

June 1, 2021

# Fruits



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

## UVM 4-H Spring Gardening Series





## **Martha Manning**

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## **Liz Kenton**

4-H Youth Agriculture Project Coordinator

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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!**

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# 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

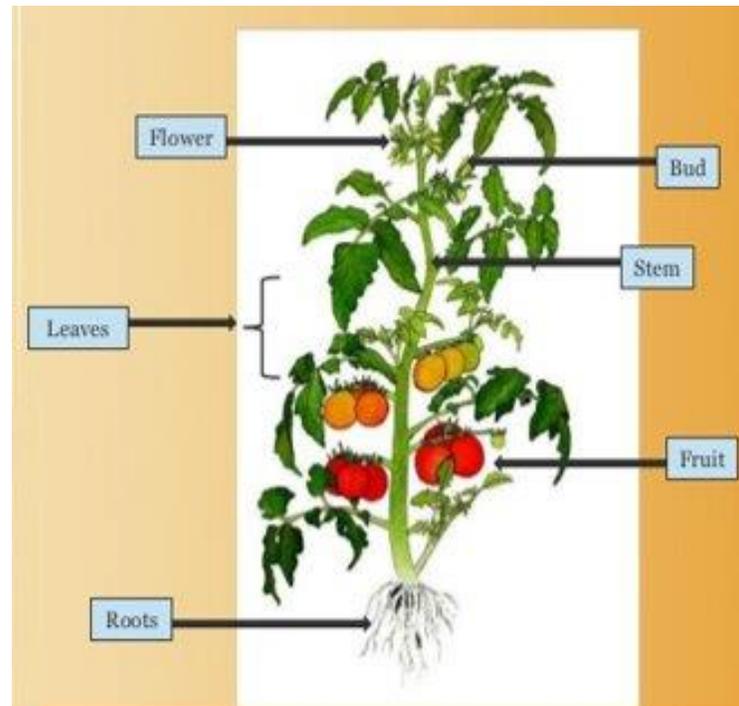
Books and Other Resources

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

*Chorus:*

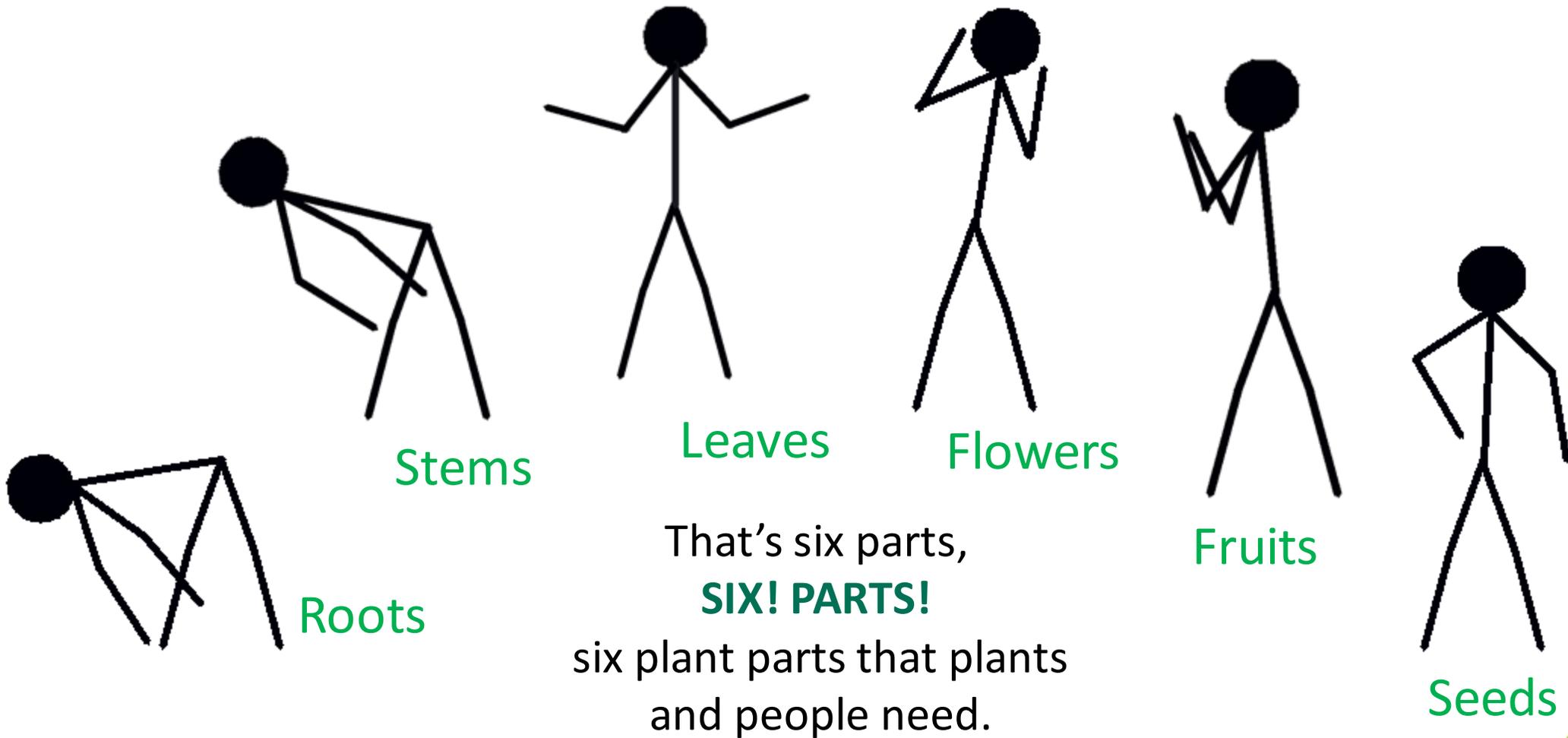
Roots, stems, leaves,  
Flowers, fruits and seeds  
x4

