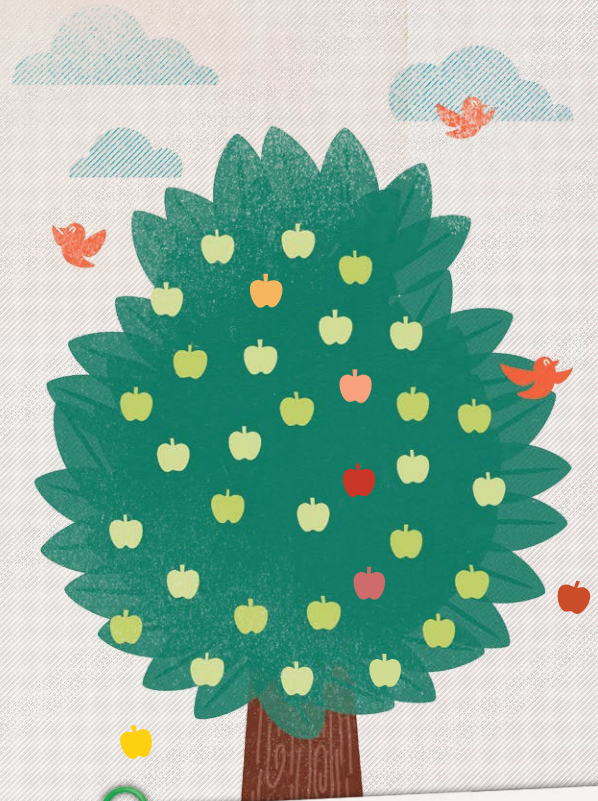




THE APPLE HUNTER'S HANDBOOK

FIND SCOTLAND'S
LOST TREASURE



Scotland grows many apples,
all with different names and
characters, tastes and tales.

OLD SILVER - NEW GOLD

In ancient times, the Celts told a myth about a wonderful apple tree. To get to the land of the ever-young the Queen of the Fairies would give you, the chosen one, the Silver Bough: a magical branch. The enchanted branch would provide you with food and drink on your journey and make music so soothing, you would forget all your sorrows.

For hundreds of years people have been growing apples in Scotland. Today it is almost impossible to find Scottish apples in the shops and those we can buy don't even grow here. How did this happen? How can we bring back our homegrown apples?

FIFE diet
think global eat local
fifediet.co.uk



Grab your Silver Bough passport and come on a journey to meet seven apples who will tell us their story.

APPLE SPECIMEN N^o.1 MELROSE WHITE

Hometown: Melrose
First recorded: 1831
Grower: Monks of Melrose
In Season: November — December

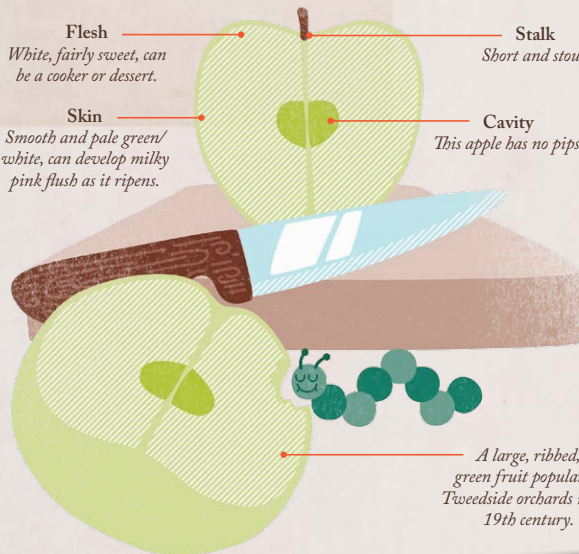


Flesh
White, fairly sweet, can be a cooker or dessert.

Skin
Smooth and pale green/white, can develop milky pink flush as it ripens.

Stalk
Short and stout.

Cavity
This apple has no pips.



A large, ribbed, green fruit popular in Tweedside orchards in the 19th century.

