

Antioxidants From Your Garden



ORAC Scale

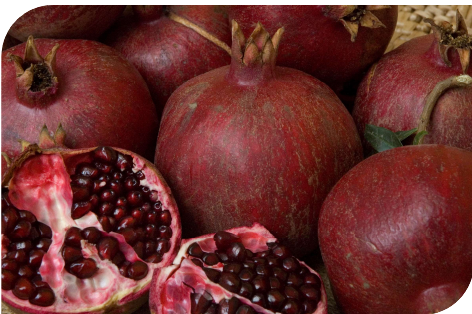
(Oxygen Radical Absorbance Capacity)

- Pomegranate – 2900
- Blueberry – 2400
- Blackberry – 2036
- Strawberry – 1540
- Raspberry – 1220
- Black Plum – 1100
- Red Plum – 940
- Boysenberry – 800
- Red & Black Grape – 800
- Avocado – 780
- Blood Orange – 750
- Cherry – 670
- Black & Green Olive – 670



(Numbers represent the value found in a 3.5 oz. serving)

Pomegranate









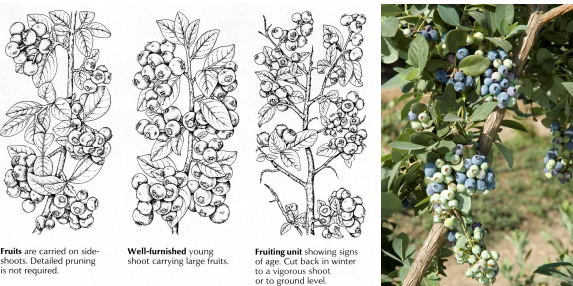




Blueberry



Blueberry



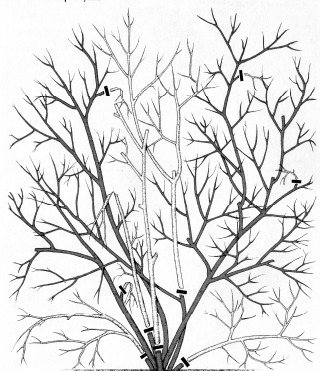
Fruits are carried on side-shoots. Detailed pruning is not required.

Well-furnished young shoot carrying large fruits.

Fruiting unit showing signs of age. Cut back in winter to a vigorous shoot or to ground level.

Blueberry

Third and subsequent years



November to February. Cut back two or three of the fruited branches that have become turgid to a vigorous young shoot or to ground level. Cut out close to the base any broken or dead branches, dead shoots and branches that have grown too close to the ground from the weight of the fruit they carry.

IDEAL FOR CONTAINER GROWING

Dave Wilson Nursery

BLUEBERRIES

Growing blueberries in the ground can be difficult.
For quick and easy results, containerize them!

Dave Wilson Nursery recommends this method for growing blueberries in the home garden. Blueberries require low Ph and actively decomposing soil to make them thrive. Just follow our simple steps and in no time you can harvest handfuls of super sweet berries from your own container grown blueberry plant.

Step 1: Soil Mix.

For healthy, vigorous plants mix the following:

1/3 part 1/4" pathway bark, or wood chip mulch, 1/3 part peat moss
1/3 part forest by-product based potting soil, Such as Azalea mix
or Acid Plant mix.

1 handful of soil sulfur or, an organic fertilizer mix of cottonseed meal,
fish meal and Feather meal.

Step 2: Plant.

Choose a container size to suit your plant.

Start all 4 inch to 1 gallon size plants in 2 to 5 gallon containers. For estab-
lished 2 to 5 gallon plants choose a 16 to 20 inch container. Fill the bottom of
your container with the soil mix and pack down. Place the blueberry and
continue to fill and pack down around the root ball with the soil mix. Top off
with large bark to help filter salts from the irrigation water.

Step 3: Water & Fertilize.

Don't let the container dry out.

Never use fertilizer with nitrogen in nitrate form! It can Kill.

Blueberries love full sun.

Fertilize with acid based fertilizer once a month during the growing season.
An organic fertilizer mix of cottonseed meal, fish meal and feather meal has
proven to be a great blueberry food.