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.**



## What are FRUITS that we eat?

# Fruits that we eat



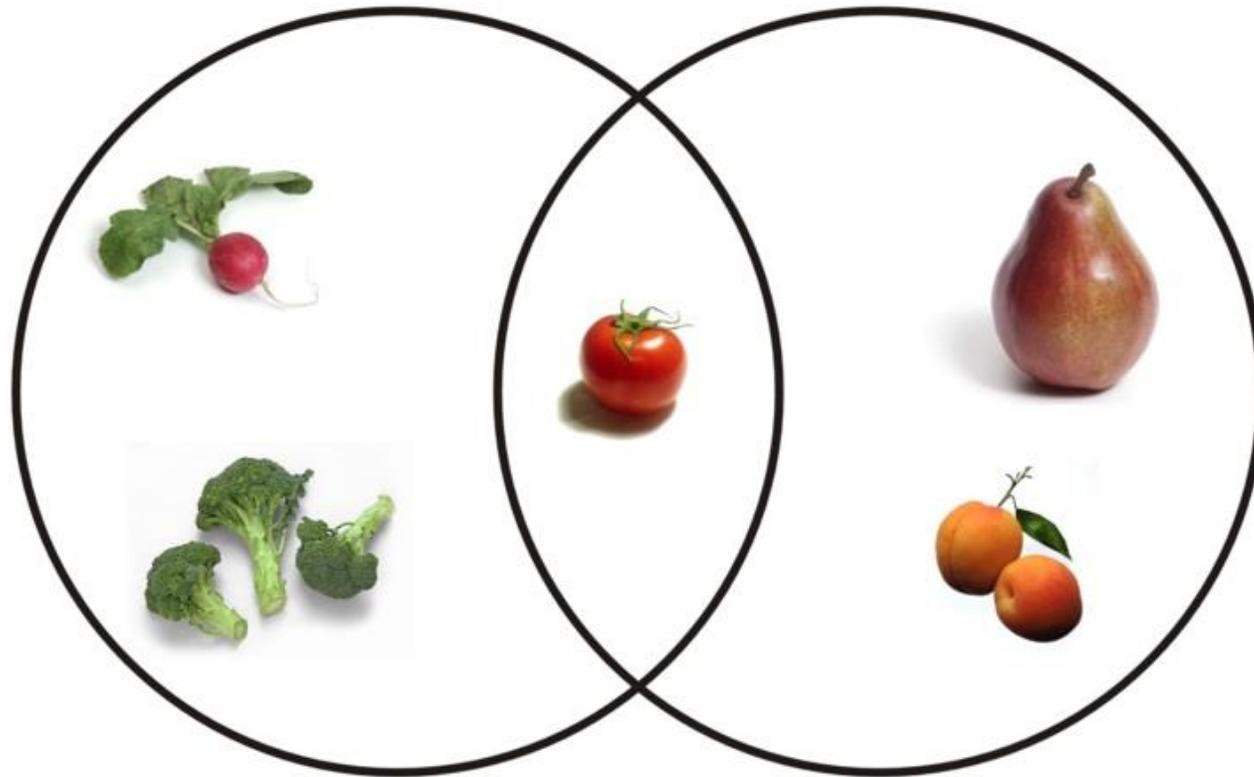
Photo credit: <https://cliparting.com/free-fruit-clipart-16365/>