I am a very wise old apple. I am really rather round and fat, I don't like to move very much - but that's OK because I like to spend most of the time hanging around, thinking deep spiritual thoughts. I am very fond of cider and apple pies. My ancestors came from France but I live in the Scottish Borders, where I am very healthy and strong and feel most at home.

Tasting notes

A great big apple with a scrumptious flavour, good for cooking, it rivals the Bramley. Or eat off the tree – what more could you ask for as your lunch box snack?



The first sweet apples were found in China and we think apples came to Britain with the Roman invasion. Even the Ancient Greeks kept orchards! Centuries later, monks, who were good farmers, took care of the trees: planting, grafting and pruning. The Melrose Abbey monks were famous for their fleeces. They sailed them from Leith and traded them for wine, which the monks could not make themselves down in the borders!

Melrose Abbey

You can still see the ruins of the Abbey in Melrose today



Make a 15th Century Pudding: Apple Muse

Take Appelys an sethe hem, an Serge hem thorwe a Sefe in-to a potte; thanne take Almaunde Mylke & Hony, an caste ther-to, an gratid Brede, Safroun, Saundersy, & Salt a lytil, & caste all in the potte & lete hem sethe; & loke that thou stere it wyl, & serue it forth.

Peel and slice two apples and boil them until soft. Press them through a sieve, then add almond milk, honey, bread crumbs, sandalwood, saffron and salt. Simmer and stir well.

APPLE SPECIMEN N^o.2 BLOODY PLOUGHMAN



I got my name from this gory story... A gamekeeper caught a ploughman in the orchard with a bag of apples. The gamekeeper said, "Put down that bag of apples and I'll let you go free". "No no", said the ploughman, "I've spent a lot of time gaithering the aipples, and I'm taking them wi me". "Well", he said, "I'll shoot". He shot him dead and went to the widow and said, "I'm sorry your man's lying in the orchard – he was stealing the laird's apples". Now she couldn't use those apples, the shot had gone right through them, so she put them on the midden. One apple, soaked red to the core from the poor man's blood, germinated on that heap...

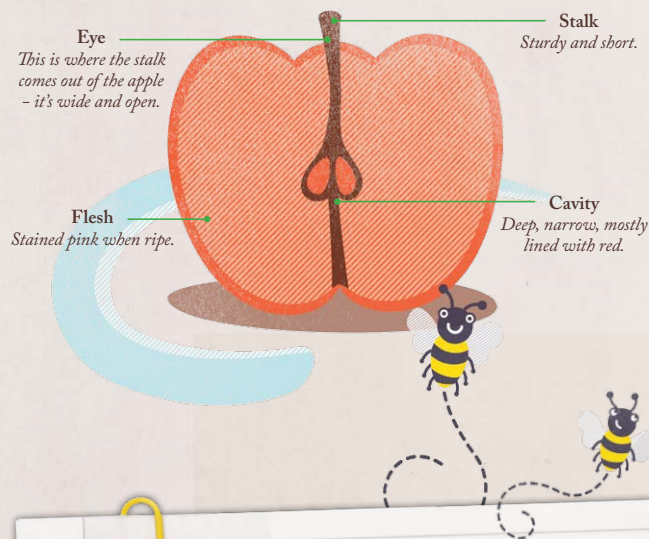
The apple that sprouted was me!

Hometown: Carse of Gowrie

First recorded: 1833

Grower: Sprouted from the stolen apples
of Megginch Estate

In Season: September — November



Tasting notes

With a sharp, juicy flavour and bright red flesh, this is an apple you won't forget.



AMAZING APPLE FACT: Scrumping, or choring as it's known in some parts of Scotland, is still considered illegal in Scottish law. So have your pips about you if you feel the need to take a bite (or ask the apple tree owner).

PROVERB:
An apple is better
given than eaten
by time.



APPLE GAMES

Gruagach's Treasury

One person is the Gruagach (a hairy Celtic ogre) who lies down, eyes closed and 'sleeping' next to a pile of apples. The others creep forward and try to take an apple without being seen. If the ogre sits up, the others must be still. If an apple is taken the ogre must chase the stealer before they reach base. Anyone caught moving or with an apple is out.

