

Nutrient composition

Fruit			Calcium	Phosphorus			Magnesium
	(kcal)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
Apple	55	12	7.1	12	144	.48	6.4
Banana	49	12	8.7	28	393	.55	36
Blueberry	62	22	10	9.1	65	.74	2.4
Cherry	60	12	8.0	7.0	114	-	8.0
Currant	45	36	29	27	238	.91	12
Elderberry	46	48	35	57	305	-	-
Orange	54	50	42	23	205	.48	9.2
Peach	46	9.5	7.8	23	205	.48	9.2
Pear	56	4.6	10	15	126	.26	7.8
Raspberry	40	26	40	44	170	1.0	30
Strawberry	40	64	26	29	147	.96	15

Approximate nutrient composition (per 100 g)

This is me!

- lgm4@cornell.edu
- 518-746-2562
- Cornell Cooperative Extension, Eastern NY Commercial Horticulture Program

<image>

Growing Fruit at Home



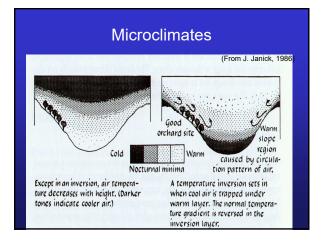
Keys for Success

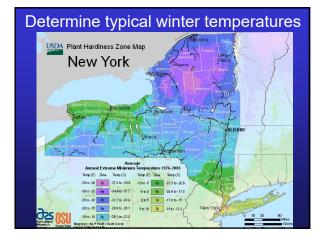
- Plan ahead.
- Match plants to your site.
- Start small.
- Prepare the soil.



Determine typical spring & fall frosts Freeze Free Season than 103 days 🗾 163 - 183 day 103 - 123 days 183 - 203 day New York







"Why won't my plants set fruit?"

- · Age.
- Winter injury.
- Late spring frost.
- Cold or rainy weather during bloom.
- Inadequate pollination.
- Lack of cross-pollination in species that are not "self-fruitful."
 Poor plant nutrition or management.
- Disease.

More site consideration...

ୁ

83 99 83

Adequate sun?
Adequate space?
Good air circulation?
Access to water?
Diseases & insects?





Grow a cover crop



Options include: •Buckwheat •Annual Ryegrass •Winter Rye •Oats •Winter Wheat •Bird seed (millet)

For more info search for cover crops on www.gardening.cornell.edu

Fruit/rootstock	Spac within rows	between rows	Bearing age (years)	Potential yield at maturity (lb./plant)	Harvest period
Strawberry	2	4	2	1–2	June to early July
Raspberry	2	8	2	2-5	July or Sept
Gooseberry	4	10	2-4	6-8	July to Aug
Blueberry	4.5 2	10 10	3–6 2	3–10 2–3	late July to Sept
Blackberry Grapes-American type	2	10 9	3	2-3 20	late July to Aug early Sept. to Oct.
Apple/M.9	0 7	9 13	3 3-5	20	late July through Oct
Apple/MM.106	18	24	5	300	late July through Oct



Before you plant Complete a soil test





Consult your local Cornell Cooperative Extension Office Or www.css.cornell.edu/soiltest



Pome fruits

Apples & Pears



Stone fruits

Cherries, Peaches, Plums, Nectarines & Apricots

Old Northeast Standbys: McIntosh and related

- Offspring include: Cortland, Macoun, Empire, Jersey Mac, Jonamac
- Still very popular in the Northeast, but.... •
- Getting harder to sell every year, less demand



Choosing cultivars (cultivated varieties)

- Jonamac
- Sansa
- Liberty
- Empire
- Golden Delicious
- GoldRush
- Paulared
- Honeycrisp
- Crimson Crisp
- Enterprise (tough skin)

Scab resistant for organic orchards

Crimson Crisp	Liberty
Crimson Gold	Modi
Florina Querina	Nova Spy
Galarina	Topaz
Goldrush	Winecrisp
Jonafree	William's Pride

*Vf Resistance beginning to break down in Europe and Midwest. Some have other sistance genes

Modern, superior cultivars

- Studies show consumers prefer red, sweet apples
- Gala, Fuji, Honeycrisp, Ambrosia, Cripps Pink/Pink Lady, Jazz, Juici



Some apples to consider for cider







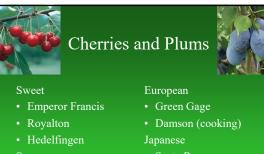
Porter's 11/3

ldrush (SR)

