



SUFFOLK TRADITIONAL ORCHARDS GROUP

Newsletter and Workshop Programme 2013



Rattle? This apple was brought in to an apple day in Suffolk in autumn 2012, but we have seen it on three previous apple identification days.

An apple called Rattle

About 10 years ago this apple was shown at a display at Crapes Fruit Farm in Aldham, Essex. It was collected and propagated by the proprietors, John and Andrew Tann, from a farm orchard in south Suffolk. Then in 2008, again in 2009, and lately in 2012 it, or something very similar, was brought in to various Suffolk apple days. The last time was from Woodbridge, and previously, from Forngett and Flowton. Whether these are all exactly the same cultivar isn't clear, but they all have a wide open cavity with small spherical seeds that rattle, pale green skin, turning yellow with sparse spidery russetting, and a long stalk, and are exceptionally elongated. It is a long keeping desert apple with fine pale green fine textured flesh and with a nice, but rather bland, russet-like flavour in December. The name we are using comes from Andrew Tann's name for it.

Other apples, especially early codlins like Keswick Codlin and Emneth Early have a similar wide open cavity, but none are so extreme. We would be very interested to know if anyone else knows of this apple. It obviously isn't common but there are many well-known varieties that have not been brought in to us 3 times in 5 years!

We know, more or less, where these come from. Since 2008, we have recorded the post code origin of all the fruit brought to us at Apple Days. This winter we are grafting Rattle for planting in Suffolk Collection orchards.

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See page 7 to learn about C16th marmalade and for Monica Askay's recipe



Supported by
The National Lottery
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Programme of events

All workshops are led by Paul Read, chair of Suffolk Traditional Orchards Group

Date	Time	Event	Location
Wed, 6 Feb	10 am—3.30 pm	Grafting Workshop	Red House Yard, Thornham Magna, Nr. Diss, IP23 8HH
Wed 9 Feb	10 am—3.30 pm	Grafting Workshop	Red House Yard, Thornham Magna, Nr. Diss, IP23 8HH
Sat 16 Feb	10 am—3.30 pm	Grafting Workshop	Suffolk Wildlife Trust's Foxburrow Farm, Melton IP12 1NA
Sat 23 Feb	10 am—4 pm	Orchard surveyors course	Thrandeston Village Hall, Little Green, Nr. Eye, IP21 4BX
Sat 2 Mar	10 am—4 pm	'So you want to plant an orchard?'	Thrandeston Village Hall, Little Green, Nr. Eye, IP21 4BX
Sat 23 Mar	10 am—3 pm	All about orchards! (SWT event)	Suffolk Wildlife Trust's Foxburrow Farm, Melton IP12 1NA

DETAILS OF EVENTS

Fruit Tree Grafting Workshops

Wednesday 6th February 10.00 am - 3.30 pm

Wednesday 9th February 10.00 am—3.30 pm

Venue Red House Yard, Thornham Magna, Nr Diss, IP23 8HH

Cost FREE

About the day

You will learn about the history of fruit tree grafting and the various techniques available. You will then get a chance to practice the cleft graft, and the whip-and-tongue method yourself on willow wands supplied by us. If you wish to propagate your own apple, plum or pear varieties, you will need to bring one year old straight wood shoots with you. Over the past year, groups have propagated over 300 traditional fruit trees for use by amenity / community orchards in Suffolk.

To book Please email paul@home-farm.myzen.co.uk to book and we will send details of what to bring.



DETAILS OF EVENTS

Fruit Tree Grafting Workshop

Saturday 16th February 10.00 am - 3.30 pm

Venue Suffolk Wildlife Trust's Foxburrow Farm, Melton IP12 1NA

Cost FREE

About the day

You will learn about the history of fruit tree grafting and the various techniques available. You will then get a chance to practice the cleft graft, and the whip-and-tongue method yourself on willow wands supplied by us. If you wish to propagate your own apple, plum or pear varieties, you will need to bring one year old straight wood shoots with you. Over the past year, groups have propagated over 300 traditional fruit trees for use by amenity / community orchards in Suffolk.