**Pink
Lemonade
Blueberry**
Vaccinium 'Pink Lemonade'

Outstanding Features:

- Pink blueberries
- Produces fruit in southern climates
- Fall color

Habit:
Vigorous, upright

10 Year Size:
4.5 x 5'

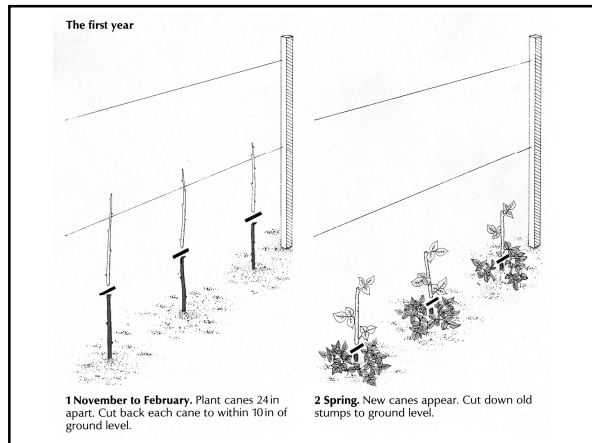
Zones:
5

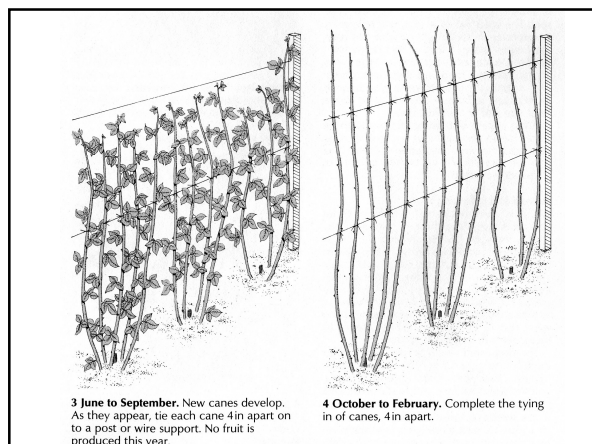
Best Used For:

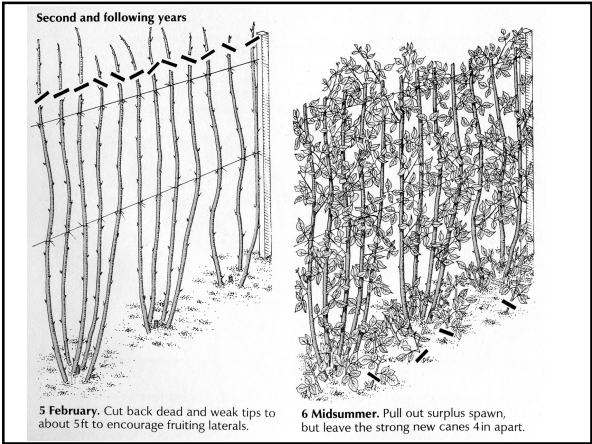
- Mixed borders
- Mass plantings
- Fruit production

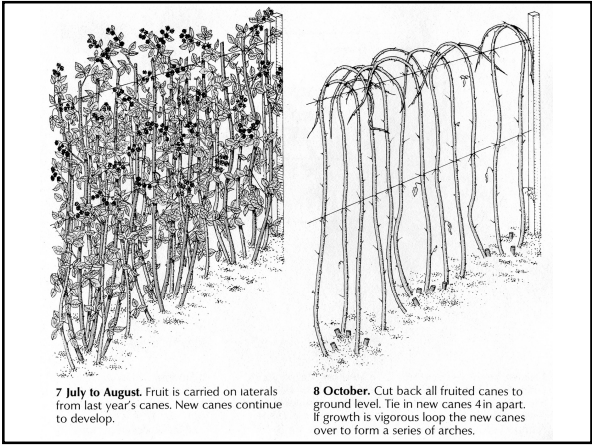
Blackberry, Raspberry & Boysenberry











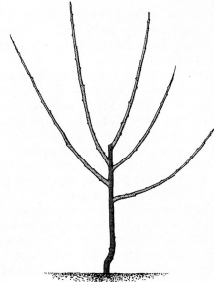


The following technique works for plums, as well as most other fruit trees.

