CITRUS LOVER’S PARADISE
Touring Lindcove
A PLACE FOR PICKIN’ AND GRINNIN’

❖ Babaco: Carica pentagona
❖ How-To: Grafting Avocado Trees
❖ Orange County Subtropicals and Tropicals
FRUIT NEWS FLASHES

BOOK OF POSSIBLE INTEREST
TIP SUBMITTED BY DAVID KARP

Have a Grape Day!
of health for centuries; reduce the risk of the heart

DEET repellants, Entomologist Richard Fagerland, the San Francisco
Chronicle’s “Bugman,” swears by catnip oil, which is said to be even more effective
than DEET. Catnip oil, which according to one seller also repels other biting insects,
such as deer flies, black flies and no-seemus, is now available as spray, for example
at http://www.insectrepel.com. Other widely recommended natural repellents
are lemon eucalyptus oil, neem oil and

Protect your sleep. Nothing is more excur-
ciating and disruptive than mosquitoes
in your bedroom. If necessary, you can
install a decorative mosquito net over your
bed, but a fan might do the trick as
well. Mosquitoes don’t do well when
the wind blows, so even a slight breeze
pointed at your side of the bed will keep
them away. If you want a “mosquito
cure” from the inside, try taking Vitamin
B-1 supplements or garlic capsules—ap-
parently, they ensure that the biters find
your scent rather unattractive.

SKEETER SEASON ALERT
Did you know that only female mosquitoes bite? Not that this fun fact is likely to comfort you—especially if you’re one of those who, for some mysterious reason, are in the “Favored Prey” category of the flying bloodsuckers. If you have ever awakened with numerous itching bumps on your body while your spouse was entirely untouched, you know what the word resenment means. But there are various ways to keep the mosquito plague under control.

Skeeter Prevention
• Dump out standing water. As you almost
certainly know by now, make sure there are
no spring rain puddles anywhere around your house; bird baths; empty
planters; buckets; children’s pools and
old, disposed-of tires are preferred
breeding grounds for mosquitoes.

• Attract skater eaters. A small, pump-fed
pond with larvae-eating goldfish will also
attract frogs and dragonflies to your gar-
den; guess what their favorite dinner is.

• Or put up some bat houses; you can build
them yourself or buy them at a birding or
garden supply store. A bat house should
always be unainted and unvarnished, with
lots of inner surfaces. Put it at
a height of at least 10 feet (15-20 is better),
ideally in a spot that gets a lot of sun
during the day. If you think bats are kind of
creepy, remember that each one of them
can eat more than 3,000 mosquitoes a
day — a fact that drastically increases
their charms.

• Plant marigolds in your garden. For some
reason, mosquitoes don’t seem to like
the scent of marigolds, so make sure to have
some around your favorite sitting area.

Skeeter Defense
Mosquito repellants containing DEET are
being touted as the best solution to protect
yourself outdoors. However, the thought of
spraying toxic substances on themselves
makes many people uncomfortable. Natural
health proponents say that DEET repellants,
if used at all, should only be sprayed onto the
clothes, never on the skin. And aside from
the chemical overkill, there are other, more natural
methods to keep mosquitoes at bay.

• Wear loose-fitting, protective clothes.
Dark colors attract mosquitoes, so light-
colored, long-sleeved shirts and long
pants are the better choice of clothing.

• Try natural repellants. Entomologist
Richard Fagerland, the San Francisco
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oil, which is said to be even more effective
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REMEDIES FOR SKEETER CONTROL
Since the first human hand swatted in vain at
a swarming mosquito, people have been val-
antly trying to repel an insect onslaught every
time they head outdoors — for good reason.
Mosquitoes, fleas, ticks and black flies all bite,
which can cause painful irritation at best and
debilitating or fatal disease at worst.

The West Nile Virus, a virus transmitted
by mosquitoes, has invaded 18 states since
it was discovered in New York in 1999. Reports of the
national death toll from this disease vary from one source to another. Of particular
concern to health experts is that the virus has
spread farther west and at a quicker pace
than the original. In September 2003, the
Sacramento Bee reported that 14 Californians
have succumbed to West Nile Virus.