To book Please email paul@home-farm.myzen.co.uk to book and we will send details of what to bring.

Saturday, 23 February 2013, 10.00 am - 4.00 pm

Orchard surveyors training course

Venue Thrandeston Village Hall, Little Green, near Eye IP21 4BX

Cost FREE

About the day

This course is for prospective and already active volunteer orchard surveyors taking on the survey of traditional orchards of a parish.

The morning is spent discussing traditional orchards and how the survey is carried out and after your packed lunch we will look at one or two local old orchards.

To book Please email paul@home-farm.myzen.co.uk to book and we will send details of what to bring.

Saturday, 2 March 2013, 10.00 am - 4.00 pm

"So you would like to plant an orchard?" A one-day course

Venue Thrandeston Village Hall, Little Green, near Eye IP21 4BX

Cost FREE

About the day

A one day explanation and demonstration of how to plan, order, plant and protect a traditional orchard in Suffolk. The morning is spent inside and after your packed lunch we will look at several local newly planted orchards of different ages. For this we will need to travel a mile or so from the morning's venue by car.

The day is based around the Advice Notes downloadable at [Suffolk Biodiversity Partnership website >](http://SuffolkBiodiversityPartnership.org.uk)

To book Please email paul@home-farm.myzen.co.uk to book and we will send details of what to bring.



DETAILS OF EVENTS

Saturday, 23 March 2013, 10.00 am - 3.00 pm

All about orchards - a Suffolk Wildlife Trust Wild Learning Course

Venue SWT's Foxburrow Farm, Melton IP12 1NA

Cost £25.00, £21.50 concession

About the day

Spend a fascinating day in the lovely orchard at Foxburrow Farm with Paul Read, Chairman of Suffolk Traditional Orchard Group. Learn how to plant and look after different types of fruit trees, and examine fruit trees at different stages of development.

Please bring a packed lunch and gardening gloves. Please wear stout shoes and clothing suitable for the weather. Paul will bring reference books and a display of fruit and/or trees in pots and grafts.

Free tea, coffee and biscuits will be provided on the day.

To book Please visit [Suffolk Wildlife Trust's website](http://www.suffolk-wildlife-trust.org.uk) > or phone 01473 890089.

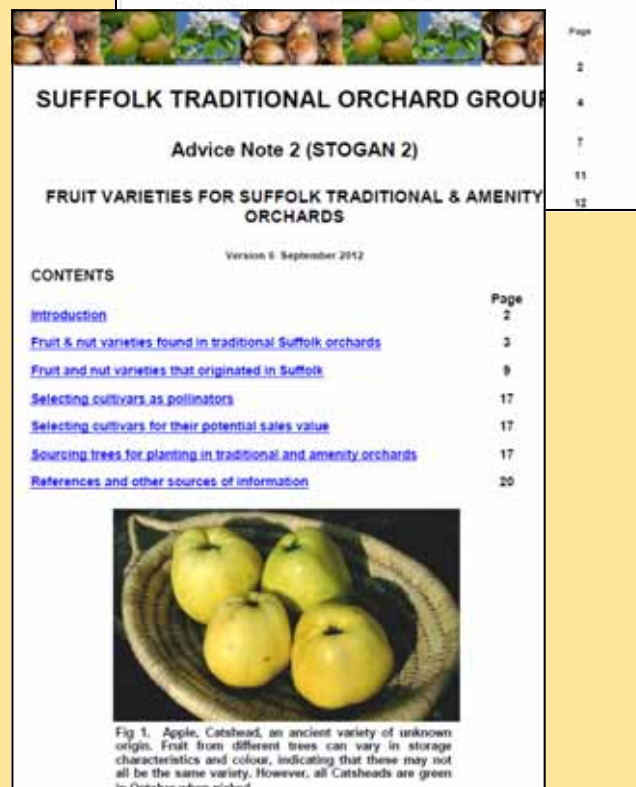
Advice Notes and Mini-Mongraphs

Our popular Advice Notes cover the major issues relating to recording, surveying, planting and managing traditional orchards in Suffolk. These are updated as information becomes available. We are delighted to announce that the following are now available on our [website](http://www.suffolk-wildlife-trust.org.uk) >

