:30am – 3:30pm

Guadalupe Gardens Historic Orchard, San Jose

The once-overgrown Historic Orchard at Guadalupe Gardens was placed in 1996 to showcase the beauty of full–state fruit trees found in the area and around the world. Today the garden over 300 fruit trees, including cherries, apricots, plums, apples, and more. Fruit harvested from the historic orchard is donated to area food banks.

Full Circle Farm, San Jose

Full Circle Farm is a 15-acre organic educational and production site for the local school district. In addition to growing food to feed the community, Full Circle is developing an apprenticeship program, a monthly produce box, an herb swap, and a summer farmer’s market.

Canning & Preserving

The Public Orchard installation will be transformed into a workshop space for the course of the day. Hands-on participants will be introduced to some of the basic arts of self-sufficiency, canning and preserving.

Stop by for all or part of the session as we can do the summer bounty with chef Nicole Lo Bue. We will use both canning methods to can seasonal orchard fruits from local farms. The workshop will demonstrate equipment, sources and techniques to make preserves for the winter months ahead.

Canning & Preserving September 19 5:30pm – 9:30pm

Smart City Governments Grow Produce For The People

Essay by Darrin Nordahl

How can we make urban planning more participatory, transparent, and reflective of the public need for affordable and healthful food? What models, current, imagined, or historical would help us to understand future directions for our cities?

There’s a new breed of urban agriculture germinating throughout the country, one whose seeds come from an unlikely source: local government offices. From Baltimore, Md., to San Diego, Calif., and from West Virginia, where apple growers are plying under the ubiquitous bluegrass, pecan-scented, and turf grasses around public buildings, and planting fruits and vegetables instead — as well as urban–infused spaces in our parks, plazas, street medians, and even parking lots that attract what’s called “high–end” city folks seems to be, in a tough economy, why expensive produce sources grow. What happens when you can grow edible vines? And the bounty from these municipal gardens — call it public produce — not only promotes healthy eating, it bolsters food security simply by providing passersby with ready access to low–or no–cost fresh fruits and vegetables.

As long as municipal policymakers strive to create programs to reduce capital spending and increase the quality of life for their constituents, I contend that it is. Access to healthy, low–cost food helps achieve the health, safety, and welfare of citizens every bit as much as other services that city governments provide, such as clean drinking water, protection from crime and catastrophe, sewage treatment, garbage collection, shelters and low-income housing programs, fallen–tree disposal, and pothole–free streets.

In Seattle, a forgotten strip of land that once attracted only those who would discuss the problems of food safety and security, obesity and poverty — and how some US cities are encouraging the creation of edible landscapes on publicurbed land to address these pressing issues.

Nordahl is the author of Public Produce: The New Urban Agriculture (Island Press, 2009) and My Kind of Town: Rebuilding Public Transportation in America (University of Chicago Press, 2008). He is the city director at the Davenport Design Center, formed in 2003 as a division of the Community & Economic Development Department of the City of Davenport, Iowa, and has taught planning at the University of California at Berkeley.

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“Acting as an opportunity, city staff now grow the green in the neighborhood parks or even the petunia beds in the downtown plaza. Ask those same citizens to help grow food for their community, and it is the logical step to a city-friendly, hands-on hand-