Pass the apple

Two teams stand in lines, hands behind their backs. An apple is passed along the lines using only their chins and necks to hold it. A dropped apple means it goes back to the beginning of the line. The winning team is the one whose apple reaches the end of the line first.

APPLE SPECIMEN N^o.3

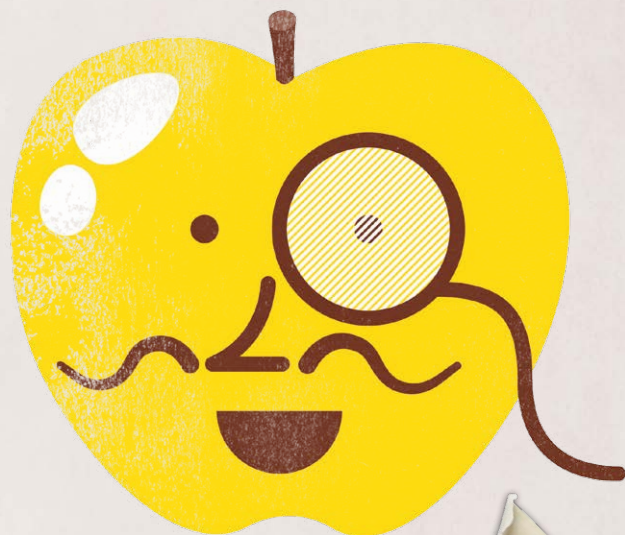
COUL BLUSH

Hometown: Coul, Ross-shire

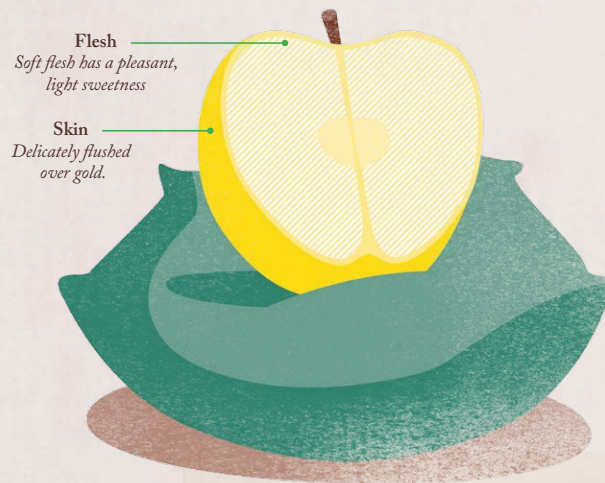
First recorded: 1827

Grower: Sir George MacKenzie of Coul

In Season: September — November



I am the laird of apples and was bred on a beautiful highland estate. I am delightful in flavour and exquisite in appearance. As Scotland's norten-most apple, I much prefer the Highland climate, and I tend to fall from the tree early if I'm grown too far south. The scenery inspires my scholarly pursuits of geology and philosophy and my yearning for exploration and invention!



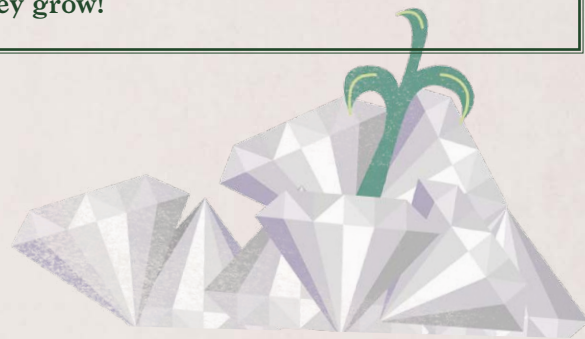
Tasting notes

The Coul Blush tastes as good as it looks with a refined sweetness. If you use it for cooking it creates a frothy, lemon-coloured puree. Apple expert John Butterworth states: "The best Scottish eating apple known to me". Growers find it disease-free.



The Coul Blush came from the gardens of Sir George Mackenzie of Coul. He was interested in science and nature, especially minerals, and used his mother's diamonds for his experiments! Landowners loved to keep orchards and some of these can be seen today in stately homes and castles.

