

June 1, 2021

Fruits



Live captioning is available for participants at:
<https://www.streamtext.net/player?event=UVMSpringGardening>

UVM 4-H Spring Gardening Series





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Liz Kenton

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Guest Speaker

Sarah Edelman

Extension Master Gardener
Intern, Certified Master
Composter, Freelance
Farmer



Guest Speaker

Nettie Lane

Artist, Educator, Merry
Maker



with additional information
from

Margaret Coan

4-H Educator,
Chittenden Co.

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WELCOME



- Please remain muted unless you are talking, then **unmute yourself** when called on.
- Go ahead and **get a snack or take a break** if you need to! You don't have to ask permission.
- Share **on-topic** thoughts & questions in **chat**.
- Manage your **video and sound** to be present and minimize distractions.
- Be **courteous, respectful & brave**. Ask questions and share your experiences!

TODAY'S PLAN



Roots, Stems, Leaves, Flowers, **Fruits**, Seeds

Gardening – Vertical cucumbers and two ways to plant tomatoes

Nutrition – ripeness and fruit vitamins

At-Home Activity – Let's Make a Fruit Battery Recipes

Wild Plants of the Week

Critter of the Week

Special announcement! - Free class

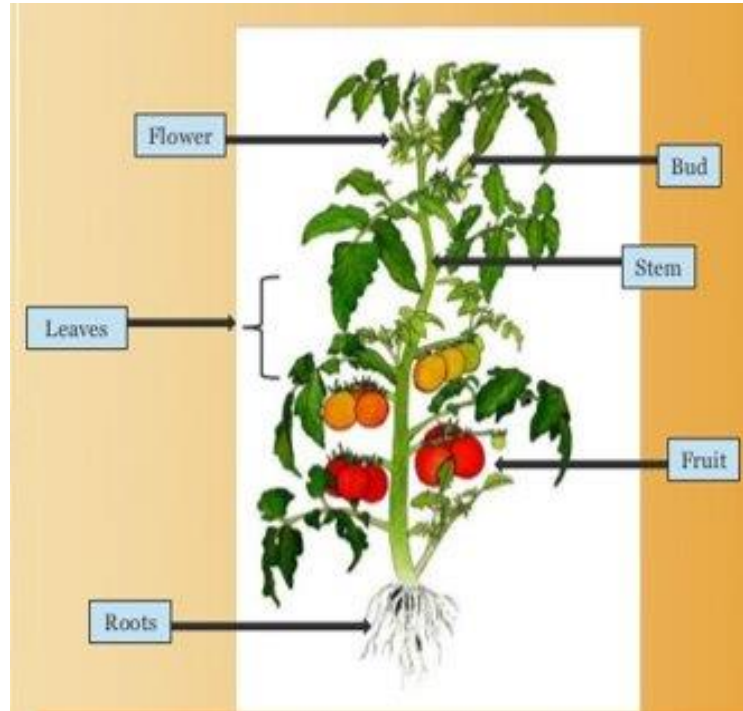
Books and Other Resources

Roots, Stems, Leaves, Flowers, **FRUITS**, and Seeds

Chorus:

Roots, stems, leaves,
Flowers, fruits and seeds
x4

That's six parts,
SIX! PARTS!
six plant parts that
plants and people
need.