Crabapples for tannins Geneva Wild crabs

4





- Santa R
 - Burbank
 - Red Acc

 Asian
 Asian

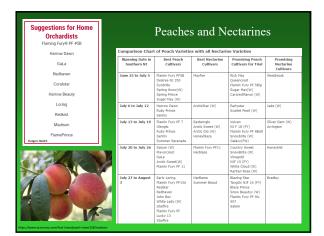
 Consider taste, fire blight resistance and (maybe) cold hardiness!
 • Hosui

 - Gem
 • Olympic

 - Harrow Crisp
 • Shinko

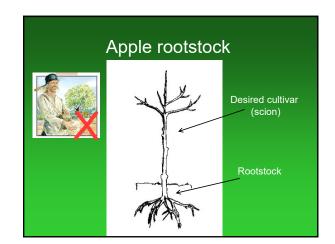
 - Potomae
 • Shenandoah



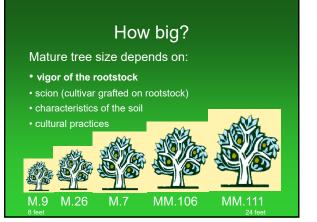








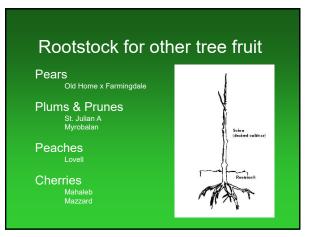




Choose two cultivars Cross-pollination





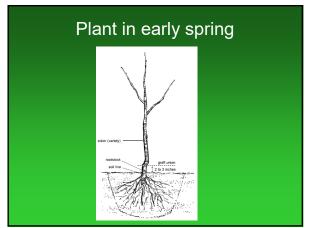


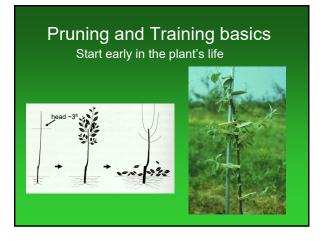
Nursery stock



Get one or two year old nursery stock



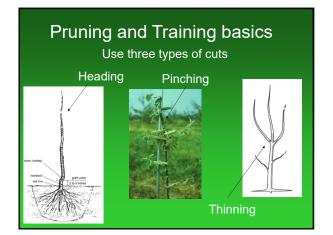


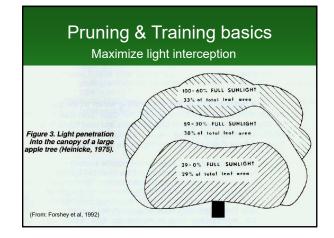


Fertilize only when needed

Young trees:		Use starter solution Fertilize if annual branch growth is < ~18" Fertilize if annual branch growth is < ~10"				
	Nitrogen rate	Ammonium nitrate (33% N)	10-10-10 (10%N)	20-20-20 (20%N)		
Young trees	.04 lb./tree	2 ounces	6 ounces	3 ounces		
Mature trees	.08 lb./tree	4 ounces	12 ounces	6 ounces		



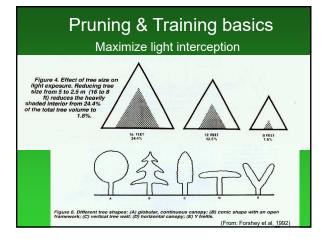




Pruning & Training basics

- Dormant Prune February to April
- Train spring to summer
- Encourage productive fruiting wood
- Encourage horizontal branches



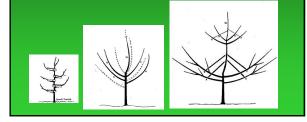


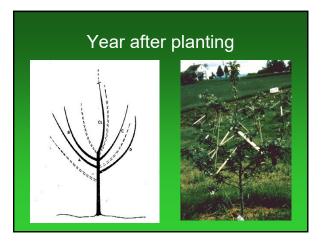




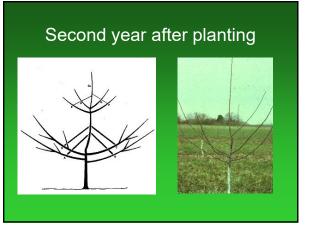
The Central Leader method

- Promote a single central trunk
- Create evenly spaced main branches
- Spread main branches towards horizontal