Go to www.nts.org.uk to find an orchard near you. Why not visit during September and October and get a taste of the apples they grow!



Keeping orchards can take a lot of work as trees need to be taken care of and pruned regularly. Organisations, like Common Ground, want people to create community orchards. They make a good space to learn and share our skills and might spark an interest in growing more food. Is there a community orchard near you? If not maybe you could help to start one?

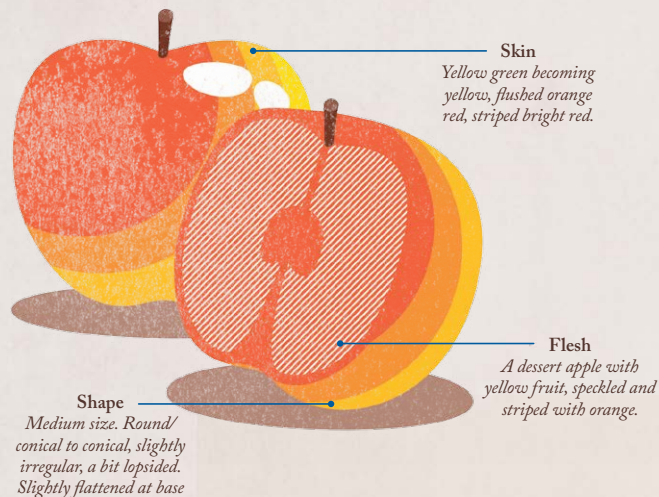
APPLE SPECIMEN N^o.4 JAMES GRIEVE



Ah wis Scotland's maist famous aipple! Bred in the capital of this braw country. Ah kin mind when it wis guid Scottish names around here. Ye didnae git ainy o' they Pink Ladies or Granny Smiths (unless yer counting Maggie from next door)! The only Royal Gala I saw wis the parade day in Broughton! The Braeburn sounds Scottish enough but they're aw fae doon under, in New Zealand and Australia! Gie us a chance and I'll still produce the finest aipples in Scotland.

Ah'm a faither! You can meet my Swedish daughter on later pages...

Hometown: Edinburgh
First recorded: 1893
Grower: Dicksons, employer of James Grieve
In Season: September



Tasting notes

One bite reveals James Grieve's lovely apple aroma. The apple fizzes, like sherbet on your tongue, and its soft flesh makes great apple juice.

James Grieve loved to create new types of vegetables, fruit and flowers. He cultivated this apple during a time of apple abundance in Scotland and it became popular all over Europe. There were no lorries in those days, so the apples were packed carefully in wicker baskets filled with straw (they bruised easily) and moved by horse and cart. Today supermarkets need apples that have a long shelf-life (i.e. look their shiny best for longest). But that means we miss out on other good apples with better flavours!



Apples are so important they pop up in lots of sayings. Can you guess what these mean?

The apple of my eye

Don't upset the apple cart!