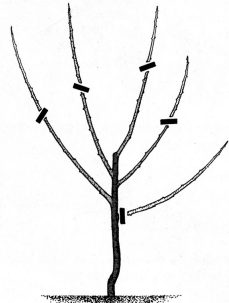
The first year



1 November to February. Maiden tree at planting. Cut back to 27 in, just above a bud.

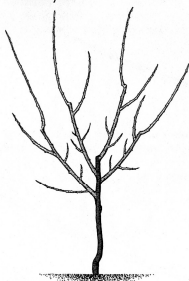


2 October. At the end of the season's growth the tree has responded to pruning and formed strong primary branches.

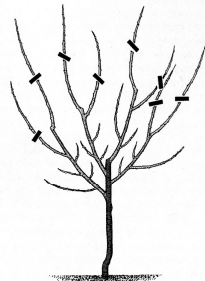


3 November to February. Select four of the primary branches that have formed wide angles to the stem. Cut back vigorous ones by one-half and less vigorous ones by two-thirds. Prune to outward-pointing buds. Remove unwanted branches.

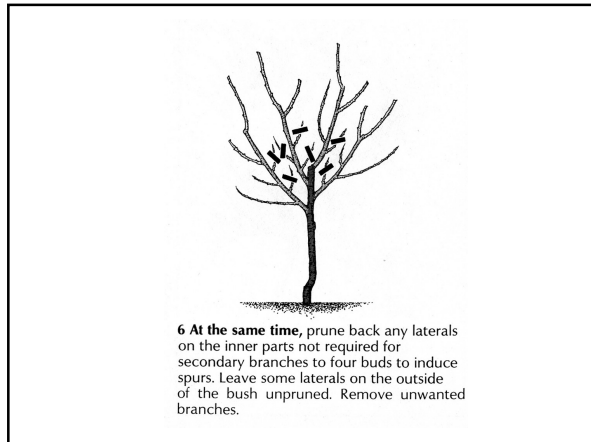
The second year

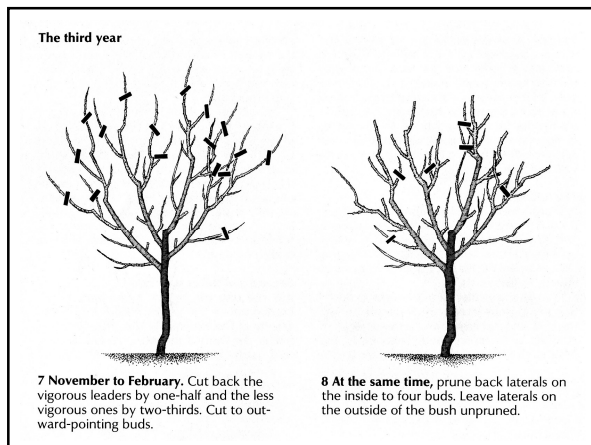


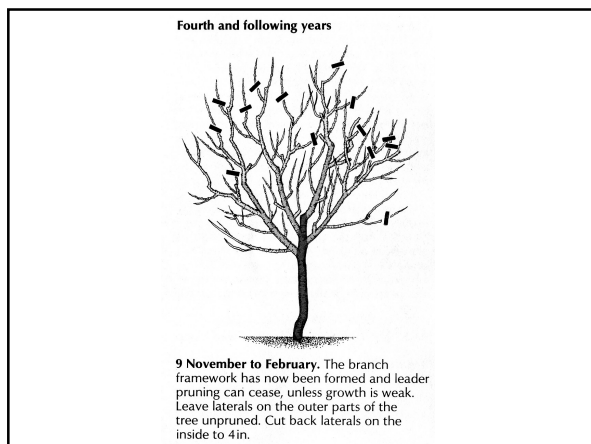
4 October. At the end of the season's growth strong secondary branches will have formed.



5 November to February. Select a further four well-placed new growths to form permanent branches. Cut back all leaders, shortening vigorous ones by one-half and less vigorous ones by two-thirds. Prune to outward-pointing buds.