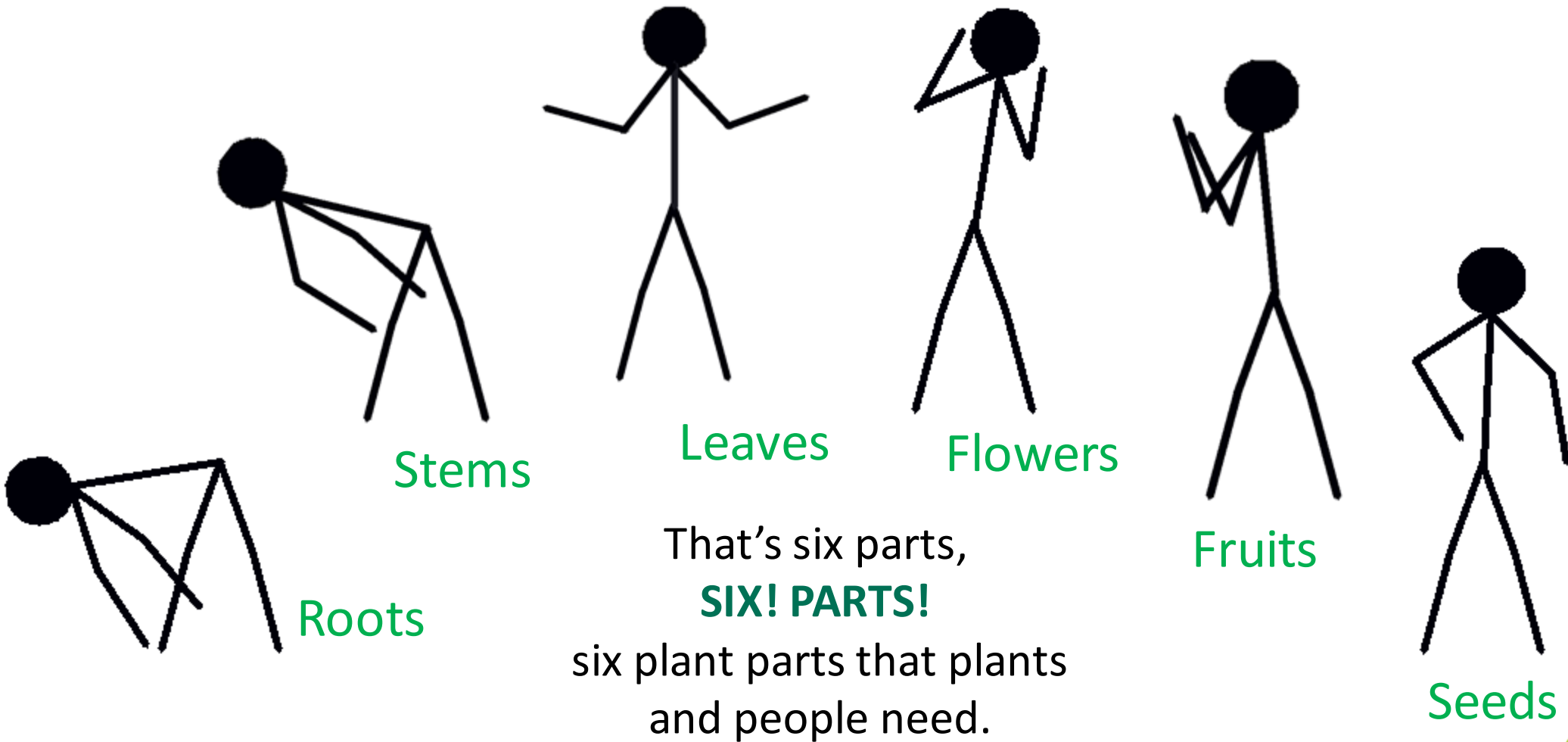


**The fruit gets ripe,
then falls on down**

**It hold the seeds and
feeds the ground.**



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What are FRUITS that we eat?

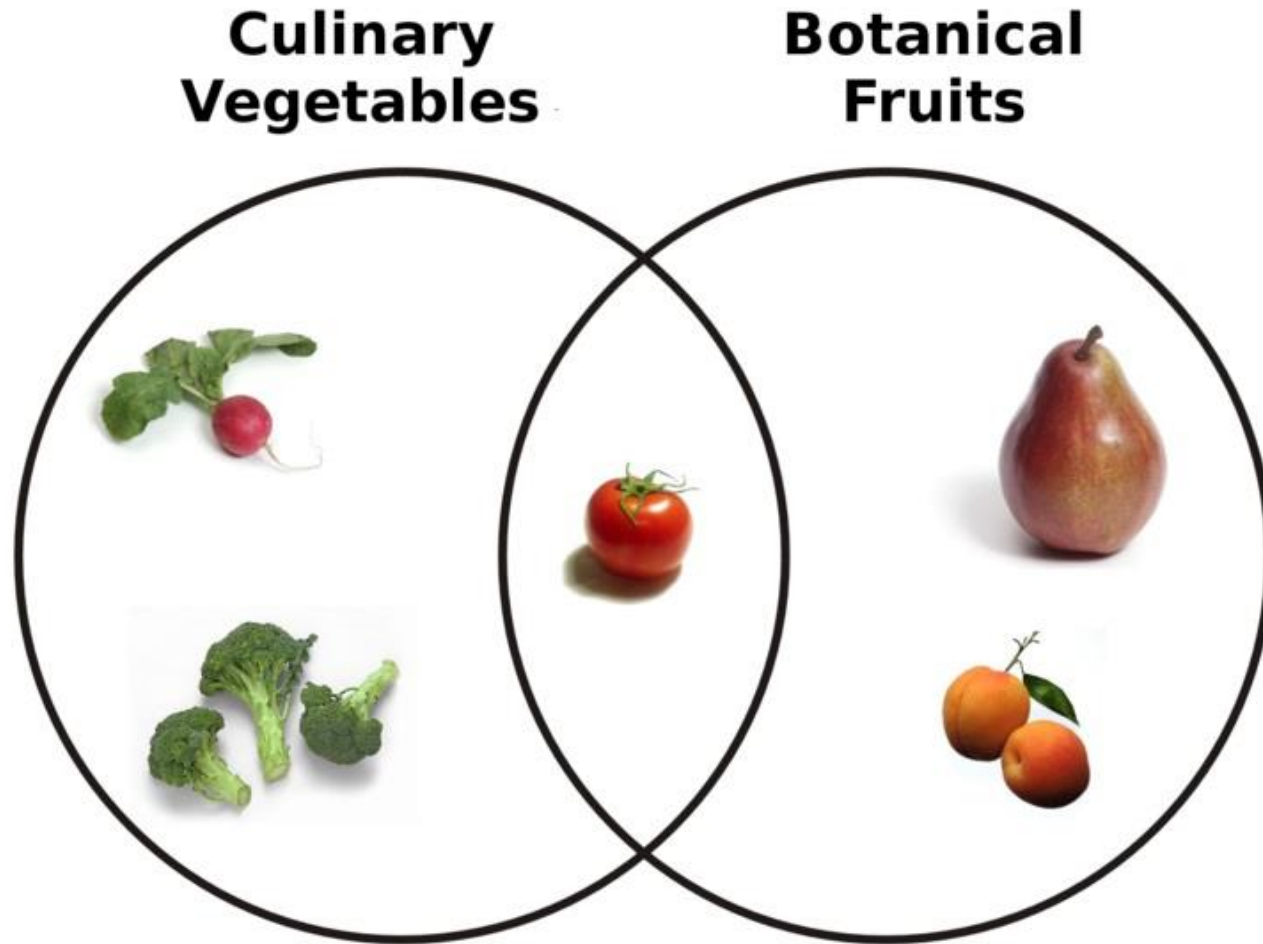
Fruits that we eat



Photo credit: <https://cliparting.com/free-fruit-clipart-16365/>

"Fruit to a botanist, vegetable to a cook"

Fruit: seed-bearing structure in flowering plants, formed from the ovary after flowering.



Botanically, this includes **nuts, bean pods, corn kernels, tomatoes, and grains!**

- What is the Difference Between a Fruit and a Vegetable? <https://vric.ucdavis.edu/main/faqs.htm> (UCal Vegetable Research Information Center)
- Is Capsicum (hot pepper) a fruit or a vegetable? <https://www.gardenguides.com/12399577-is-capsicum-a-fruit-or-a-vegetable.html>

Gardening – going vertical with cucumbers



Video: 3 Vertical Ways to Grow Cucumbers and Save Space
<https://www.youtube.com/watch?v=pPoQZg-FIbs>



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Gardening – Two ways to plant tomatoes