An apple a day keeps the doctor away

The apple doesn't fall far from the tree

One rotten apple spoils the barrel



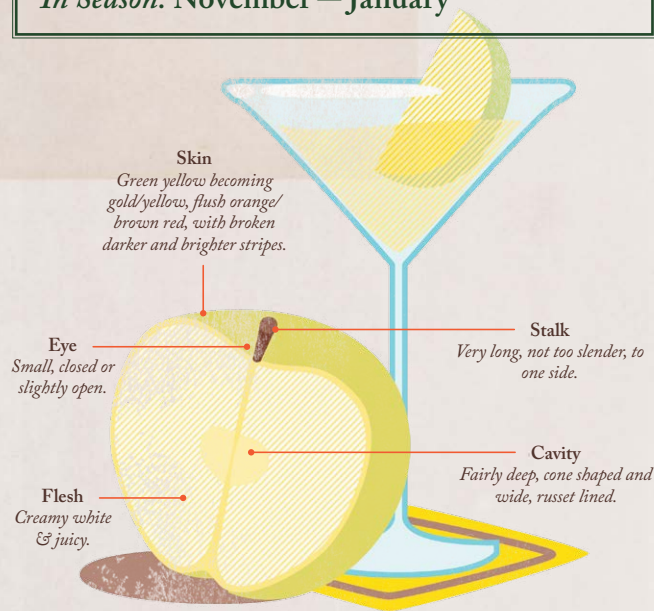
APPLE SPECIMEN N^o.5 CHIVERS DELIGHT



I was raised in the roaring twenties (that's the 1920s!) when apples really knew how to party. I swing from the trees real swell and I just love to dance in your fruit salad! The big growers thought I was too small. Well how do you like them apples? It doesn't bother me one bit! I say, "Don't be such a blue nose! Chivers Delight are the cat's pajamas!"

Here's an applelicious fact, straight from the horse's mouth. In the '20s you would call out Applesauce! if you disagreed with someone. For example: "I say, climbing trees is no fun at all." "APPLESAUCE! Climbing trees is the bee's knees!"

Adopted hometown: Montrose, Scotland
First recorded: 1920 in Cambridgeshire
Grower: Chivers Farms Ltd.
In Season: November — January



Tasting notes

The Chivers Delight is a sweet-sharp apple. Bite into one of these orangey-green beauties and you can expect a twang of something zingy on your tongue yet the juice is sweet like honey at the same time!

HOW TO PLANT A TREE

1. Dig a round circle, twice the size of the root ball of your tree. Loosen the soil well. Make sure it is nice and moist
2. Wet the roots of your tree and place in your circle. Get someone to hold it straight as you fill in the hole
3. Stake the young tree at a 45° angle
4. Water and mulch round the roots to nourish the tree.



The Chivers Farms Ltd spread from Cambridgeshire to Montrose. They developed the Chivers Delight, a lovely apple that doesn't mind the cold in Scotland, but they thought it was too small. Making jam and marmalade made more money.



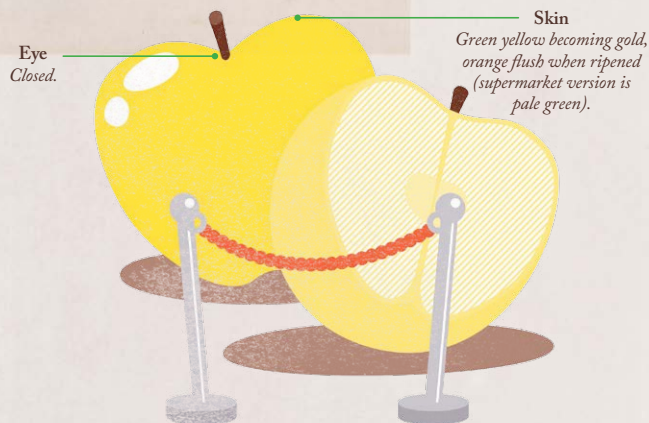
What do you think makes a good apple? Flavour, crunchiness, shine? We want to find the forgotten apple varieties because they taste really good! And we want to grow new orchards around Scotland so that we all get the chance to eat delicious, juicy apples. Do you know somewhere that has space for a tree? You too could plant an unusual apple.

APPLE SPECIMEN N^o.6 GOLDEN DELICIOUS



I am a star! I think I'm the best apple in the world, the pick of the bunch, the top of the tree. All the other apples are nothing compared with me. I have a wonderful agent in the form of Stark nurseries, who made sure I was the most talked about apple in the US and beyond. I should be a honey crop not a money crop, but my supermarket followers love me, so I am jetted around the world. I would rather be hanging at home in the sunshine with the other golden apples because flying is not good for my complexion!

Hometown: Clay Country, West Virginia
First recorded: 1890
Grower: A.H. Mullins sold to Stark brothers
In Season: November — February



Tasting notes

As its name suggests, it should be sweet and full of honey flavour and delicious! But the ones from supermarkets don't have this natural sparkle, as they are picked unripe. A Golden Delicious can be disappointingly like cotton wool.