- STOGAN 1:** Orchard traditions in Suffolk
- STOGAN 2:** Fruit varieties for Suffolk traditional & amenity orchards
- STOGAN 3:** Planning and planting new orchards
- STOGAN 5:** Live collections of orchard fruit varieties in Suffolk
- STOGAN 9:** Suffolk Traditional orchard ground flora - natural and planted

The following are available in draft format from Paul Read:

- STOGAN 4:** Protecting new & old standard orchard trees
- STOGAN 6:** Cobnuts in Suffolk
- STOGAN 13:** Labelling fruit trees
- MM1:** Pear, Suffolk Thorn
- MM2:** Christmas Lane Cottage plums





Seaside fruit trees

It is becoming clear that along the Suffolk coast fruit trees suffer from both the poor Sandlings soils and exposure to the sea, but this hasn't stopped some feral fruit trees from surviving, often very close to the sea. Apple Thorpeness and apple Dunwich Heath are both individual wind-formed trees which crop relatively well. A well-recorded apple tree grew for many years at Covehithe on the edge of the low cliff, but fell into the sea just a few years ago. Walberswick Wonder is being grown on by Paul after a collector in Gorleston provided some graft wood.



This is the most recent "seaside apple" to be reported to STOG – growing at Shingle Street (with the Martello tower in the fog) about 100m from the SSSI shingle beach! And there are rumours of more in the same area. We would like to know of any fruit trees growing close to the sea.



And now plums at the seaside, well, perhaps not quite the seaside, but on the estuary sea wall in Ramsholt, several very nice unidentified orange-fleshed gages. On the same site is a large cobnut stool with ripe fresh green nuts, possibly the very elongated English variety Garibaldi.



Suffolk Orchard Collections

These orchards are new plantings of traditional fruit and nut varieties designed to be living museums. They are in a traditional orchard layout and landscape with trees growing in the traditional tree forms. The proposal is to include varieties that are traditional to Suffolk whether they originate in the county, from elsewhere, or whether their origins are unknown.

Suffolk is not well known for its local origination fruit and nuts. About 40 varieties may have originated here, but the central Suffolk claylands (and the similar area of south Norfolk) are becoming known for the number of unidentified fruit varieties that are being brought to us.

We are working with collection sites in south, coastal, mid and west Suffolk: Great Cornard Country Park, the Broxstead and Thornham Estates and Pakenham Water Mill.

Great Cornard Country Park in south Suffolk is being planted with cherries, sour cherries, pears and local apples. The cherries and pears will be grafted high onto tall rootstocks as is the tradition in South Suffolk. Only the rootstocks have been planted to date, in 2011 and 2012.



Great Cornard Middle School pupils planting apple rootstocks in their Country Park, Nov 2012

The Sandlings Collection, Broxstead, is being planted with Suffolk's "seaside apples", culinary and local pears, and Sandlings cobnuts. The first plantings were in March 2012, on the site that was once an orchard, but now with only one large apple and a large pear left. On a site immediately adjacent, an old cobnut site was discovered in summer 2012 with about 12 large cobnut stools, varieties still to be identified.



The recently discovered Broxstead nuttury ; it is not easy to estimate the age of cobnuts. Some large stems could be 50-70 years old, but the age of the stool itself is much more uncertain.



Thornham Estate Nuttery (just outside the Walled Garden) is a nuttery first recorded about 1830. This is scheduled to be restored and have additional new planting. Currently the trees on this site are still growing out after being coppiced a few years ago, but the plan is to restore them to fewer lower stems with nut production at heights that can be reached from the ground.

Pakenham Water Mill has a long field beside the leat, the dammed spring-fed water source for the mill. This will have a collection of the traditional farm varieties, planted this winter, and an area for local and recent clayland discoveries.

And there are other sites that are still a gleam in STOG's eye!



A productive Kent Cob stool being pruned in Kent in January. The maximum height of the productive stems allow the nut to be picked from the ground without a ladder.