Image credits: Anna and Jakob,
northernhomestead.com

Method #1: trenching

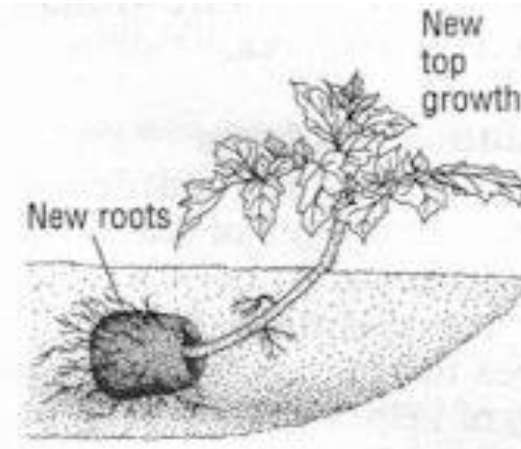
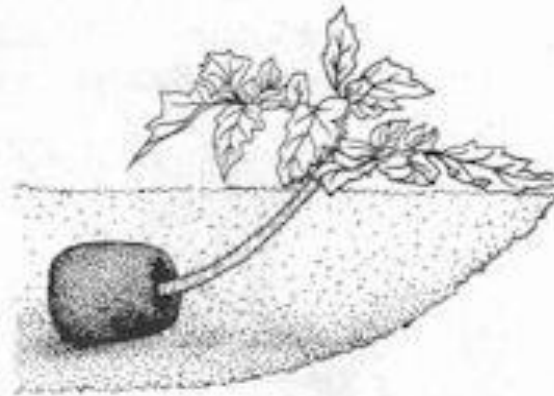


Image credit: <http://www.tumpetflowers.com/text/care-and-grow-tomatoes.htm>

- 8 Natural Fertilizers to Add before Planting Tomatoes <https://balconygardenweb.com/put-8-things-tomato-planting-hole-best-tomatoes-ever/>
- Step by step: transplanting tomatoes <https://northernhomestead.com/transplanting-tomatoes-in-the-ground/>
- Top Tips for Tomato Planting: time it, space it, dig it, plant it! <http://www.tomatodirt.com/planting-tomatoes.html>



Gardening – Two ways to plant tomatoes



Photo credit: Sarah Edelman

Method #2: growing from suckers

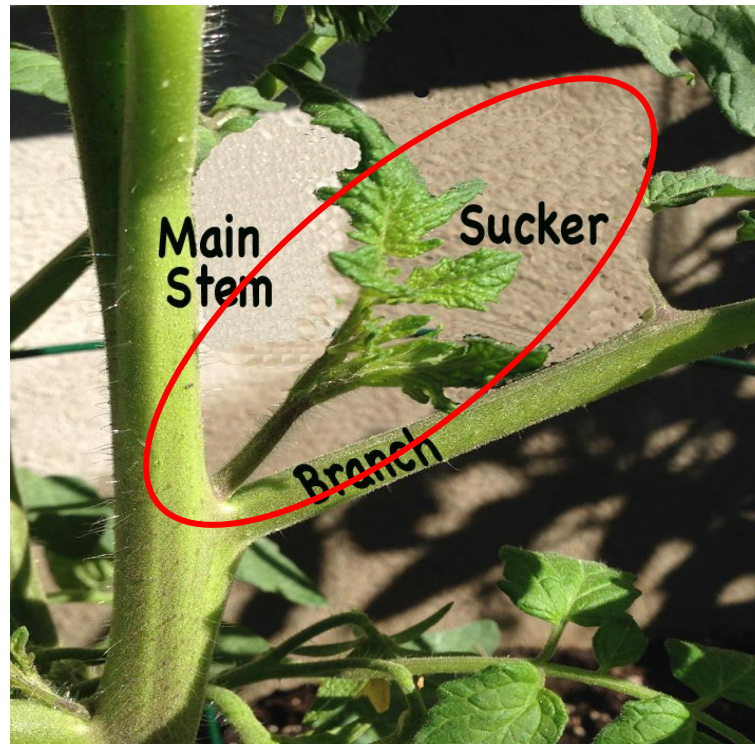


Photo credit: Garry Carter

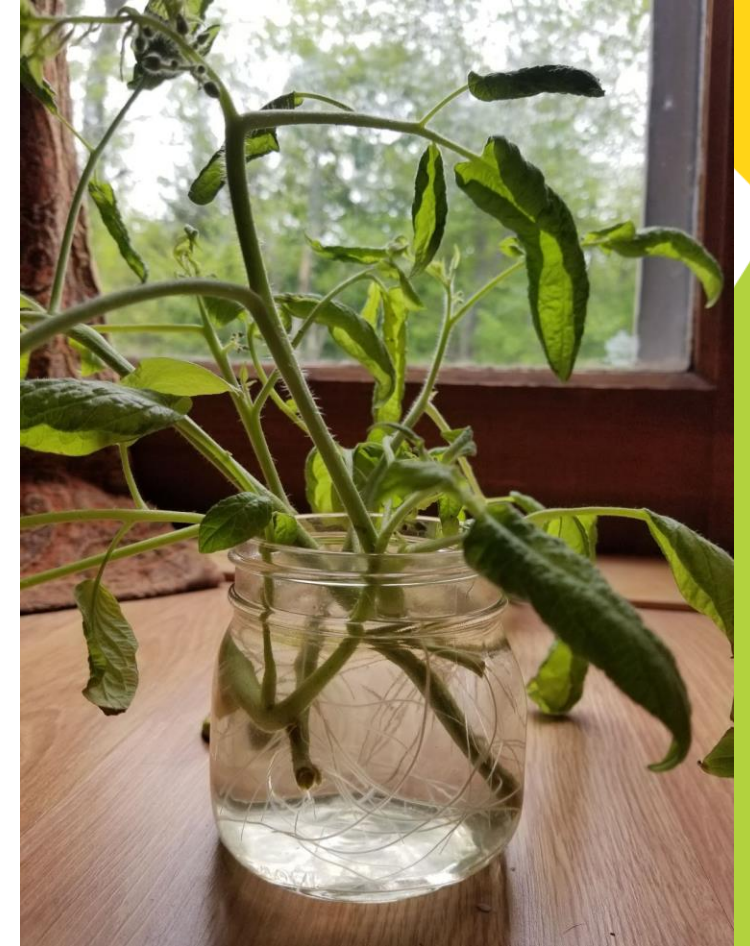
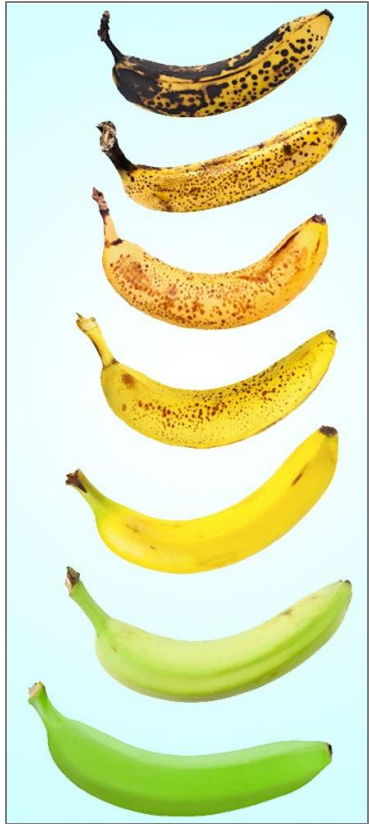