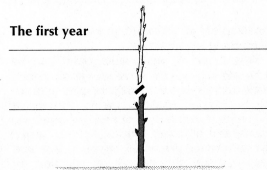


Cherry

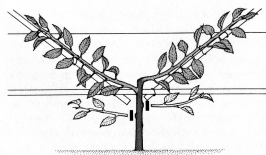


Cherry Fan

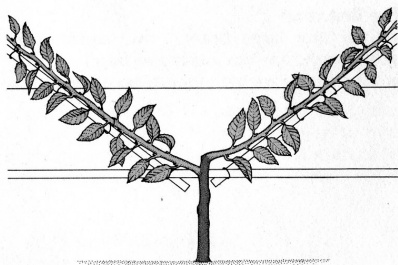
The first year



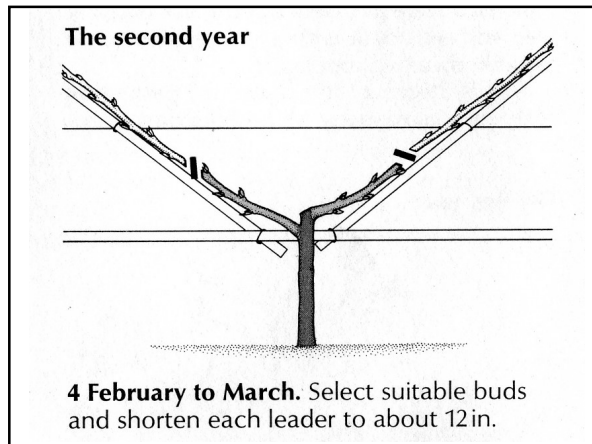
1 February to March. Plant a maiden tree. Cut back to 15in above a suitable bud.

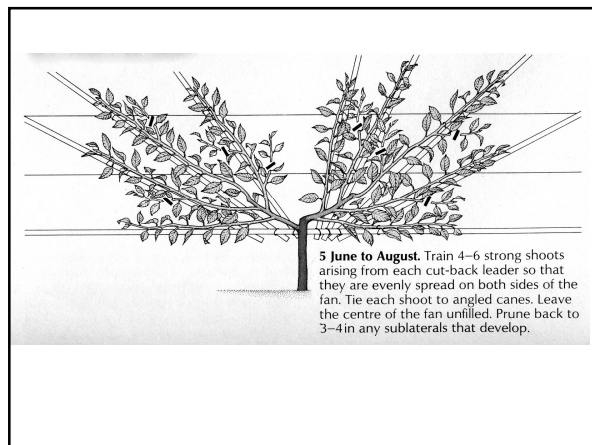


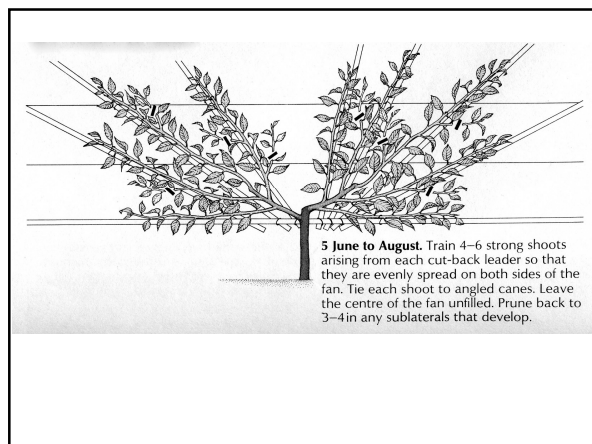
2 May to June. Select two strong shoots close to the tip and tie them to canes set at an angle of about 45 degrees. Remove all other shoots on the main stem.



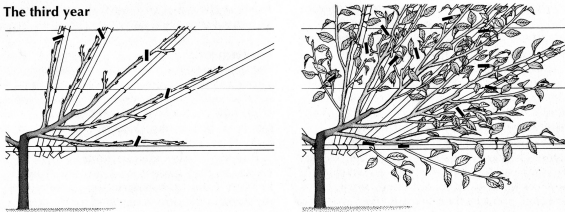
3 July to September. Tie in the developing shoots. If necessary raise the shoots to increase vigor or depress them to decrease vigor to ensure even growth.







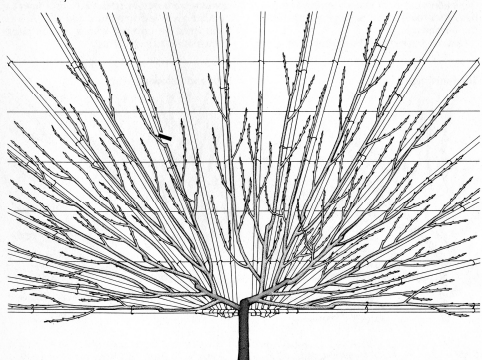
The third year



6 February to March. Cut back all leaders to suitable buds, leaving 18–21 in of new growth.


7 June to September. Select and evenly tie in 3–6 shoots from each pruned leader, gradually filling the center of the fan. Prune back any sublaterals that develop to 3–4 in.

The fourth year



8 February to March. The leaders should now be 12–18 in apart at the tips. If spaces remain to be filled on the fan, prune back selected leaders by one-half to stimulate suitable laterals. Leave the remaining leaders unpruned.

Blood Orange







Red & Black Grape























Strawberry



Avocado







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