With all of this in mind, it seemed prudent
to offer Fruit Gardener readers information
about a few remedies that have come across
the editor’s desk.

Skeeter Defense Patch
Most liquids and sprays used to repel mosquitoes contain a substance called DEET.
Adults and children are at risk for toxicity due
to DEET’s effect on the central nervous system. Up to
5% is absorbed into the bloodstream but
only about half of an applied dose
is excreted by the body over a five-
day period. The rest accumulates
in body fat and
tissue, where it can remain for months, or even
eyears. Dr. Marion Moses, of the California-based
Pesticide Education Center, comments, “In any
concentration, the chemical DEET is somewhat
toxic to the brain and nervous system. Mild DEET
poisoning can cause headache, restlessness,
irritability, crying spells in children and behavioral
changes. More severe cases can include
dulled speech, tremors, convulsions and coma.”

Children are at increased risk because
their metabolic rate is higher than an adult’s,
and they have less body fat to capture and
store toxins. Frequent reaplication increases
the risk of toxicity. Recently, the American As-
sociation of Pediatrics (AAP) issued a warning
that DEET solutions over 10% should not be
used on children.

Lanco Research LLC has introduced to the
United States, an all-natural (DEET-free)
mosquito repellent patch called the “Skeeter
Defense Patch.” It is being marketed as the first
truly effective natural mosquito repellent.
The patches, manufactured in Italy by Larus
Pharmaceutical, contain 60 mg of micro en-
capsulated citronella oil. Citronella was used
by American soldiers during World War II and
is the most effective natural essence known
for preventing insect bites. Just squeeze the
little yellow patch to release the lemon
scented fragrance and you are protected for
up to six hours. Convenient to use, you can
stick the patch anywhere including, but not
limited to: picnic tables, lawn chairs, clothing,
and even your skin — but the patches are
“peel & stick,” not transdermal. It is safe for
the entire family, even infants and children.

The Skeeter Defense Patch has been
diagnostically proven to be safe and effective at
the London School of Tropical Medicine. It is a
best seller in Europe and Australia.

The Flint Michigan Journal gave the Skeeter Defense Patch its highest rating for efficacy. This
newspaper reported, “The tester raved about the
citronella patches and would use them
again. The product was tested in early morning,
while gardening, when mosquitoes usually drive
a tester inside even when wearing spray.”

The Skeeter Defense Patch is available in
food, drug and natural health outlets for appro-
ximately $8.99 for 24 patches. Consumers
can call the Lanco toll-free number 877-367-
6388 (877-3mosq) on weekdays. Skeeter Defense has a website located at http://www.skeeterdefense.com
and their products can be ordered online.

Mosquitoes No Longer Have
the Back Yard to Call Home
Garlic Research Labs, Inc. has discovered
that spraying liquid garlic on lawns will keep
ticks and mosquitoes away for up to three
weeks or longer with one application. Originally
used by master gardeners and farmers for gen-
erations to keep insects off of plants, it has now
been proven effective at keeping mosquitoes
and ticks out of lawns and away from homes.

Company President William Anderson
states that, “Our patented liquid garlic
Mosquito Barrier product becomes odorless
after spraying, and it is being used by city
governments for parks, golf courses and school
grounds because it’s effective and does not
harm humans, pets or plants.” Mosquito Barrier
kills the adult mosquitoes on contact, thinly
coats plants to keep mosquitoes out of the
area, and suffocates any mosquito larva in
standing water such as puddles, under decks,
water in in cans or depressions in lawns.

The studies and research at Garlic Research Labs, Inc. have enabled them to de-
velop insect repellents from garlic that are all
natural, non-poisonous and beneficial to the
environment. Anderson added, “Since much
of agriculture today is turning to organically
grown food which requires that no chemical
poisons are sprayed on them, liquid garlic is
an ideal product to use for insect protec-
tion of farm and garden plants, as well as
homeowners wishing to keep their family safe
of diseases from mosquitoes and ticks.”

Garlic Research Labs, Inc. was formed in
1990 to study the effects of garlic juice
and garlic oil on farm and garden plants and
the efficacy of spraying liquid garlic on these
plants to repel insects. Their research has pro-
vided farmers and gardeners with successful,
all-natural solutions for repelling insects from
various types of agricultural products.