One fine April, Mr. Mullins found an apple tree and sent three apples to Mr. Stark, owner of Stark Nurseries. This apple stored well so he bought the tree (and the patch of land on which it grew) for \$5,000 – a huge sum in those days! The tree was guarded by a woven wire cage so that its branches could not be pruned and grafted by other growers. This made it all the more appealing to buyers. Grafting branches from the original apple tree on to a new root stock ensures a “true” apple variety is grown. An apple’s pips won’t grow into a tree with the same apple variety. But if you try to plant a pip you could grow a “wild apple” tree.



Golden Delicious are well known in Scotland but they can't grow here!



They need sun and warmth, so they are often imported, flown in from far away.

Golden Delicious should be golden-orange, but have you seen one in the shops? They are pale green or yellow.

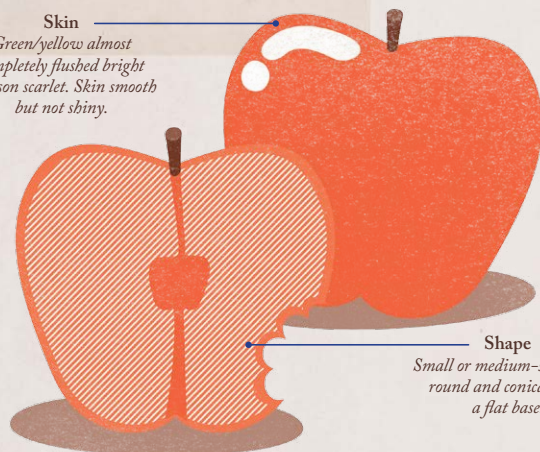
APPLE SPECIMEN N^o.7 KATJA



Hallo! I am Katy or Katja from Sweden! The Apple Experts love me as I am so happy to be in Scotland. My parents are James Grieve, from Edinburgh and Worcester Pearmain, from England and I like all the appley traditions. Have you heard of Wassailing? It's an ancient custom from Saxon England. The Wassailers bless the orchards with a delicious toast made from brandy, cider, honey and spices and then make a tremendous din to scare off the evil spirits of the woods. I love apple dooking at Samhain and of course I am happy in a Swedish apple cake too!

Hometown: Near Fjalkstad, Sweden
First recorded: 1947, but introduced in 1966
Grower: Balsgard Fruit Breeding Institute
In Season: September — early October

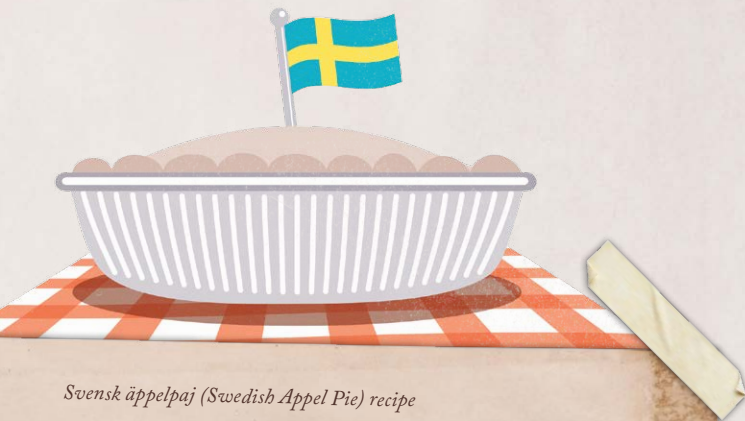
Skin
Green/yellow almost completely flushed bright crimson scarlet. Skin smooth but not shiny.



Shape
Small or medium-sized and round and conical with a flat base.

Tasting notes

Katy tastes of strawberries and lemonade, making a good juice which looks lovely, like pink grapefruit juice. Look out for its tree in spring. The beautiful blossom starts with red buds and becomes luminous pink.



Svensk äppelpaj (Swedish Apple Pie) recipe

No need to roll out any tricky pastry here - Cover your sweet and spiced apple with a nutty crust and serve warm with ice cream or cream...

