

# Ison's Nursery & Vineyard

## Planting Instructions

### Pakistan Mulberry Trees



The Pakistan is the "KING" of the fruiting mulberries producing 3 ½ " to 5" long maroon to black berries. Very sweet and flavorful with a raspberry like flavor. Multi-month long fruiting season starting heavy in late spring/early summer and continuing to fruit until mid summer.

The quality is excellent. The trees have large heart-shaped leaves. Recommended for the deep South and mild winter areas such as southern California, but usually performs satisfactorily in cooler areas. Mature trees can reach a height of 40-50 feet with a spread of 40-45 feet.

**Location:** Mulberries need full sun and also adequate space. The distance between trees should be at least 15 ft. The trees should not be planted near a sidewalk. The fallen fruit will not only stain the walkway, but are likely to be tracked indoors. The trees are quite wind-resistant with some cultivars used as windbreaks in the Great Plains region.

**Soil:** Mulberries like a warm, well-drained soil, preferably a deep loam. Shallow soils such as those frequently found on chalk or gravel are not recommended.

**Irrigation:** Although somewhat drought-resistant, mulberries need to be watered in dry seasons. If the roots become too dry during drought, the fruit is likely to drop before it has fully ripened.

**Fertilization:** Mulberries generally thrive with minimal fertilization. An annual application of a balanced fertilizer such as 10:10:10 will maintain satisfactory growth. In California mulberries usually need only nitrogen.

**Pruning:** No special pruning techniques are needed after the branches have been trained to a sturdy framework, except to remove dead or overcrowded wood. A mulberry tree can be kept to a tidy form by developing a set of main branches, and then pruning laterals to 6 leaves in July in order to develop spurs near the main branches. It is not advisable to prune the trees heavily since the plant is inclined to bleed at the cuts. Cuts of more than two inches in diameter generally do not heal and should be avoided at all cost. The bleeding will be less severe if the tree is pruned while it is dormant.

**Pests and Diseases:** Mulberries are generally free of pests and diseases, although cankers and dieback can occur. The ripe fruit is very attractive to birds, but there is usually enough fruit left over for harvesting.

**Harvest:** White and red mulberry fruits (and hybrid fruits) are ready for harvest in late spring. The fruit of black mulberries ripen in summer to late summer. The fruits of white mulberries are often harvested by spreading a sheet on the ground and shaking the limbs. A surprising quantity can be gathered from a comparatively small and young tree. Black mulberry fruits are more difficult to pick. As the berries are squeezed to pull them loose, they tend to collapse, staining the hands (and clothing) with blood red juice. Unwashed the berries will keep several days in a refrigerator in a covered container. The ripe fruits of the black mulberry contain about 9% sugar with malic and citric acid. The berries can be eaten out of hand or used in any way that other berries are used, such as in pies, tarts, puddings or sweetened and pureed as a sauce. Slightly unripe fruits are best for making pies and tarts. Mulberries blend well with other fruits, especially pears and apples. They can also be made into wine and make an excellent dried fruit, especially the black varieties.





# Ison's Nursery & Vineyard

## Planting Instructions

### GOJI BERRY PLANTING INSTRUCTIONS



**Goji Berry plants** will handle winter temperatures to minus 15 degrees F And Summer temperatures of 100 degrees F.

They can grow to a height of 8 to 10 feet tall.

**Pruning** is recommended to help promote fruit production.

**Site Selection** - The Goji Berry plant is very similar to other fruit and vegetable plants. Goji plants love sun and well drained soils. If planting in a heavier clay soil we suggest supplementing the soil to improve drainage or plant in a raised bed. If full sun is not possible, your plant will not yield to its full potential.

**Site Preparation** - The desired soil pH for Goji Berry plants is 6.5 - 7.5. Check your soil before planting and add lime is necessary. Work your soil to a depth of 8 - 10 inches. Remove all competing weeds.

**Pruning** - A Goji will take over if not pruned. They will grow a height of 10 feet and 6 feet wide if not pruned. You may want this large of a plant and if you do, watch it grow and enjoy. If not, we suggest pruning once a year keeping the plant at about 5 feet tall and about 3 feet wide. This will help to force more fruit. You can prune at the end of the growing season or in very early spring before it breaks dormancy. Trellising may also be used to train the branches which will ease the harvesting. Be careful while harvesting the Goji berries, they will turn black if you touch them while they are still a green color.



Goji Berry Plants are easy to grow once they are established. They will grow in almost any type of soil, light-sandy, Medium-loamy, and heavy-clay, but they tend to flower and fruit better in a well drained soil of moderate quality.

Goji Berry plants have an extensive root system and are very drought tolerant once established. Goji Berry plants prefer full sun to partial shade, but plant them in full sun for the best Goji Berry production.

**A Beautiful & Hardy Plant.** The Goji Berry grows as a thick bush reaching 8-10 feet tall with vines that can get 12 feet long. Heavy pruning of the Goji Berry plant will keep this bush looking nice and will also help it produce more delicious Goji Berries.

In early summer this beautiful plant is covered with small trumpet shaped flowers. Both purple and white blossoms are on the same Goji plant. Goji berry plants add color to any landscape with their delicate flowers.

#### **Heavy Yields from 4 year old Goji Berry plants**

Goji Berry plants begin to fruit when they are 2 years old. Heavy yields can be expected from Goji plants that are 4 to 5 years old.

## What Are Goji Berries?

The Goji Berry is a small red berry produced by the *Lyceum Barbarum* plant, which is native to certain remote regions of China, Tibet, and Mongolia.



Goji Berries have played a central role in Chinese medicine for thousands of years, but it was not until just recently that scientists in the rest of the world discovered what was in the Goji Berry that made it so powerful.

### What makes the Goji Berry so powerful?

Under careful scrutiny, scientists have found the Goji Berry to be one of the most nutritionally dense fruits on earth. Here are the main nutrients found in the Goji Berry that makes it such a potent wellness agent.

#### The Goji Berry's "Master Molecule" Polysaccharides

Goji Berries contain special polysaccharides which fortify your immune system and are responsible for controlling your body's most important defense systems.

Scientists attribute most of goji's amazing health properties to these special polysaccharides.

#### 19 Different Amino Acids

Goji Berries contain 19 amino acids--the building blocks of protein--including all eight essential for life - no other plant can make that claim!

#### More Vitamin C than Oranges

That's right! Goji berries are a better source of Vitamin C than oranges!

#### Wide Variety of Antioxidants

Goji Berries contain complete spectrum of antioxidant carotenoids, including beta-carotene and zeaxanthin (supports the eyes). Goji berries are the best source of carotenoids of known foods.

#### Goji berries also include:

- B-complex Vitamins
- Vitamin E
- Essential fatty acids
- Betaine