For detailed answers to any questions readers might have, or to order the product
and get complete usage instructions on how
to keep mosquitoes at bay forever, visit our

Editor’s Note: The editor tried Mosquito
Barrier and found that it does work essentially
as claimed. In wetter, humid climates, at least
two or three applications during the season will
be needed for continuous effect. Garlic odor
lingers temporarily after application, diminishing
over a period seemingly influenced by weather
factors. Some users may find this annoying, but
the product’s repellent action persists long after
the odor is no longer detectable to humans. No
direct killing of adult mosquitoes was observed;
surfactant (dish soap) used with the product may
be responsible for the insecticide action.

Threat of West Nile Virus Increases
Need For an “Instant Screen Door”
With the growing threat of the West Nile
Virus, Wolf & Moon Products, Inc. has ramped
up production of its Bug Off Instant Screen
Door, to combat the bugs of summer. This
unique product was invented from garlic by
President of Wolf & Moon Products, Inc. Lynch
said, “Sales are continuing strong this season
because people want an easy way to keep the
bugs out of their homes and Bug Off allows you

FRUIT GARDENER
to screen almost any door in minutes.” The Bug Off Screen costs less than other screen doors and provides additional benefits:

- Takes just minutes to install and will not damage any door frame.
- Provides hands-free entry and exit for both people and pets.
- Center and bottom magnets allow you to walk through Bug Off Screen with your hands full and it automatically snaps closed behind you.
- Bug Off cannot be accidentally left open to allow bugs in.
- Makes any door a pet door. Pets come and go without assistance.
- Can be installed in apartments, condominiums and rentals, where standard screen doors are often not permitted.
- Can be moved from door to door, taken to vacation homes and used when and where a screen door is needed.
- Can be used year round, or stored away at season’s end.
- Manufactured in six standard sizes and custom sizes are also available.

For a complete product overview including a video demonstration, Wolf & Moon Solutions, Improvements, Gardener’s Supply, Silvo Hardware, Gaiam, Plow & Hearth, Home Trends and The Orvis Company.

**SKIN PROTECTION FOR GROWERS**

**Is Farming or Gardening Destroying Your Hands?**

Skin MD Natural is not your typical hand or body lotion. It is, in fact, a completely new category of product that looks like a lotion but acts very differently on the skin. Most lotions only attempt to artificially add moisture to the skin. Shielding lotions instead are designed to create an invisible, protective barrier that helps keep harmful chemicals out and keeps natural moisture in, letting Mother Nature provide the necessary healing to repair skin at its deepest levels.

“Your skin wasn’t designed to deal with soap, with paints, solvents, adhesives and thousands of other everyday chemicals,” explains Dr. Peter Helton, a board-certified dermatologist specializing in cosmetic dermatology. “Nearly everyone’s skin is exposed to harmful chemicals on and off the job. That is why shielding lotions are so important.”

Unfortunately, traditional lotions have one basic goal — to simply make up for the moisture that our bodies are losing by adding an external source of moisture. Many common workplace and household chemicals, pesticides, fertilizers, paints, solvents and even soaps are absorbed directly into your skin, causing skin disorders or just plain dry cracked skin. Also, when participating in other activities such as working on machinery, fishing, camping, sports, or exposure to harsh weather, you are further drying and irritating your skin.

According to Dr. Helton, shielding lotions help prevent this by bonding with and protecting the skin. “They not only add moisture to your skin, but also stop the loss of your natural moisture.”

“We have developed a formula that can duplicate the natural action of the skin and help to heal the dry, damaged skin,” says Enrique (Ike) Alabata, the director of research and development for Raffaello Research Labs where he developed personal care products for companies like Sebastian International, Dermalogica and Murad.

The formula for this shielding lotion, Skin MD Natural, is a result of cutting edge chemistry and new products only recently available on the market. While we were researching and testing the formulation one of the most exciting new ingredients to come out in years was released to the cosmetic industry,” explains Alabata. “Glycerin has been the standard against which all humectants are measured (no other humectant pulls in as much moisture as glycerin). This new substance, in addition to a very effective combination of natural ingredients, has a moisturizing factor 10 times higher than glycerin and we were able to include it in Skin MD Natural.