INGREDIENTS

For filling:-

6-7 large apples, peeled, cored
and thinly sliced
1 tbsp sugar
2 tsp cinnamon
½ tsp nutmeg
½ tsp cloves

For topping:-

½ cup/115g unsalted butter
¾ cup/ 135g sugar
¾ cup/100g flour
1 tsp cinnamon
1 egg
1 cup raw chopped pecans

Preheat oven to 350°F/ 180°C/ Gas 4. Grease a pie dish.

In a large bowl, mix together filling ingredients. Fill pie dish with the apple mixture.

In the microwave or in a small saucepan, melt the butter. Add sugar, flour, cinnamon and egg and mix together. Spread mixture over the apples and sprinkle with chopped pecans.

Bake for 35 minutes or until top is golden-brown. Allow to cool for 10 minutes before serving, or eat at room temperature.

Sweden loves apples too! Imagine a festival where only apples are celebrated: the harbour town of Kivik has one every year! Kivik is in Skåne, also known as the Apple Kingdom. The Apple Market is organised by a co-operative of fruit growers and sellers and 25,000 people visit to taste the apples in the competition; the winner gets the Golden Apple! Every year they make a huge mosaic using 35,000 apples in all the colours of the apple rainbow.



If fruit is left too long on the tree the sugars inside turn into alcohol, this is called fermentation. This poor elk had to be freed from a tree in Sweden after eating too many fermented apples.

THE SEED TRUCK'S SILVER BOUGH TREE PLANTING TOUR

All across the country, old orchards are waking up and new ones are sprouting.

In February 2014 the Seed Truck set off on an adventure up and down the length of Scotland. We wanted to explore the interesting and unusual places where apples are being grown, find out who is planting and looking after orchards and join the orchard revolution! On our way, we helped to plant seven orchards of seven heritage apple trees and, in return, we harvested a good crop of stories. Some of those tales are found in this book.

In the map over the page you can see the places we visited and which trees we planted. The trees are all Scottish apple varieties, and the ones with stars next to them have a strong connection to the place where they were planted. See if you can spot some of the apples from this book.



GLOSSARY

CULTIVATE, CULTIVATED – to look after the plant, prepare the ground which they grow in and harvest the fruits when ready.

FERMENTATION – a chemical reaction: fruit sugar turns into alcohol due to naturally occurring yeasts.

GERMINATE, GERMINATED – to sprout or grow.

GRAFTING – placing a shoot, or bud or branch of one plant onto another growing plant so they grow together as one plant.

HARVEST – a time in Autumn when the apples are ready to be picked and stored.

PRUNING – to cut off and remove parts of the tree that are dying or to improve its shape and growth.

ROOT STOCK – a root that is already growing which can be used to attach other buds or branches to.

THANK YOU

We would like to give thanks to all who helped make this book possible: Everyone who helped us on our Silver Bough journey (you know who you are), Willie Duncan for the tale of the Bloody Ploughman, John Butterworth, Emily Reid, Andrew and Margaret Lear, Margaret Miller, WWF Scotland, the Fife Diet staff and board. We would also like to thank players of People's Postcode Lottery.

PRODUCTION

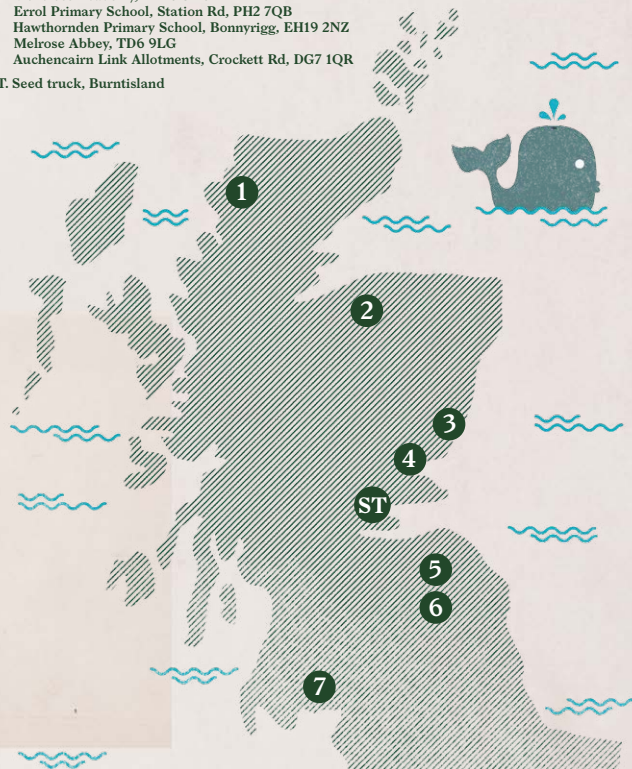
Concept by Fergus Walker & Text by Meg Elphee
Design by weared8.com



