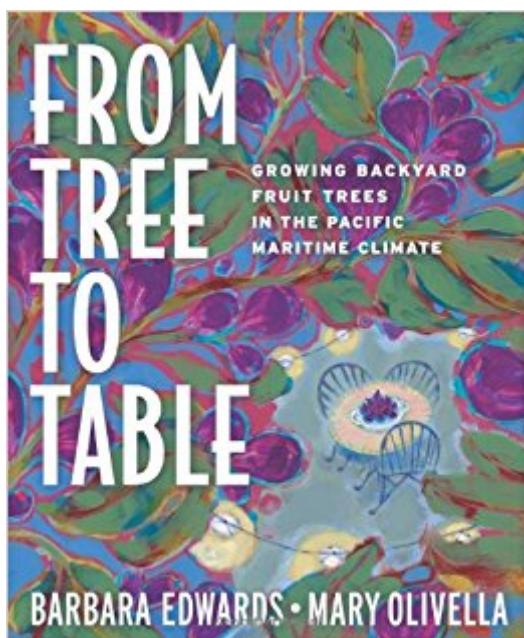


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# From Tree To Table: Growing Backyard Fruit Trees In The Pacific Maritime Climate



## Synopsis

CLICK HEREÂ to download the chapter on "Growing Backyard Fogs" from the book From Tree to TableÂ From Tree to Table celebrates the satisfaction that comes from planting and enjoying fruit trees in the maritime Pacific region. It's a collaboration between the authors and amateur gardeners, horticultural experts, and dedicated chefs from up and down the West Coast. The result is a charming and accessible guide for local plant and food lovers that dispels the myth that gardeners in sun-challenged climates can never find happiness with fruit trees!With advice that's suitable for drizzly Seattle backyards and frosty Portland burbs as well as often-sunny Marin or foggy Richmond, the authors offer both anecdotal and expert advice for raising everything from apples to plums, lemons to figs, and much more in some of the most difficult conditions -- heavy soils, overcast and rainy weather, cool summers, and relatively mild winters. In addition to describing growing, planting, and pruning tips in each fruit-specific chapter, From Tree to Table features recipes from the West Coast's best and brightest chefs, including San Franciscoâ™s Tom McNaughton, and two Seattle icons, Tom Douglas and Ethan Stowell. Readers will discover that it takes little technical know-how, minimal upkeep, and very little space to participate actively in the sustainability solution. After all, what could be more local and enduring than fresh apricots or Fuyu persimmons from a backyard tree that can feed generations to come?

## Book Information

Paperback: 192 pages

Publisher: Skipstone (August 18, 2011)

Language: English

ISBN-10: 1594855188

ISBN-13: 978-1594855184

Product Dimensions: 6.9 x 0.5 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #365,753 in Books (See Top 100 in Books) #16 inÂ Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > Pacific Northwest #84 inÂ Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Trees #93 inÂ Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Fruit

## Customer Reviews

This is a versatile book that warrants several chilly afternoons curled up indoors dreaming about

summer harvests as the winter rains revive the parched soil and ready it to welcome new bare-root fruit trees. (Helen Kraylenhoff Edible East Bay)

MARY OLIVELLA has lived in the San Francisco Bay Area for the past couple of decades. One of the first things she did when moving to her new home was to plant a cutting from a precious Black Mission fig tree that had grown at her old house. This cutting is now a fourteen-foot centerpiece in the front yard. When able to leave the garden and go indoors, Mary has been one of the founding members of MomsRising.org, an online grassroots movement advocating for a more family-friendly America through legislation and social change. Previously, Mary was the director of health promotion at UC Berkeley's health services, where she conducted research and published articles on emergent public health issues. Writing as Mary O'Donnell, she was the lead author for *Lesbian Health Matters*, a groundbreaking title published by the Santa Cruz Women's Health Collective, and is the author of several peer-reviewed articles in public health journals. BARBARA EDWARDS is a potter and gardener who planted her first West Coast fruit tree 34 years ago when her first child was born. She taught public school for 20 years and initiated a garden and nutrition project in the school, growing organic fruits and vegetables with kids, incorporating this food into the school lunch program, and writing a monthly educational newsletter about the project for the community. Barbara was an early member of the Center for Ecoliteracy promoting gardens and sustainability projects in schools. She helped author a child's guide to the plants and animals of Berkeley and now blogs about ceramics and gardening, teaches ceramics to adults (with an emphasis on garden art), and currently has 19 fruit trees on her very small urban lot. Her dog, Gerti, tries her best to keep the squirrels away from the apples.

This book is a practical guide to growing fruit trees especially in the East Bay region of San Francisco Bay. I have given this book to several people as a gift, and all have appreciated it. You will enjoy it, and you will use it!

Excellent cookbook for people who want to grow their own food and live healthily in the PNW

A friend gave me this book along with the gift of a baby fig tree. She knew I was a beginning gardener who would need help to successfully raise and nurture the little sprout of a tree. I was a little nervous because I've always found gardening books to be boring and confusing. This one is different! I was immediately drawn in by the friendly tone and helpful explanations. Even more

important, the authors make it clear that growing backyard fruit trees isn't rocket science. Even pruning (which I'd always assumed was hard and scary) is made simple and understandable. There are charming anecdotes and illustrations in the book that add to the informative content. While the tone is warm and friendly, the important information is all there too. Reading and referring to From Tree to Table: Growing Backyard Fruit Trees in the Pacific Maritime Climate is like a visit with a good friend who just happens to be a wise and experienced gardener who can answer your questions and give gardening advice while sharing a pot of tea on the deck.

From Tree to Table is a delightfully helpful book. It's like chatting over the backyard fence with a wonderful neighbor who's happy to share her bountiful wisdom about growing fruit trees. Besides providing you with lots of advice about things like non-toxic ways to deter pests and the best strategies for pruning, the authors' sheer enthusiasm for making your garden bear fruit is so infectious it made me eager to get out there in the yard and give it a try. I've always had an urge to make my garden yield more than pretty flowers. This book finally turned my urge into a reality. I think I'll practice cooking some of the recipes in the book (using farmers' market fruit) while I'm waiting for my own trees to become fruitful. But the nice thing about persimmons, plums, and apples is you don't need to be a great cook to enjoy them, they're fantastic right off the tree. Thanks Barbara and Mary!

If you live on the best coast you're thinking of planting a few new trees, who not plant trees that bear fruit? Why not create a small personal orchard in your little slice of the world? From Tree to Table can guide you through everything you need to know to grow healthy trees and delicious fruit. This book is practical and entertainingly written. Although all the choices of tree may seem overwhelming, once you realize you might not be able to grow avocado and diligently select a tree variety or two that work in your climate zone (all very well explained in the book), this book will give you all you need to know, through every step of the process. From gettin' them in the ground to plucking them off the branches. And, hey, there are even recipes from an assortment of amazing chefs cooking/working along the west coast so you can actually try and use all your fruit. But remember the advice given in the conclusion of the book. Concise gardening wisdom.

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