



**BRR ALLIANCE INC.**  
*Building Bridges to a Brilliant Future*



## Garden Patch



### The Art of Plants by Mary Ann Kedron

Many of us have varieties of fruits in our gardens, some in the form of bushes and some as trees. We appreciate them for their beauty and their nutritional value. Rarely do we think of them as something to patent and protect. Early in American horticulture growers enlisted artists to document the emerging varieties. The Massachusetts Horticultural Society had a journal with hand colored lithographs as early as 1849. This practice came from a practice in Britain and France where illustration was used to respond to different names given to the same fruit. With the advent of chromolithography multi-colored pictures can be produced allowing the development pictures that could be circulated and used as reference or catalogs. So when you think of your garden catalogs with all their illustrations think of the artists and lithographers who helped the avid gardeners of the time almost 150 years ago.

### May 2013 Edition



**A Red Astrachan apple.** Originally grown in Sweden, this apple is voted the best apple to use in apple pie in the U.S.

### Events of Interest

6/30– Garden Art Sale; 10-5.  
 Delaware Park (Parkside Lodge)  
 Over 40 vendors with garden artwork for sale. Sponsored by the National Garden Festival

### Fruits– Benefits for You by Matthew Bucholz



**This pear is a real peach!**  
 Pears were used to treat nausea in ancient Greece.

For more information  
 please contact us at  
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In the last year I have put two new trees into my garden, both of which are fruit trees– a hearty pear and a beautiful peach. I am pleased to have more fruit produced in my garden. Fruit– whether it is grown on a tree, bush, or plant– has many benefits to your body. Let us explore some of the health benefits of some popular fruits that can be found in gardens:

**Blueberries:** Renowned as being high in antioxidants, this super fruit is currently being researched to see its effect on the body. Early studies reveal that blueberries reduce the risk of both inflammation & cancer.

**Pears:** I found an interesting fact about pears. If you want them to ripen faster, place them in a paper bag with an apple. The gases given off by the apple will cause the pear to ripen faster than if left alone. Pears are often recommended to people with food allergies as they are less allergenic than many fruits. In ancient Greece, pears were used to cure nausea.

**Strawberries:** Eight strawberries have more Vitamin C than one orange (about 70% Daily Value). Strawberries are also known for having antioxidants to help deter immune diseases. They are also low in fat, cholesterol and sodium.

Always remember the old saying “An apple a day keeps the doctor away!” Maybe you can throw in these other fruits too!

**Fast Fact:** Cherries are a beneficial fruit to your body as well. Cherries contain melatonin which helps regulate your body’s sleep patterns. They are also rich in antioxidants as well.