THE SEVEN SILVER BOUGH ORCHARDS

1. Little Assynt, IV27 4HB
2. Bogton Rd, Forres, IV36 3TW
3. Montrose Academy, DD10 8HU
4. Errol Primary School, Station Rd, PH2 7QB
5. Hawthornden Primary School, Bonnyrigg, EH19 2NZ
6. Melrose Abbey, TD6 9LG
7. Auchencairn Link Allotments, Crockett Rd, DG7 1QR

ST. Seed truck, Burntisland



1. LITTLE ASSYNT ORCHARD

Culag Community Woodland Trust nursery, Little Assynt, Sutherland with Lochinver Primary School and Stoer Primary School.

Trees planted:

1. Coul Blush*
2. Beauty of Moray
3. Scots Bridget
4. Eve Apple
5. Thorle Pippin
6. Tower Of Glamis
7. Cutler Grieve

2. FORRES ORCHARD

Bogton Road Community Garden, Forres, Moray with Transition Town Forres, Dyke Primary School and Moray Steiner School

Trees planted:

1. Beauty of Moray*
2. Scots Bridget
3. Thorle Pippin
4. Eve Apple
5. Tam Montgomery
6. Golden Monday
7. Maggie Sinclair

3. MONTROSE ORCHARD

Montrose Academy, Angus with Angus Council Tree Officer Fred Conacher

Trees planted:

1. Chivers Delight*
2. Tower of Glamis*
3. Hood's Supreme*
4. Arbroath Oslin*
5. Scots Bridget
6. Thorle Pippin
7. Eve Apple

4. ERROL ORCHARD

Errol Primary School, Carse of Gowrie with Carse of Gowrie Group (COGG).

Trees planted:

1. Bloody Ploughman*
2. Weight*
3. Lass O Gowrie*
4. Lady of the Wemyss*
5. Port Allen Russet*
6. Lord Rosebery*
7. Tower of Glamis

5. BONNYRIGG ORCHARD

Hawthornden Primary School, West Lothian with Mondo Loco Foundation.

Trees planted:

1. Hawthornden*
2. Tam Jeffrey*
3. Lord Rosebery*
4. Clydeside
5. Cutler Grieve*
6. East Lothian Pippin*
7. William Crump*

6. MELROSE ORCHARD

Melrose Abbey Garden, Borders with Greener Melrose and Melrose Primary School. Trees planted:

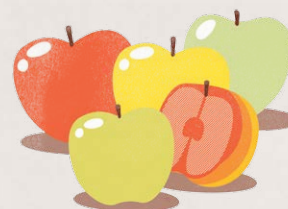
1. White Melrose*
2. Stobo Castle*
3. Grenadier
4. Yorkshire Aromatic
5. Cambusnethen Pippin
6. Tam Montgomery
7. Liddel's Seedling

7. AUCHENCAIRN ORCHARD

Auchencairn Link Allotments, Galloway with Auchencairn Primary School.

Trees planted:

1. Galloway Pippin*
2. Siddington Russet*
3. Tam Montgomery
4. Lemon Queen
5. Maggie Sinclair
6. Clydeside
7. Thorle Pippin



Do you have any fruit trees growing near you - apples, pears, plums, gages, hazlenuts, medlars, quinces? What are their names? What are their stories? Here's a page for notes:

