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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

History Of The Mayhaw

By Pat Malcolm

Very little information can be found in the historical docket on the native American fruit, the

mayhaw, 'Crataegus aestivalis.' This is true because of several factors, one being the size of the mayhaw and the bland taste of the fruit found growing in the wild state. These factors did not excite early American botanists and explorers such as William Bartram, because they did not fulfill their expectation as a classic fruit, since the native Indians ignored them. The crop generally ripened suddenly and was gone. Another reason for the historical record vacuum is that the wild trees grew in 'no-mans-land' locations at swamps and marginal edges, and the mayhaw trees were armed with abundant thorns.

Mayhaw trees are highly desirable as fruit trees, ornamentals, and as a wildlife source food. Mayhaw trees are native to the swamps of most southern, Gulf Coast states. The tree generally has thorns, but some new cultivars have been grafted that are thornless; however, thornless trees don't seem to fruit as heavily as the thorny trees, even though the size of the fruit is as large as an olive on the thornless tree cultivars.

Mayhaws grow well in a wide range of pH values, preferably acidic, low pH's like those found in swamps. Most gardeners think mayhaws will not grow on high ground, since they are found growing in swamps and flooded lowlands, but this is not true. The mayhaw grows well on a wide selection of soil types and is prolific even on upland locations.

Mayhaws are botanically closely related to apple, pear, and crabapple trees, and the rootstock of mayhaws has been used successfully to dwarf those fruits. The flowers of mayhaws are abundant and fragrant, very attractive to bees, appearing from the first in February and March, and the fruit ripens in May, much earlier than most other fruit trees. The fruit ripens in clusters much like cherries growing to about one inch in size if the tree is a hybrid grafted cultivar. The fruit is covered by a thin membrane, which is red, orange, or yellow in color. The pulp is usually creamy white and tender with a few seeds in the center. The flavor varies considerably, from bland to sour, bitter, or mildly sweet.

Tens of thousands of mayhaw trees are found growing wild in Miller County, Georgia, where festivals are held each year in May to celebrate the ripening of the crop into a product that birthed mayhaw jelly,

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promoted as the world's best jelly. The county seat, Colquitt, Georgia, boasts the title of the "Mayhaw Capital of the World."

Mayhaws are high in potassium, calcium, Vitamin C, and Beta Carotene. Mayhaws can be tasty when eaten fresh from some new grafted cultivars, but usually are made into jellies, jams, sauces, syrups, and wines. The LSU AgCenter is promoting a drink combining mayhaws and muscadines that, in a taste-test trial, showed the juice containing mayhaws won first place above cranberry, grape, and apple juice.

Once Mayhaws were only known as thorny hawthorns that grew in the swamps that produced bushels of floating red berries in May that could be easily scooped up with nets out of rivers, creeks and lakes for jelly making. Much of this activity took place near Colquitt, Georgia where tons of this jelly preserved in clear glass jars was sought out by gourmets for the traditional breakfast treat to be spooned onto hot buttered toast or biscuits. South Georgia farmers began to take a serious look at

growing mayhaw berries commercially after observing the sheer panic and scrambling of tourists and chefs to buy mayhaw jelly and other edible mayhaw products.

Many commercial operations are now optimistically underway throughout the South, since grafted cultivars are available and were introduced from researchers to growers and backyard producers. These hobbyists can grow mayhaws in all states of the U.S. and on high ground that can tolerate various levels of fertility and composition. Try growing some of these trees in your garden.

Patrick A. Malcolm, owner of TyTy Nursery, has an M.S. degree in Biochemistry and has cultivated fruit trees for over three decades.

<http://www.tytyga.com>

History Of Wildlife Food: Nuts, Berries, Fruits, And Acorns

By Pat Malcolm

For over 100 years hunting plantations have been planting fruit trees for wildlife food and shelter. Like the old English hunting plantations, today's hunters are realizing that big deer, strong bucks and graceful does, hardy turkey, fat quail, and dove come from supplementing what would otherwise experience a very mediocre diet by planting and growing berry plants, nut trees, fruit trees and acorns from oak trees, or muscadines from grapevines.

Fruit from Japanese persimmons are among the list of favorite deer food treats. The wild persimmon is not as common anymore, so by planting the Giant Fuyu persimmon an approach is to insure that the bucks and does will be in hot pursuit of these foods to grow reliably and economically by nature. When the lower limbs of the persimmon tree have been stripped of all its fruits, deer will often try to jump into the lower branches to get the plump, juicy tree fruits. Pears and crabapples also provide essential vitamins and minerals to grow bucks big, healthy antler racks: a food to keep the does growing fatter

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during hunting seasons.