“Most lotions are oil-based or lanolin-based and just sit on top of the skin,” Dr. Helton explains. “They don’t reach into the crucial underlying layers. Trying to replace the lost oils with other oils doesn’t always work very well. You don’t know if you are replacing the right oil and even then you are just putting a patch on the problem. It is much better to protect the skin from the environment and then your body will take care of itself.”

I really have my life back,” says Linda Lemke, a Largo, Fla., upholsterer of 35 years. Lemke, like many professional and career oriented women, had a job that was wreaking havoc on her hands. In this case, the culprit was fabric samples, which often contain formaldehyde. Her condition was so serious that she was forced to retire after suffering from anaphylactic shock caused by exposure to the chemical.

“I couldn’t work for nine years. Now (after using a Skin MD Natural) I can and I’m telling everybody why,” says Lemke.

It’s also becoming clear that dry and cracked skin and hands have ramifications beyond physical pain and discomfort. There is also often an emotional toll, with women talking about “intense embarrassment” or low self-esteem as a result of their condition.

Linda Lemke, who has since returned to the upholstery business, credits shielding lotions for “getting me back to work and giving me back my life.”

Ed Goodman, a Licensed and Certified Athletic Trainer and a PSIA (Professional Ski Instructors of America) Certified Ski Instructor and a part time police officer wrote, “The fact that I live up at almost 10,000 feet where the air is extremely dry and harsh on my hands is bad enough, but when you add the facts that I have an 18 month old son and also a job that requires me to wash my hands constantly these lead to dry and painfully chapped hands. As I have been using Skin MD Natural for the past month I have not had these problems.

Ed went on to write, “Skin MD Natural works great! I will be strongly suggesting to all my colleagues who suffer from chapped and painful hands that they should be using Skin MD Natural! Once they try it they will also be convinced of its benefits.”

Linda Sereda, a jewelry designer, says, “All my life, I’ve had dry hands. For the most part, I don’t mind it but sometimes my hands are so dry, they are as rough as sandpaper and snag my clothes. When they get like that, they really bother me. I then put lotion on them to try to soothe them.”

Linda wrote, “Over the years, I’ve tried at least 30 different lotions and creams, probably more. None of them worked to moisten my hands for more than two minutes. That’s until I tried Skin MD Natural. On the first application, my hands stayed moist for 90 minutes. On the second application, it was 4 hours. After that, it was a day, then 3 days. When I work a lot with paper, which just sucks the moisture right out of my hands, I need to use it twice or three times a day but otherwise, I hardly need to use it at all and my hands stay just how I like them. Now, that is truly a miracle! I also really like the fact that it is fragrance free and contains mostly ‘natural and organic’ ingredients.”

Call 800-540-4790 for the nearest store or visit www.SkinMDNatural.com.
FRUIT NEWS (from page 22)

Ceramic Rotating “Perfect Peeler” Offers a Unique Spin In The Kitchen

It’s a unique new kitchen tool that has all the angles covered. The Kyocera Advanced Ceramics Perfect Peeler is a hand-held food prep tool that rotates to vertical, horizontal and 45-degree positions for optimum peeling angles. The optimum cutting angles help the Perfect Peeler glide effortlessly through foods and the ergonomic non-slip handle fits any size hand, allowing for consistent, even peeling of fruits and vegetables. The Perfect Peeler lessens hand fatigue and is designed for both right-handed and left-handed users.

Unlike traditional peelers, the Kyocera Perfect Peeler is made of zirconium oxide, a highly advanced ceramic that is razor-sharp. The Perfect Peeler’s blade last much longer than average peelers and because ceramic is chemically inert, it won’t alter the taste or smell of food. The Perfect Peeler won’t rust and is dishwasher safe.

The Perfect Peeler sells for $19.95 and is available at Sur La Table stores nationwide. A store locator is listed at the Kyocera Advanced Ceramics site: http://www.kyoceracoma.com/micronceramicsearch/

Manufactured in Japan, the Perfect Peeler is a unique product from Kyocera, renowned for ceramic cutlery and accessories with exceptional technical characteristics.