Photo credit: Sarah Edelman

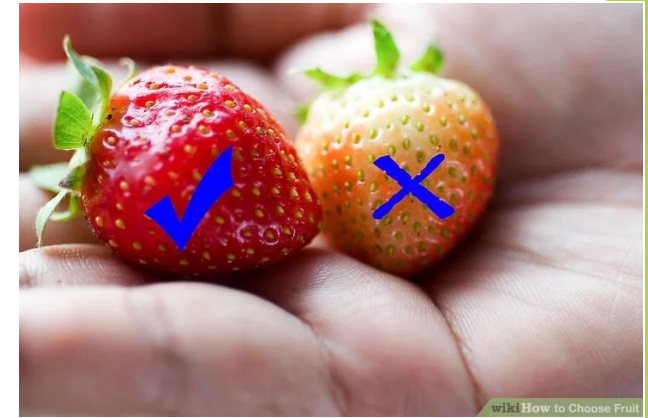
- Video: How to desucker and root tomatoes <https://hgic.clemson.edu/desuckering-and-rooting-tomatoes/>
- Article: How to prune tomatoes <https://bonnieplants.com/gardening/how-to-prune-tomatoes/>



Gardening AND Nutrition – How to select ripe fruit and vegetables



- Fruit should feel heavy for its size (full of juice!)
- Smells good
- A little soft = okay / Squishy = not okay
- No mold or shriveled skin
- Color (sometimes)
- Buy in season if you can
- "Ugly" fruit with little bumps or scratches is okay



Nutrition – What is special about fruits?

Superfoods!



You probably know fruits are good for you. Did you know you can **combine fruits with other foods** to increase their nutritional value?

Bananas and yogurt together help your gut stay healthy, and **lemon with leafy greens** help you absorb iron better.

What are some ideas you have for combining these foods?

Some fruits **help your body recover faster from exercise**, including **watermelon and pomegranate juices!** *Yum!*



Nutrition – Tomatoes, cooked and raw



Did you know tomatoes are heart-healthier when cooked? They also contain vitamin C, which is more available when raw, so they are good for you both ways!



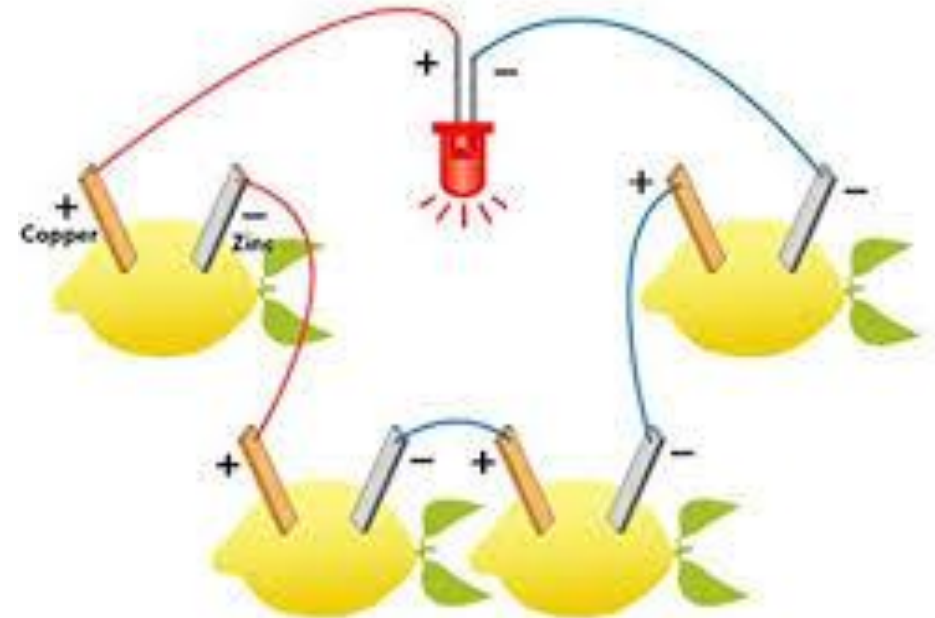
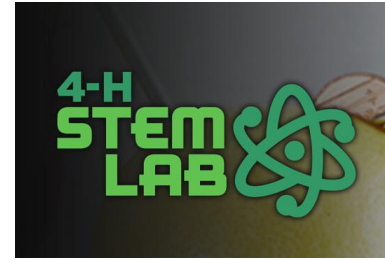
Here's another food pairing that tastes good and increases the nutrition available for you:

"Tomatoes and olive oil, tomatoes contain carotenoids which are fat soluble, and hence, absorption is increased with a fat...like olive oil. Lycopenes [in tomatoes]...reduce the risk of cardiovascular diseases... Lycopene content increases by 5–6 times on cooking rather than eating them raw."

Yay for tomatoes!