Marmalade in the Sixteenth Century

Monica Askay

This is the time of year when Seville oranges are available for a very short season. It is therefore the season when thoughts turn to making marmalade.

Why, you might wonder, am I writing about marmalade? Surely this is made with fruit which does not grow in this country's orchards? I am actually writing about the origins of marmalade, which was a conserve rather different from what we now call marmalade. The main ingredient was also rather different.

The marmalade of the C16th and C17th was a quince paste, similar to the modern Spanish membrillo. If made with quince it was called marmalade, if with other fruit such as damsons or pippins (apples) the name of the fruit was included i.e. damson marmalade etc. (**Note:** A delicious English Damson and Quince Paste can be found at the cheese counter in Waitrose!).

In fact, the word marmalade comes from "marmelo", the Portuguese word for quince. Marmalade was first imported into this country from Portugal, and subsequently also from Spain and Italy. It was used both medicinally and as a sought-after sweetmeat to be eaten at the end of a meal with other sweetmeats and hippocras (a sweetened spiced wine with digestif properties). In due course travellers to the Mediterranean returned with marmalade recipes. Quince trees were popular here from the early C16th and sugar was available, though expensive. Contrary to popular belief, sugar cane was not native to the West Indies but was taken there to be grown. It had become known around the Mediterranean from the days of Alexander's Indian expedition (325 BCE) and was imported into Rome with other spices (sugar was regarded as a spice) from the East. Cultivation gradually moved westwards.



Initially heavily spiced and made with honey, forerunners to this quince marmalade were known in Ancient Greece and Rome. Our medieval chardequynce was also heavily spiced and made with honey, the quinces being boiled in ale-wort or beer (in France this would have been wine, most likely claret). The Portuguese (and Spanish) version was influenced by Arab cookery. It used sugar instead of honey, was not heavily spiced, but was possibly flavoured with rosewater. Our C17th marmalade recipes are similarly flavoured with rosewater, and also musk and sometimes ambergris (both of the latter being popular flavourings of the time ---- even appearing in a Robert May recipe for Buttered/Scrambled Eggs!) There is one such recipe in Gerard's Herball. As well as chardequynce and marmalade made from the fruit pulp, there was also a sweetmeat known as quidony. This was just made from the juice of the cooked quince boiled up with sugar (the same as our modern quince jelly), and was clear.

Eventually pippin marmalades emerged flavoured with citrus juice and candied peel. It was not until the C18th that Seville orange and other citrus marmalades as we now know them started to appear.

Keep reading to find out how to make your own sixteenth century marmalade....

C16th Marmalade

NOTE: If using a fruit other than quince, it is a good idea to choose a fruit with a high pectin content. If using pears, for instance, which have low pectin levels, a few will need to be mixed with quince and/or apples. Alternatively add lemon juice or pectin, or use preserving sugar, which contains added pectin.

450g / 1 lb quinces

water (or try a medium white wine) to just cover the quinces, optional (depends on method, see below)

Approx 450g / 1 lb granulated sugar (see method)

If you are using quinces, you will first need to rub off any grey fluff. Then place the washed quinces in a heavy saucepan with water (or wine) to just cover and boil till soft. This will take about an hour. Alternatively the quinces can be baked, covered and without water, in a low oven for an hour or two until soft but not collapsed. Leave the quinces to cool and then peel them and discard the stalks and pips. Pass the mixture through a sieve and weigh it. Place the quince pulp in a heavy-based pan with an equal weight of sugar. Bring the mixture to the boil and cook gently for about 1 ½ hours till very thick, stirring from time to time to prevent sticking. (Be careful, the mixture will be extremely hot!) Pour into moulds which you have just rinsed in cold water, or oiled with sweet almond oil, and leave to set. Turn out when set and store wrapped in baking parchment. The consistency when set should be very firm, and it should be possible to cut it into slices.

Eat with cheese, or as a sweetmeat. Instead of pouring the mixture into moulds, it can be made into comfits (rather like fruit pastilles) by taking a small pieces of the completely cooled paste (do NOT try and touch it until it has cooled as it will be extremely hot!). Roll the pieces of paste in caster sugar and store in an airtight container sprinkled with extra caster sugar between the layers to prevent them from sticking.

Monica Askay
January 2013



A quick comment from Paul

Just as apples and oranges come in numerous variety (Sevilla is the name of an especially bitter variety of orange, grown in Spain for the British market), so quince comes in several varieties although many fewer than apples. The three oldest known quince varieties all found in East Anglian farm orchards and old house gardens are *Pear-shaped* (smooth and pear shaped!), *Apple* also called until the 18th century *Maliformis* (small and almost spherical), and, most common of all....*Portugal* (large, knobbly, furry, irregular and more or less pear shaped). *Portugal* was probably in Suffolk gardens by the 16th Century as it is listed in most of the old herbals. So I suppose, Monica, this is the quince we should be using to make marmalade?

One of the best varieties for crop and flavour and available today is Meech's Prolific?

Monica's reply

Yes, Paul's right. The variety of quince referred to is "Portugal", which had been imported by Tradescant in the early C16th (Actually, Edward I had planted 4 quince trees at the Tower of London rather earlier in 1297). This is the variety which would give the best results. It would be interesting to try making versions from different varieties and comparing them. Marmalades were also made from other orchard fruits, from soft fruits such as gooseberries, and from mixtures of fruits.



Quince *Portugal*, weight 0.5 - 1.0 kg



A wild quince fruit – weight 15gm, ½ ounce.



CAN YOU HELP US ?

There are many questions we have about orchard fruit, varieties, cooking and growing them and about orchard wildlife and history. So if you know the answers or would like to share your knowledge of orchards or cooking with fruit, please contact Gen or Paul to let us know.

Here are some of the questions to which we particularly want to find the answers:



APPLES AND PEARS AT THE SEASIDE

Until a few years ago we thought that the apple “tree” on Thorpeness beach (now in the Tree Register!) was unique, and the only other salt tolerant fruit tree was the Bardsey apple from Bardsey off the north Wales coast. However Covehithe, Walberswick and Shingle Street have produced apples; Dunwich and Thorpeness pears; and Ramsolt plums. The apples are all dwarfed by salt spray damage and are all low and wide spreading, but clearly ancient. Ramsolt’s plums are full size!

Do you know of any fruit trees growing close to the sea, within 300m of the high water mark, and producing fruit?

FUNGI ON PLUM TREES

Many people know about silverleaf, a disease of plum trees. The leaves look silvery in summer and the trunks have small tiered brackets. It’s not common in Suffolk and some plums, such as cherry plums, seem not to be affected. Chicken-of-the-woods is also quite common. We have also seen spectacular bracket fungi and smaller hoof-like orange fungi, especially on cherry plums, causing massive heart wood rot.

Have you got photographs or specimens of other fungi growing on old plum trees?

APPLE VARIETIES

Several apples have been brought to us with names we either don’t recognize or we think might relate to a different apple.

Have you ever heard of these names for apple varieties? If so where and when?

Coalman, Coleman, Norfolk (or somewhere else), Colman - usually a very dark purplish red, sometimes almost black apple, possibly a pleasant September dessert that tastes not very nice by October. ‘Coalman’ was the most frequent spelling in the past.

Langton Green, Langton Yellow, Langton ‘something’. About four or five trees are known from the Eye area, hence Langton Green. One tree is very large and old and may be the “original”. Pale green pearmain shape when picked in Oct/Nov, goes yellow and hangs on the tree till Christmas, a nice dessert best eaten December onwards.

Umbrella Any apple with a link to umbrellas! This a strange one, but twice at autumn 2012 Apple Days someone said an apple they remember was called umbrella something or something umbrella. One lady said the tree was shaped like an umbrella; indeed are there trees like that?



FOOD AND COOKING

Do you have any old family recipes for, or have you ever made, fruit pastes like the marmalade recipe, or related fruit butters, cheeses or leathers? **Please share your recipes with us.**

Next STOG newsletter due : April 2013

Contact us

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www.suffolkbiodiversity.org/orchards.aspx

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