To make the blades, ceramic material is ground into a micro-fine powder, made into slurry and poured into a machine where it is subjected to 100 tons of pressure and molded into blades. Following the molding process, the blades are sintered at a temperature of over 1,000 degrees, surface finished, tumbled and buffed. The blades are then precision-polished, buffed, honed and sharpened using diamond wheels to create the primary cutting edge. The result is a zirconium oxide blade that is extremely sharp and durable, close to diamond in hardness.

The worldwide leader in advanced ceramics, Kyocera has been dedicated to the development, manufacture, and application of advanced ceramics since 1959. Kyocera’s complete line of kitchen products includes ceramic knives, peelers, mandolin slicers, grinders and graters. Special utility tools include ceramic scissors, steel knife sharpeners and utility scrapers. For more information on Kyocera Advanced Ceramic products, please call: 800-537-0294 or visit: www.KyoceraAdvancedCeramics.com.

Consumer Reports Helps Consumers Become Savvy Organic Shoppers

Organic products worth buying—and those you can skip: Tips on buying organic without breaking the bank

An investigation for the February 2006 issue of Consumer Reports has found that shoppers do not need to buy organic foods across the board to get added health value. The report tells shoppers which organic products are worth seeking out—and which ones are not. Consumers can pass on organic seafood and cosmetics, for example, because their labels can be misleading.

The complete report, including a list of organic products that are worth buying and which are not, is also available on www.ConsumerReports.org.

Among some of the recommendations Consumer Reports gives shoppers about organic products:

- Organic products worth buying to avoid chemicals found in the conventionally produced versions: Fruits and vegetables, such as apples, bell peppers, celery, cherries, spinach, and strawberries. The USDA’s own lab testing reveals that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Meats, poultry, eggs, and dairy products are also worth seeking out.
- Organic products worth buying only if price is no object, include: processed foods and certain produce items, such as: cauliflower, sweet corn, broccoli, mangoes, and sweet peaches. Multiple pesticide residues are, in general, rarely found on conventionally grown versions of these fruits and vegetables, according to research by the Environmental Working Group (EWG).
- Organically labeled items not worth buying include seafood and cosmetics. Whether caught in the wild or farmed, fish can be labeled organic, despite the presence of contaminants such as mercury and PCBs. The USDA has not yet developed organic certification standards for seafood. And while the USDA has published standards for cosmetics, the organic standard is applying only to ingredients and not the entire label. The USDA’s own lab testing reveals that many organic products are not organically certified.

Even among the most meaningful and verified organic labels, there are subtle but important differences. If a product is labeled “organic,” at least 95 percent of its ingredients must be organically produced. There is one important exception, however: organic labels on seafood are meaningless because the U.S. Department of Agriculture has no standards to back them up. Also meaningless is the label “natural” or “all natural.” No standard definition for these terms has ever existed except when it’s applied to meat and poultry products, which the USDA defines as not containing any artificial flavoring, colors, chemical preservatives, or synthetic ingredients, and even those claims are not independently verified.

Consumers interested in learning more about the health and environmental benefits of organic foods can visit www.GreenerChoices.org. Information about food labels is available at www.eco-labels.org.

Buy Organic Without Breaking the Bank

“A growing consumer demand for organic brings more big players into the industry, organic standards are under attack, so it’s more important than ever to know how to prioritize your spending to get the biggest bang for your buck,” says Andrea Rock, senior editor at Consumer Reports.

The experts at Consumer Reports found many ways to save when buying organic, including:

- Comparison shop — Doing price checks for regularly purchased organic items pays off. Consumer Reports found the price for the same jar of organic baby food ranged from 69 cents to $1.29 among several grocery stores in the suburban New York City area.
- Go local — Find organic growers at farmers’ markets. A USDA study in 2002 found that about 40 percent of those farmers don’t charge a premium.
- Join the farm team — Buying a share in a community-supported organic farm may get a weekly supply of produce for less than non-organic supermarket prices.
- Order by mail — National providers will ship items such as organic beef (www.mynatubeef.com). Other helpful sites are www.eatwellguide.org and www.thegreenspagas.com.