At-Home Activity: Make a Fruit Battery



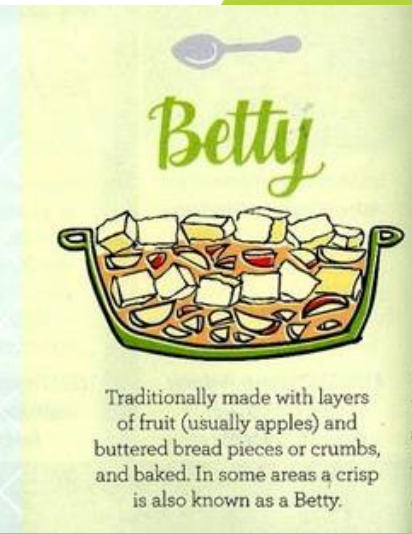
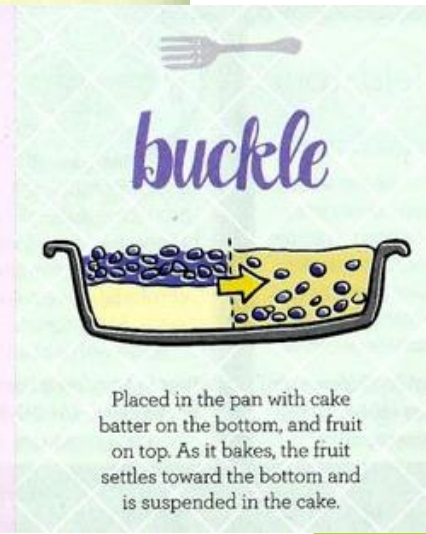
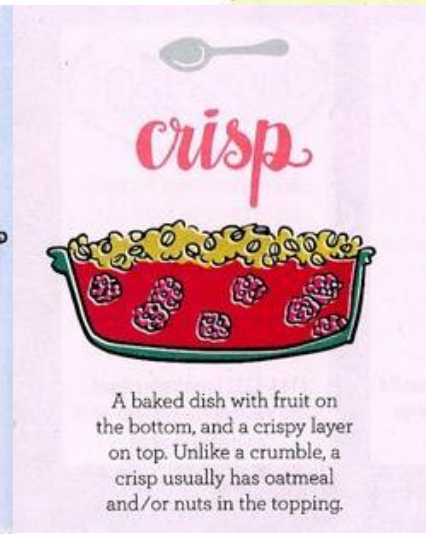
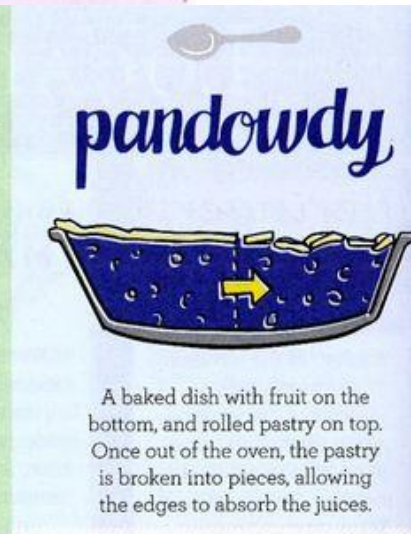
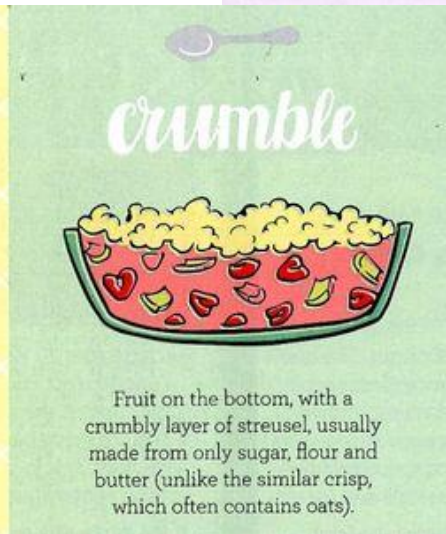
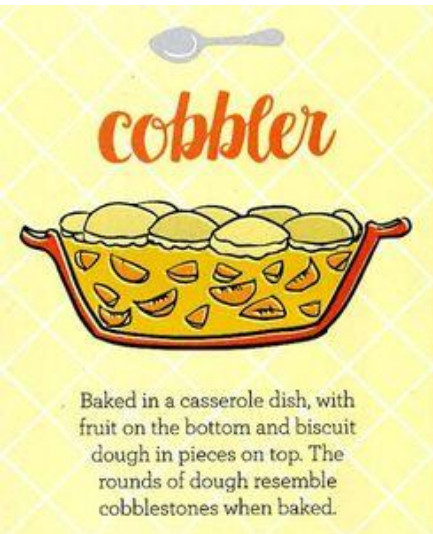
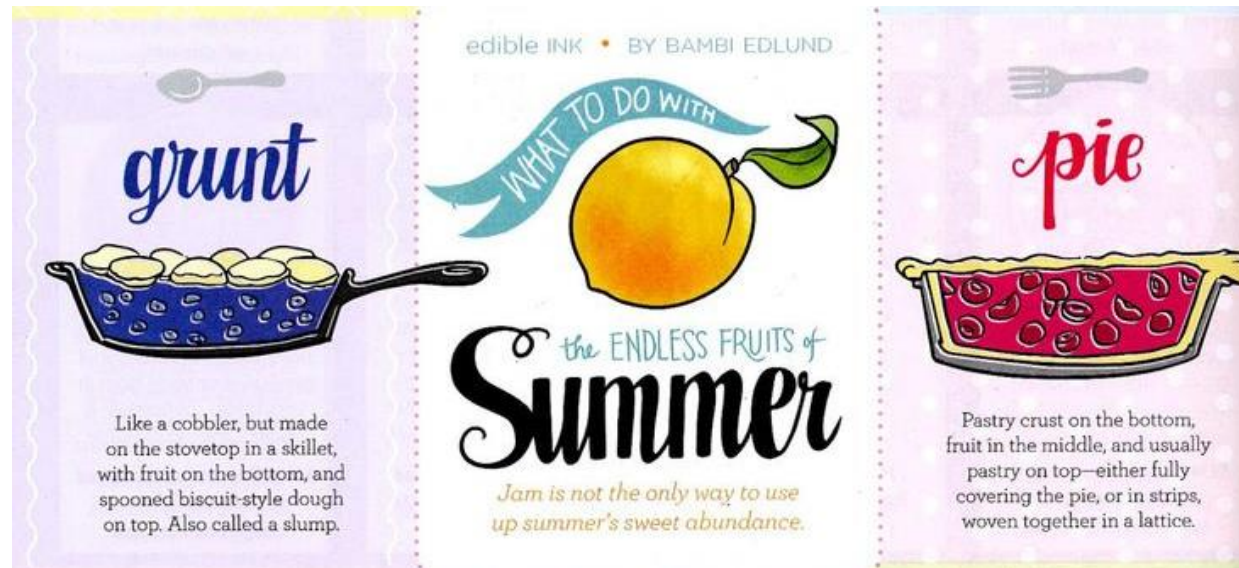
Two slightly different ways to make a fruit battery:

- With discussion questions and science info <https://4-h.org/about/4-h-at-home/fruit-batteries/>
- With step by step pictures <https://www.stevespanglerscience.com/lab/experiments/fruit-power-battery/>



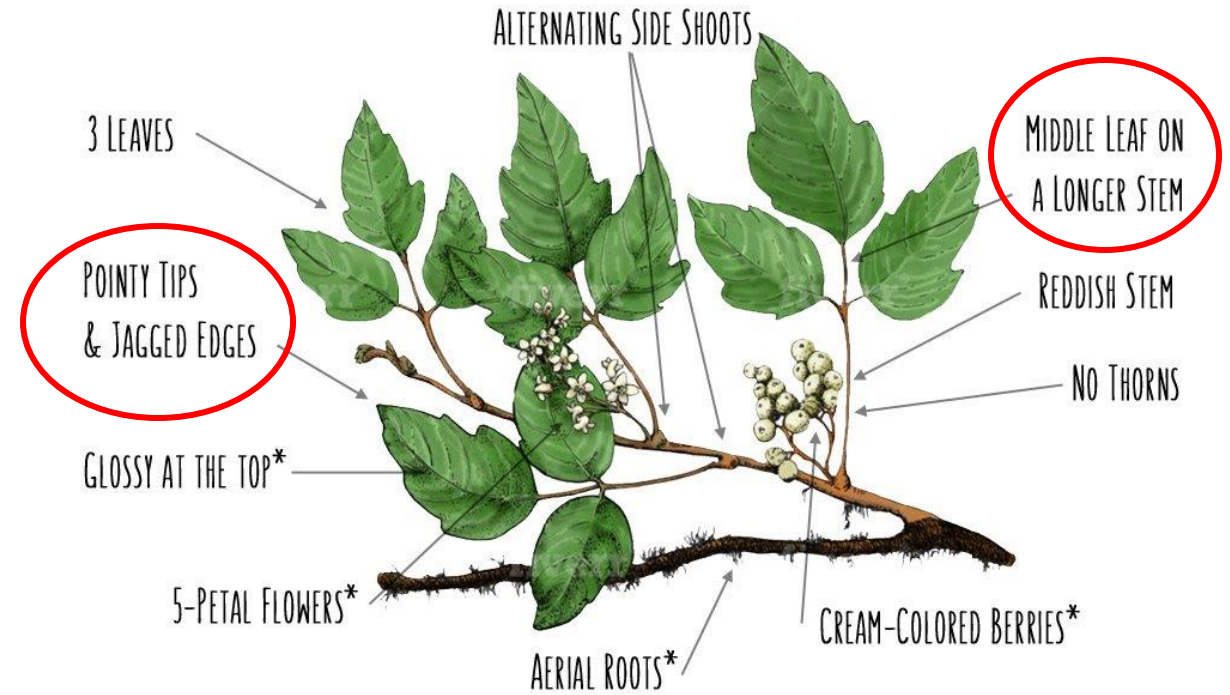
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Recipes



- How to Turn Any Summer Fruit into a Crumble <https://www.marthastewart.com/7795308/how-turn-summer-fruit-into-crumble-dessert>
- How to Make Mini Muffin Tin Blueberry Pies <https://www.bhg.com/recipe/pies/mini-blueberry-pies/>

Wild Plants of the Week



Poison Ivy
Toxicodendron radicans

- How to Identify Common Wild Berries <https://www.farmersalmanac.com/identify-common-wild-berries-24799>
- How to Identify Poison Ivy <https://www.greenbelly.co/pages/how-to-identify-poison-ivy>

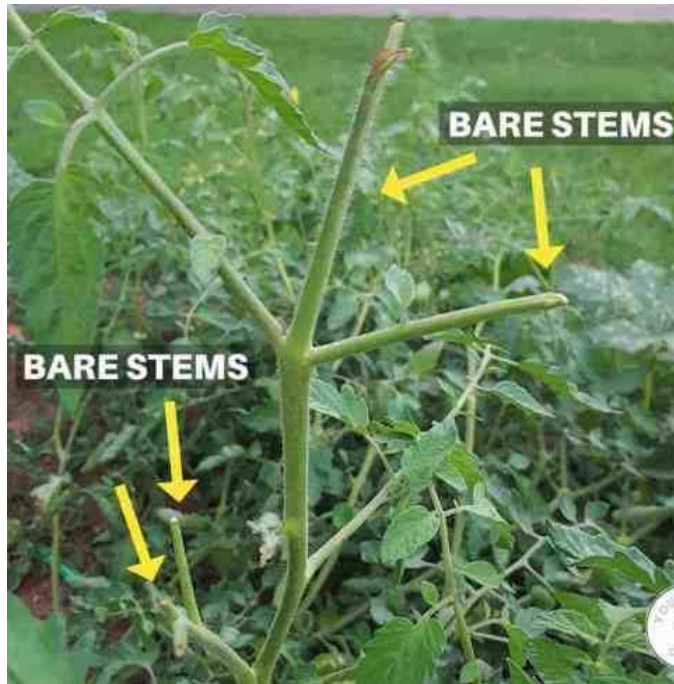
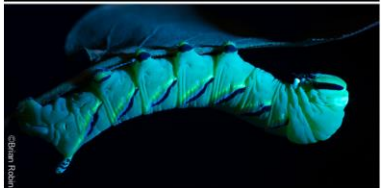


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Critter of the Week

Tomato Hornworm

Manduca quinquemaculata



Free Program! "Choose Health: Food Fun and Fitness"

Virtual Interactive Healthy Eating and Active Living Lessons for 3rd-6th graders!

