

What's in Season from the Garden State

Biweekly Highlights from Cooperative Extension, a unit of Rutgers New Jersey Agricultural Experiment Station

July 23, 2007



Tart Cherries growing in research blocks at Rutgers Snyder Research Farm, Pittstown, NJ



Early Season
GaLa



Mid Season
Flamin Fury
PF24-007



Late Season
Laurol



White Peach
White Lady



Doughnut Peach
Saturn

Tart Cherries - A New Jersey Treat

Win Cowgill, Agricultural Agent, Rutgers Cooperative Extension of Hunterdon County

Tart Cherries are not as well known as their cousin the Sweet Cherry. In fact, they are a different species, *Prunus cerasus*. They are rarely found fresh in the supermarket but are a delightful treat found on about 150 acres located throughout the Garden State. They are best known as a key ingredient in desserts; most importantly, the cherry pie. However, tart cherries are also delicious in preserves, main courses, salads, side dishes and beverages. Tart cherries are very juicy and pleasantly acid, making them superior for cooking compared to their sweet cherry relative.

Tart Cherries ripen from mid-June until the end of July depending where you are located in the Garden State (they are no longer in season in South Jersey, but are in North Jersey).

Cherries are a wonderful fruit because they are so attractive and great to eat. However, they are a difficult crop to grow. There are two main reasons that keep farmers from growing more cherries in New Jersey: bacterial canker, a disease that can devastate a cherry tree's foliage and limbs; and bird injury.

Cherries boast a high nutritional value as a rich source of antioxidants that can help prevent cancer and heart disease. Cherries also contain compounds that may help relieve the pain associated with arthritis, gout, and headaches.

Research on cherry crops at the New Jersey Agricultural Experiment Station, Rutgers Snyder Farm, has focused on four areas: 1) variety evaluation and selection, 2) control of bacterial canker, and 3) dwarfing rootstock evaluations, and 4) training and production systems.

For recipes and to learn more about tart cherries visit the Cherry Marketing Institute web page: <http://www.choosecherries.com/>.

A Peach for all Seasons

Apples come in different varieties, like Golden Delicious, Macintosh, Gala, etc., but a peach is a peach is peach, right? Wrong! The Jersey Fresh peaches and nectarines you enjoy all season long are actually a number of varieties which ripen at different times and have different characteristics.

Jerry Frecon, Agricultural Agent for Rutgers Cooperative Extension of Gloucester County provides us with an overview of early to late season Jersey Fresh peach and nectarine varieties that you will be finding this season:

Early Season Peach varieties normally ripen in southern New Jersey from July 5 to August 1 and are available up to 2 weeks later. These varieties represent a total of 25.5 % of the tree acreage planted. Glenglo,

Continued on page 2

New Jersey Department of Agriculture's Jersey Fresh & Seafood Availability Report

Current:

- Baby Arugula & Parsley
- Baby Spinach Peaches
- Basil Peppers
- Beets Radishes
- Blueberries Squash - yellow
- Cabbage and zucchini
- Cantaloupes Sweet Corn
- Collards Swiss Chard
- Cucumbers Tomatoes
- Dandelions Turnips
- Dill White Potatoes
- Eggplant
- Kale
- Leeks &
- Green Onions
- Mint
- Nectarines



- Black Sea Bass
- Bluefish
- Butterfish
- Flounder
- Fluke
- Ling
- Lobster
- Monktail (Day Boat)
- Scup (Porgies)
- Sea Scallops (Day Boat)
- Squid
- Swordfish
- Tuna
- Whiting



- Farm Raised Hard Clams & Oysters**
- Little-necks/Middle-necks
 - Specials
 - Cape May Salt
 - Oysters
 - Delaware Bay
 - Oysters

Sentry, and Summer Serenade are popular very early varieties followed by GaLa and Flavorcrest. Early Loring, Flamin Fury PF15A, Redhaven, John Boy, Bellaire, Salem Flamin Fury PF Jersey, 14, Starfire and Bellaire are beautiful firm red yellow-fleshed varieties finish out the early season.

Easternlo is the first high quality yellow fleshed nectarine followed by Harblaze and Summer Beaut in the early season.

Mid Season Peach varieties normally ripen in southern New Jersey from August 5 to August 20 and are available up to 2 weeks later. These varieties represent a total of 25.4 % of the tree acreage planted. Flamin Fury PF 17, Allstar, Harrow Beauty and Bounty are replacing Loring, the most popular midseason variety. Contender, Flamin Fury PF 23, Glowingstar, and Flamin Fury PF 24-007 follow Loring and are replacing an old favorite Blake.

Flavortop and Sunglo are the major yellow-fleshed red skinned nectarine varieties in the mid season followed by Red Gold and old favorite for red color, size, and flavor.

Late Season Peach varieties normally ripen in southern New Jersey from August 25 to September 15, and are available up to 3 weeks later. Cresthaven and Flamin Fury PF 25 are the first followed by Flamin Fury PF 27A, Jerseyglo, Jerseyqueen, and Fayette. Encore is the most heavily planted peach variety in New Jersey and is available with Autumnlo and Flameprince. Lauro, ripening after Encore, is heavily planted in young orchards. Big Red, and Parade finish up the late season yellow-fleshed peaches.

Fantasia is the major late nectarine. This variety ranked number 1 in a New Jersey peach and nectarine variety taste test.

White-Fleshed Peaches - During the early twentieth century most of the important varieties in New Jersey were white-fleshed. During the middle of the century many new firmer, yellow-fleshed varieties with more red skin color replaced these white-fleshed varieties. However, we now have beautiful full red skinned, firm, white-fleshed varieties throughout the season. These begin with Sugar May in mid-July followed in order by: Lady Kim, Sugar May, White Lady, Sugar Lady, Klondike, Blushing Star, Sugar Giant, Lady Nancy and Snow Giant. Many other new peach and nectarines varieties are being developed.

A growing industry is also developing for flat or doughnut peaches. The first variety NJ F-2 was developed in New Jersey. It is available in late July through early August under the generic name Saturn.

Some white-fleshed nectarines like Arctic Star, Arcticglo, Arctic Sweet, Arctic Jay, and Arctic Pride are also available.

Come Celebrate the Peach

The annual New Jersey Peach Festival will be held July 26-29, 2007, 4-H Fairgrounds, Route 77 South, Mullica Hill, NJ (in the heart of peach country).

Some highlights include peach pack competition from the state's top peach growers, Peach Queen competition, displays of all types of yellow and white-fleshed peach and nectarines, educational displays of peach pest management and variety development, annual peach bake off competition, Little Mister and Miss Peach Blossom Parade, peach products and peach cider drinks along with New Jersey peach ice cream, Jersey Fresh peaches, peach breads, peach pastries, Jersey grown plants and Jersey Fresh fruits and vegetables.

The New Jersey Peach Festival is held concurrently with the Gloucester County 4-H Fair. For a listing of events and directions to the festival and fair go to: <http://gloucester.rce.rutgers.edu/fairfest>. For recipes and information on New Jersey peaches go to: www.jerseypeaches.com.

Where to find Jersey Fresh? Ask for it where you shop or dine or go to: <http://www.jerseyfresh.nj.gov>

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