The Kieffer pear is the best wildlife fruit tree for planting for doe and other wildlife, as it is a hard, long lasting fruit that ripens late in the year. With this characteristic as a fall wildlife food, deer hunters are able to hunt over the layers of pears at the beginning of deer season. The Dolgo crabapple tree can also be planted; the fruit ripens in early fall, so plant this wild fruit tree close to your deer stand for a guaranteed kill.

Turkey, dove, and quail tend to flock towards different fruit trees, nut trees, grapevines, and berry plants. Grape fruits are popular with quail and dove, and turkeys seem to like muscadine and scuppernong grapevines. When grape fruits ripen, it isn't unusual to see quail migrate in coveys to strip the grapes from their vines. Grapes have been planted by farmers for years as a growing blind to keep their crops concealed, and the small game supplied with food. When planting grapevines for wildlife feeding, one should also interplant other native fruit trees such as the Chickasaw plum, and American persimmon or for the grape vines growing and intertwining to create the screening effect that makes all deer and turkey, and quail feel safe to grow in a sheltered environment. Not only will you grow an impermeable screen with the grapevines you plant an added benefit of growing wild plums, and wild persimmons as a stable wildlife food for your deer daily diet, or birds, duck, and quail.

Quail in particular like to hide in the cover of blackberry bushes. More often than not in mid to late October, one can approach and examine the screening growth of a blackberry vine, before it loses its leaves to feed to the deer and turkey. Blueberries can be found growing wild everywhere, but wild blueberries tend not be as abundant as new hybrid berries. New blueberry plant selection supplies many wildlife animals. The same unpredictability happens with mayhaw fruit. Grafted cultivars of mayhaw can be planted in drier areas and to grow a reliable crop of fruit every year to feed the birds quail, dove, ducks, and turkey. Mayhaw fruits are also great for making mayhaw jelly; a buttered, hot biscuit's best friend.

Mulberry is a favorite food among small wildlife animals and big game birds alike, and the mulberry trees grow a substantial crop of berries over an extended time period. The mulberry tree is tall enough at an early age that birds and animals can freely feed on the mulberries on the upper limbs, while deer and other animals can eat the berries from the bottom fruited boughs.

For bird food in particular, one nut tree grows more feed opportunities for wildlife animals and birds than the rest; the Gobbler Sawtooth Oak. With acorn crops of oak trees maturing at only six years of age, birds, ducks, and squirrels get a wealth of healthy food nutrients from oak tree nuts called acorns. Chinquapin bushes and trees can be planted for deer food, as well as planting Chinese chestnut trees. Wildlife birds and animals prefer the flavor of these two nuts, which keep deer, animals, and other birds returning to eat both chinquapin and chestnut trees bare every year.

Every grower of pecan trees knows how birds and wildlife love to eat these nuts, especially the small, seedling pecan nuts or pecans with thin shells. Deer also get shelter near pecan trees and bucks can be seen underneath the pecan trees even in early spring, feeding on late maturing nuts that fall from the trees.

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Of the many types of natural foods available for bird and animal wildlife, perhaps the one most widely natural and inexpensive food source comes from many species of oak trees growing abundantly in United States forests everywhere. These oaks are: Black Oak, *Quercus velutina*; Cherry Bark Oak, *Quercus falcata* v. *pagodifolia*; Chinquapin Oak, *Quercus muhlenbergii*; Darlington Laurel Oak, *Quercus hemisphaerica*; Laurel Oak, *Quercus laurifolia*; Live Oak, *Quercus virginiana*; Nuttall Oak, *Quercus nuttallii*; Over Cup Oak, *Quercus lyrata*; Pin Oak, *Quercus palustris*; Post Oak, *Quercus stellata*; Red Northern Oak, *Quercus rubra*; Red Southern Oak, *Quercus falcate*; Running Oak, *Quercus pumila*; Sand Live Oak, *Quercus geminata*; Sawtooth Oak, *Quercus acutissima*; Shumard Oak, *Quercus shumardii*; Swamp Chestnut Oak, *Quercus michauxii*; Swamp White Oak, *Quercus bicolor*; Turkey Oak, *Quercus laevis*; Water Oak, *Quercus nigra*; White Oak, *Quercus alba*; and Willow Oak, *Quercus phellos*.

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