- ✓ Learn to replace sweetened drinks with low-fat milk and water
 - ✓ Eat more fruits, vegetables, and whole grains
 - ✓ Eat less high-fat and high-sugar foods
 - ✓ And play actively every day

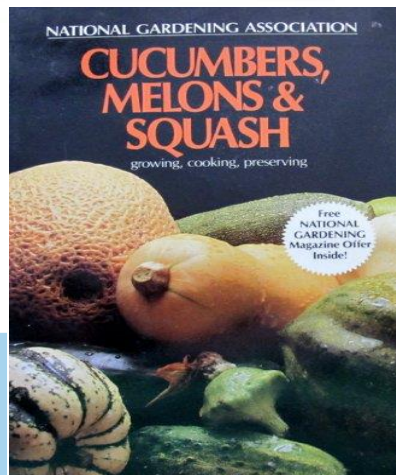
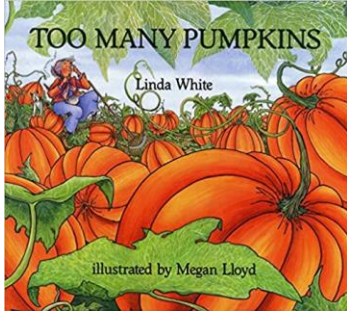
Registration for 45-60 minute Zoom sessions:

- **Wednesdays** @ 10am, June 30 - August 4:
https://qualtrics.uvm.edu/jfe/form/SV_4O4nmNcj4a4w6mq
- **Mondays and Thursdays** @10am, July 12 -July 29:
https://qualtrics.uvm.edu/jfe/form/SV_02FSLMWOB7p4qEu
- **Tuesdays** @ 8am, July 13 - August 17:
https://qualtrics.uvm.edu/jfe/form/SV_bqj9GuESDVWp3iC
- **One full week:** Monday - Friday @ 9am, August 2-6:
https://qualtrics.uvm.edu/jfe/form/SV_6EzbxRqJlroR8

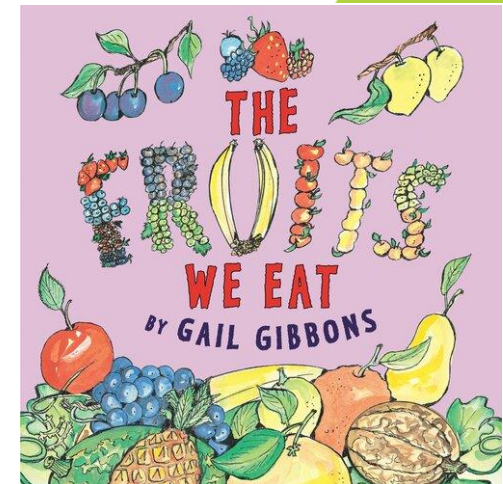
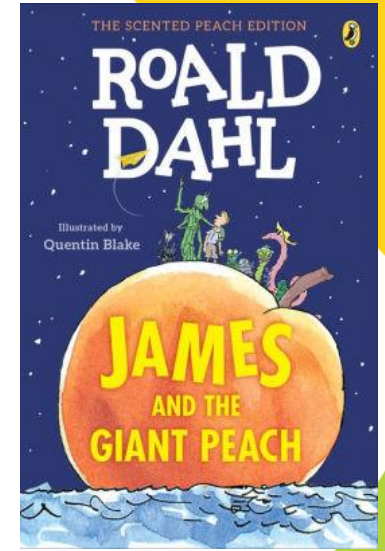
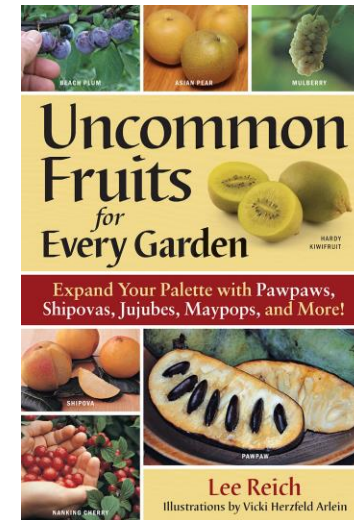
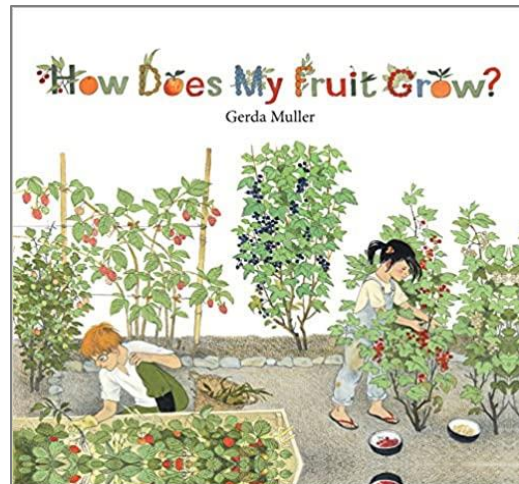
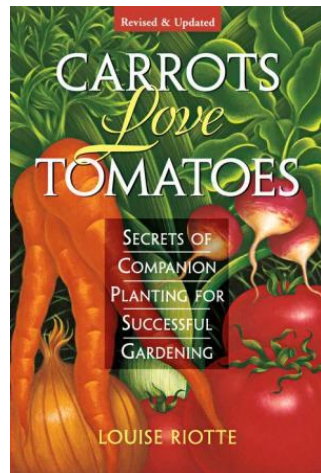


To request a disability-related accommodation to participate in this program, please contact efnep@uvm.edu or 802-656-2311 so we may assist you. We ask that students attend all sessions in their chosen series. Minimum number of participants required to run the course.

Books



- Too Many Pumpkins by Megan Lloyd
- Big Pumpkin by Erica Silverman
- Cucumbers, Melons and Squash by National Gardening Association
- Carrots Love Tomatoes by Louise Riotte
- How Does My Fruit Grow? by Gerda Muller
- Uncommon Fruits for Every Garden by Lee Reich
- The Fruits We Eat by Gail Gibbons
- James and the Giant Peach by Roald Dahl



Other Resources

- Video: **Will the World's Largest Lemon Battery Power a Racecar?** <https://www.youtube.com/watch?v=a1D-fZP8qJk>
- Take a tour of a **pickle factory** <https://www.youtube.com/watch?v=6MgYPB0O1nI>
- Historic **fruit/vegetable definitions** through time <https://foodtimeline.org/fruit.html#fruitorvegetable>
- Examples of **cauliflory**: flowers and fruit growing directly out of tree trunks <https://www2.palomar.edu/users/warmstrong/plmay99.htm>
- **Glow-in-the-dark caterpillars** <http://brianrobin.ca/ultraviolet-lepidoptera/>
- **Meal-o-Matic**: choose a dish, choose your ingredients, get a recipe <https://recipes.doctoryum.org/en/makers>



Cacao (chocolate) fruit



**Join us in TWO WEEKS on
~JUNE 15th~
for
SEEDS**

(our last program this spring!)

Reflection question:

**What is something you
are awesome at?**

**Thank you
for participating,
and Happy Gardening!**

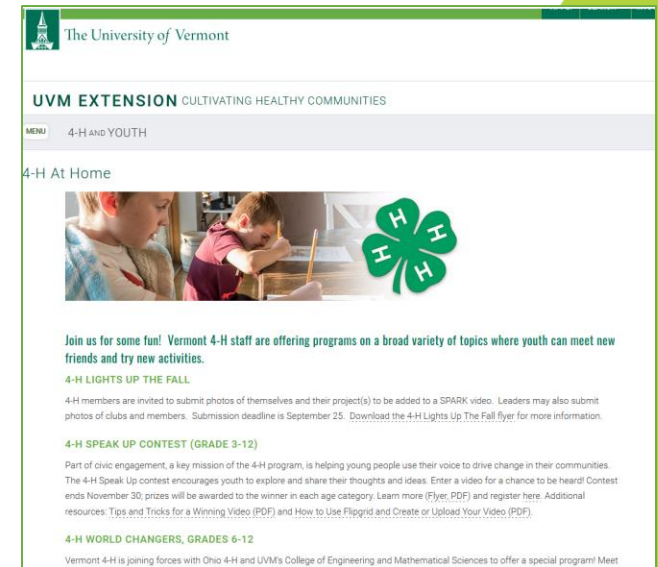


The University of Vermont



Curious about how to [join 4-H](#) or become a Vermont 4-H Volunteer?
Call: 1-800-571-0668

Visit our [4-H At Home](#) page to find virtual programs, livestock activity sheets, lesson plans, our YouTube channel, and more!





**Have more
plant
questions?
Ask a Master
Gardener!**

The Master Gardener Volunteer Helpline serves Vermont residents by providing science based information about home horticulture issues and integrated pest management (IPM).

You may use the online form [here](https://www.uvm.edu/extension/mastergardener/helpline) or call 802-656-5421.

Link: <https://www.uvm.edu/extension/mastergardener/helpline>

Interested in taking your education to the next level?

Master Gardener and Master Composter Programs

There are 3 different tracks to choose from for each class.

Class starts in Spring 2022.

[Check back](#) for updates.

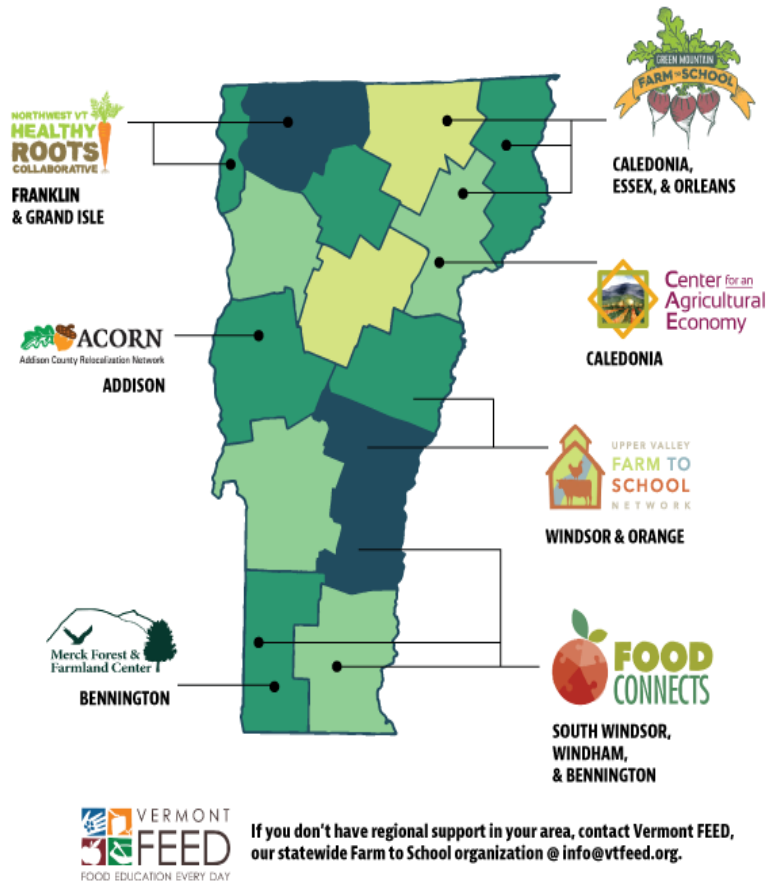


Registration opens in July 2021!

Click [here](#) for details.



VT Resources for Growing and Sharing Food



<-- **Vermont Farm to School Network** – does your school have a garden? Does your cafeteria have food from local farms? Contact your [regional Farm to School support](#) organization to find out or get involved!

Vermont Gleaning Collective – Join your neighbors to [help eaters and farmers](#) by gathering and donating harvested crops that can't be sold

Vermont Community Garden Network - [Guidelines and Resources for Safe Community Gardening](#) and statewide [Garden Directory](#) (school gardens and other kinds of community gardens)

UVM Extension Master Gardeners – look up [gardening resources](#) or [submit a gardening question](#) online

[Food and Nutrition Resources for Vermont Families](#) – FoodBank, summer meal sites, Veggie Van Go, Crop Cash, and more