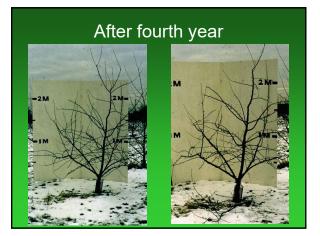






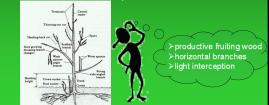
Planting year

Head cut, remove some side shoots
Choose leader, pinch competition
Choose & spread scaffolds
Stake



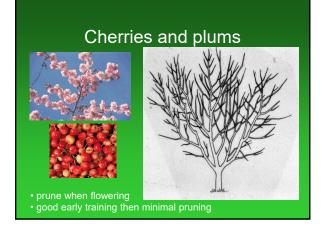
Pruning bearing trees

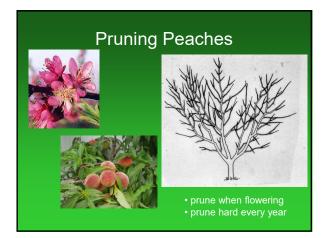
- Removed the diseased, broken or dead
- Avoid small cuts
- Focus on thinning cuts
- Remove side branches > $\frac{1}{2}$ diameter of branch
- Remove suckers/water sprout













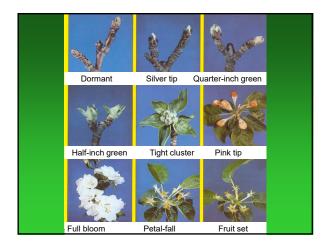
Thinning fruit

- Thin fruit when about the size of a quarter •
- Remove small and injured fruit Thin clustered fruit to one



Thin clustered fruit to one Space remaining fruit: •4-6" apart for apples •4-8" apart for peaches •4" apart for plums • no thinning cherries





Fungal Disease Black Knot of Plum (Dibotryon morbosum) Prune out cankers during winter • Beware of wild hosts 'Stanley' highly susceptible Fungicides at or before budbreak



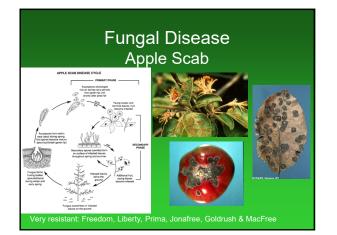
Technically not insect pest Mites



.



mites being eaten by a more helpful mite

















Hardiness of grape cultivars

Low winter temperatur		Suitable Cultivars
0°F	Zone 7a	Most <i>vinifera</i> and American or hybrid cultivars
-5°F	Zone 6b	Most northern <i>vinifera</i> and American or hybrid cultivars
-10°F	Zone 6a	Hardy <i>vinifera</i> , moderately hardy hybrids and American cultivars
-15°F	Zone 5b	Hardy hybrids and most American cultivars
-20°F	Zone 5a	Hardy American cultivars



American bunch grapes (*Vitis labrusca*)

	cultivar	color
	Ontario	white
\mathbf{SOS}	Delaware	red
200	Niagara	white
	Concord	black
	Catawba	red
Concord N 82-16-012		

color	use	
vhite	juice, wine, table	
ed	wine, table	
vhite	juice, wine, table	
olack	juice, wine, table	
ed	wine, juice, table	

e mild e floral, strong e pronounced fruity e spicy flavored

flavor

Grapes Types

Vitis labrusca (American bunch grapes) Vitis vinifera (traditional European species) French-American hybrids Vitis rotundifolia (Muscadine)

Vitis vinifera (traditional European species)



Chardonnay Riesling Cabernet Sauvignon Pinot Noir Gewurztraminer



French-American hybrids

cultivar	wine type	flavor
Aurore	white	okay, used for bulk wine production or blending
Seyval	white	attractive grassy, hay & melon aromas
Cayuga	white	medium body & good balance
Maréchal Foch	black	from fruity, light to hearty, full bodied
Chancellor	red	quality excellent, makes strong Bordeaux style
Cayuga White		

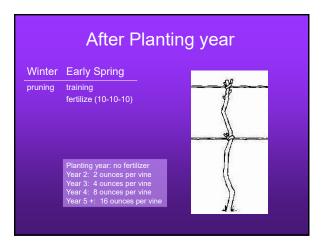
	Plant	ing year	
Winter	Early Spring	Spring	Rest of season
purchase or propagate grapevine	plant grapevines tie or stake	remove all but the strongest new shoot	as single cane grows remove flower clusters and side shoots

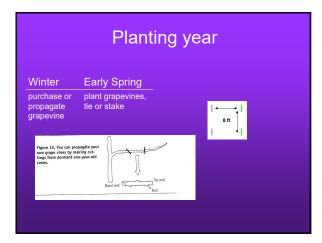
Planning & Preparing year

Evaluate your site and soil a growing season of at least 150 days winter temperatures above -25°F well-drained soil, ideally sandy loam good air drainage preferably a southern slope complete soil test

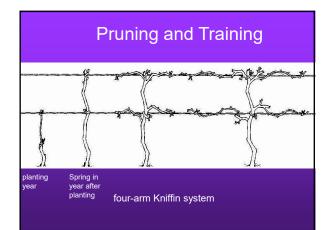
Prepare the soil adjust pH as needed (~ 6.0 -6.5) adjust nutrients as needed eliminate perennial weeds increase organic matter

Match plants to your site

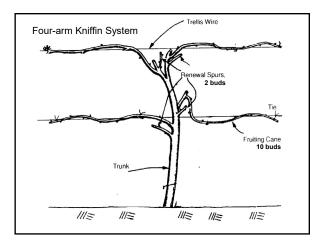












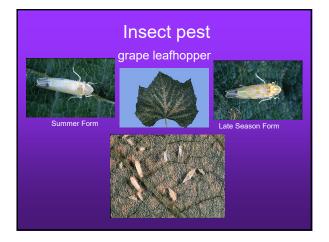
















Choosing June-bearing Cultivars

			resistance to				
variety	season	flavor	leaf dis	eases	root dis	eases	
Earliglow	early	1	3		1		
Cavendish	early mid	2	1		1		
Jewel	late mid	1	1		3		
Allstar	late	1	1		1		
		1=	excellent	2= good	∣ 3=not s	o good	

Planning & Preparing year



Evaluate your site and soil history of soil-borne diseases well-drained soil, ideally sandy loam good air drainage access to a suitable water supply preferably sunny complete soil test

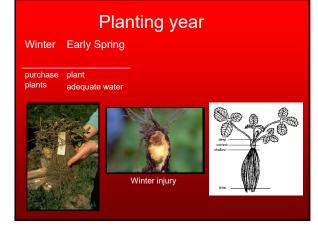
Prepare the soil

adjust pH as needed (~ 6.2) adjust nutrients as needed eliminate perennial weeds increase organic matter

Match plants to your site disease resistant cultivars

After planting year





Renovating Strawberries

•Mow or clip to height of ~3" •Till between rows & narrow row width •Rake soil to cover crowns ~1" •Fertilize



After planting year 10-10-10 fertilizer at renovation: \sim 1/2 ounce per foot early September: \sim 1/4 ounce per foot

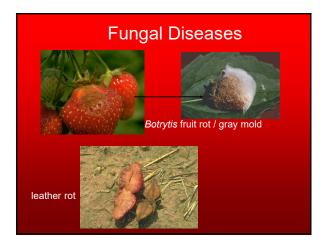
Planting year						
Winter	Early Spring	Spring	Summer	Early Fall	Late Fall	
purchase plants	plant	fertilize WEED ren	WEED weed we nove flowers as desire maintain narro	eed d	straw mulch	
1 10-10-10 fe 6 wks after ~ 1/3 ounce arly Septe ~ 1/3 ounce	rtilizer planting: a per foot mber:	f water ead	ch week, either by rain	fall or irrig	ation	





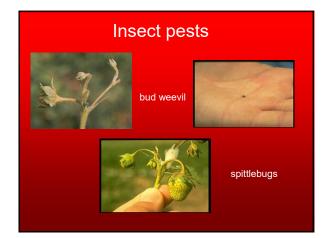


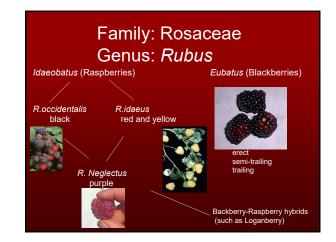
		DN P	lanting yea	ır		
Winter	Early Spring	Spring	Summer	Early Fall	Late Fall	
purchase plants	plant	fertilize plastic mu	fruiting begins in i Ilch	mid-July	Fruiting continues through fall	
remove flowers (or not!) remove runners until fruit set begins						
1-2 inches	of water e	ach week p	referably via trickle	irrigation		
Fertilize thro trickle regul						



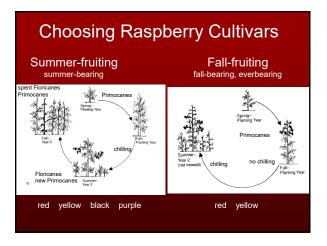
















Planning & Preparing year



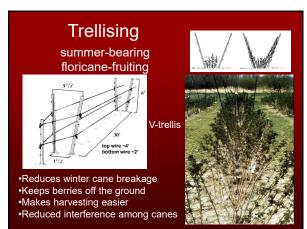
Evaluate your site and soil sun sun sun

avoid wild brambles areas (diseases) well-drained soil, ideally sandy loam good air drainage adequate water but no water accumulation complete soil test

Prepare the soil

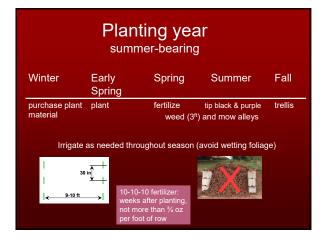
adjust pH as needed (~ 5.5 to 6.5) adjust nutrients as needed eliminate perennial weeds increase organic matter

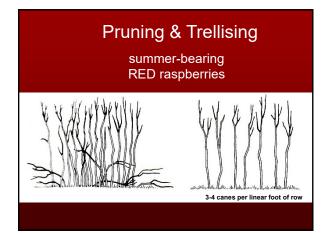
Match plants to your site hardy, disease resistant cultivars



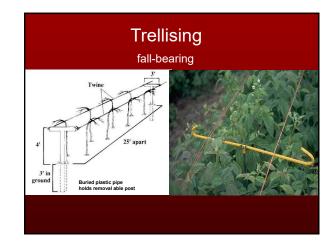




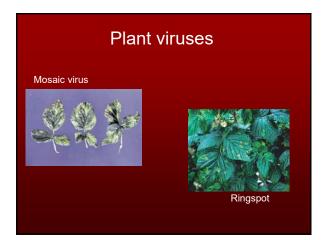




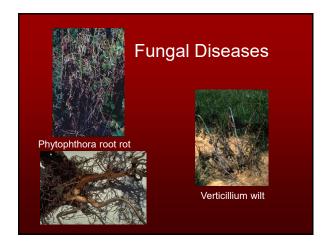




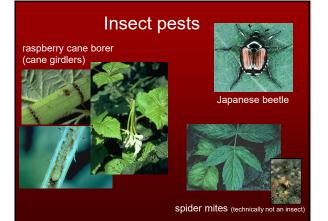








1/11/2021



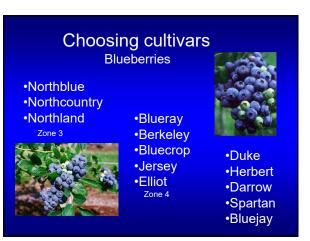


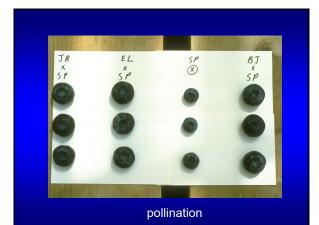






Monitoring and Exclusion Netting Spotted Wing Drosophila (SWD)







Planning & Preparing year



Evaluate your site and soil a growing season of at least 140 days well-drained soil, ideally sandy peat access to a suitable water supply preferably sunny complete soil test

Prepare the soil

adjust pH to < 5 (sulfur takes time) adjust nutrients as needed eliminate perennial weeds increase organic matter

Match plants to your site hardy cultivars

Pruning Basics

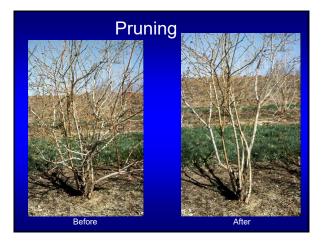
- Prune in early spring
- Do not "hedge" prune, remove canes from point of origin
- Start with removing diseased, broken or dead branches
- Keep ~2 new canes per year up to 8 years
 Remove old, large canes > 1 in
- With neglected bushes, remove up to 20%



	Planting year				
Wi	nter	Early Spring	Summer	Fall	
pur plai	chase nts	plant & prune	weed & mow alleys remove flowers mulch	weed	
A		Adequate water throu	ighout season		
a		4 ft↓ ← 10 ft →			
2-3 year-old	plants			dek.	

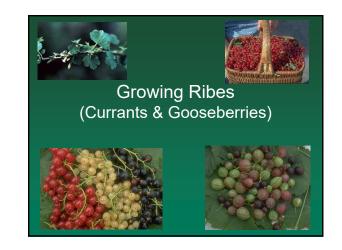


1/11/2021











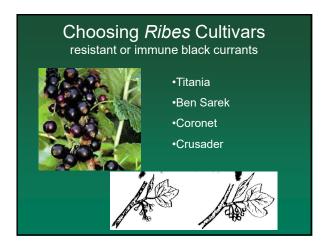
some twig redness is normal cane agir

Keys to Success

- Choose a cool moist location with good air circulation
- Create a rich soil by incorporating lots of organic matter
 Use High-N mulches, such as grass clippings, as *Ribes*
- are heavy nitrogen feeders Prune annually and remove 4-year-old canes



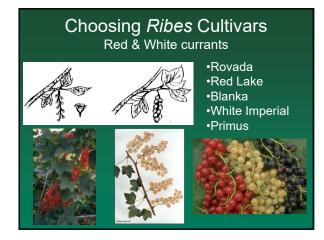




Pruning Currants and Gooseberries

- 1st year keep 6 -8 vigorous shoots
- 2nd year keep 4-5 one year olds & 3-4 two year olds
- **3rd year** keep 3-4 shoot in each age class
- 4th year remove oldest shoots & keep 3-4 shoot in each age class
- Always remove diseased & broken shoots.













Planning & Preparing year

Evaluate your site and soil moist, fertile, well-drained soil good air circulation complete soil test

Prepare the soil adjust pH to ~ 5.5 and 6.5 eliminate perennial weeds increase organic matter

Choosing Elderberries Cultivars

•Adams No. 1

•Adams No. 2

York

•Johns

- Kent
- •Nova
- Scotia





	After planting year				
	Early Spring	Summer	Late summer		
	prune	hand weed mow alleys replenish mulch	harvest		
	Adequat	e water throughou	t season		
1/8 lb arr	year of plant's age apply imonium nitrate (up to 1lb p I0-10-10 (up to 4 lb per plar		1 3		

Choosing cultivars Hardy Kiwi- Actinidia aruguta











Keys to success

Choose cultivars of Actinidia aruguta (NOT A. chinensis)
Plant 1 male for every 9 female plants
Avoid planting in frost pockets
Support vines (trellis system, arbor...)
Prune plants at least 2 or 3 times during the growing season and once late winter



More fruits...

Persimmons Pawpaws Mulberries Juneberries Highbush Cranberries Cornelian Cherries Beach plums Buffaloberries Quinces

North American Fruit Explorers (NAFEX) www.nafex.org/

Paw Paw

PRO

- Easy to growUnusual flavor and texture • Natural pesticides (annonaceous
- acetogenins)

- Unusual flavor and texture
- Potential link to Parkinson Disease-like effects
- The FDA does not currently have any evidence that pawpaw is unsafe to eat





Persimmon

PRO

- Large shade trees/Fall foliage
- Persimmon pudding
- Wildlife
- Fruit hangs on trees after trees defoliate
- Disease and pest resistant

• Very astringent



Schisandra chinensis











Figs

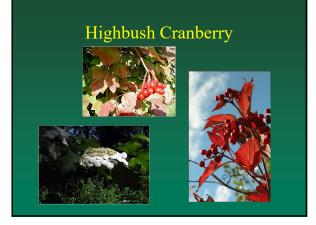


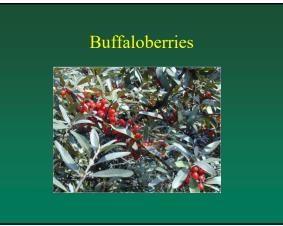
In New York they must be grown in containers and brought inside during the winter

during the winter In some southern counties you may be able to over-winter figs in gardens by protecting the trees Figs are grown on their own roots, but branches can be pruned to keep the trees at a manageable height 'Chicago Hardy', 'Brown Turkey',

Chokeberry











Cornelian cherry





Good Luck!

Mulberries

PRO

- PRO
 Easy to grow
 Shade tolerant, and provides shade
 Pies, preserves, wine
 High antioxidant and provident and provident construction construction.

- Figh antioxidant and resveratrol concentration
 Silk (only the White mulberry; Morus alba)

- Large treesMessy