# "Fruit to a botanist, vegetable to a cook"

## Culinary Vegetables

## Botanical Fruits

**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>

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# Gardening – going vertical with cucumbers



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



# Gardening – Two ways to plant tomatoes



Image credits: Anna and Jakob,  
northernhomestead.com

## Method #1: trenching

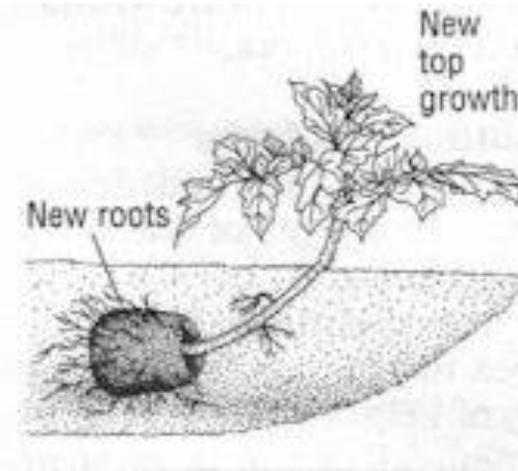
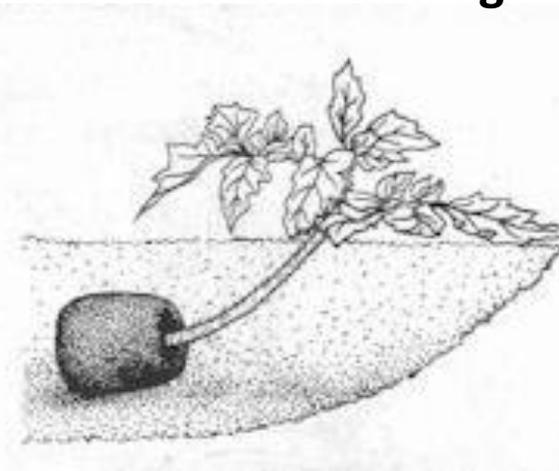


Image credit: <http://www.trumpetflowers.com/text/care-and-grow-tomatoes.htm>

- 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

## Method #2: growing from suckers



Photo credit: Sarah Edelman

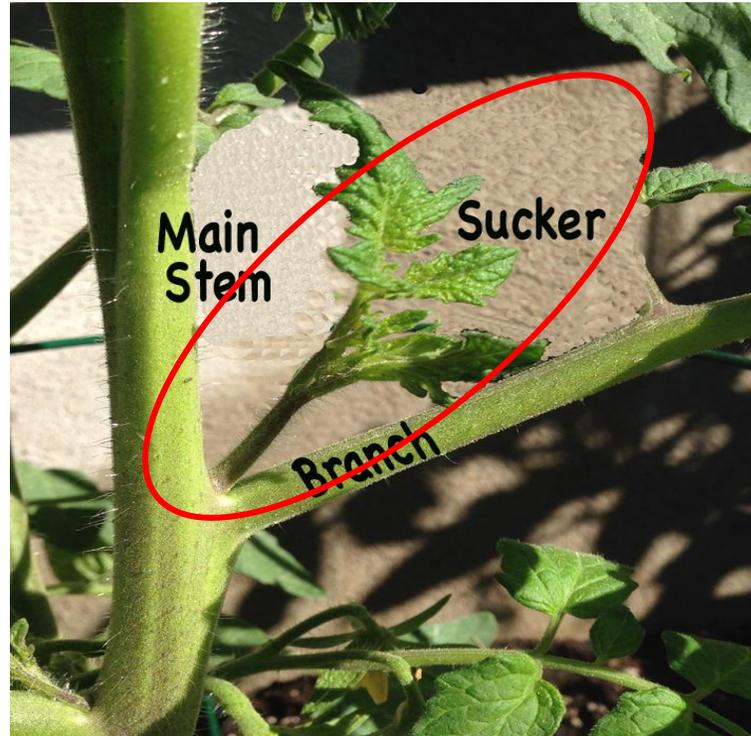


Photo credit: Garry Carter

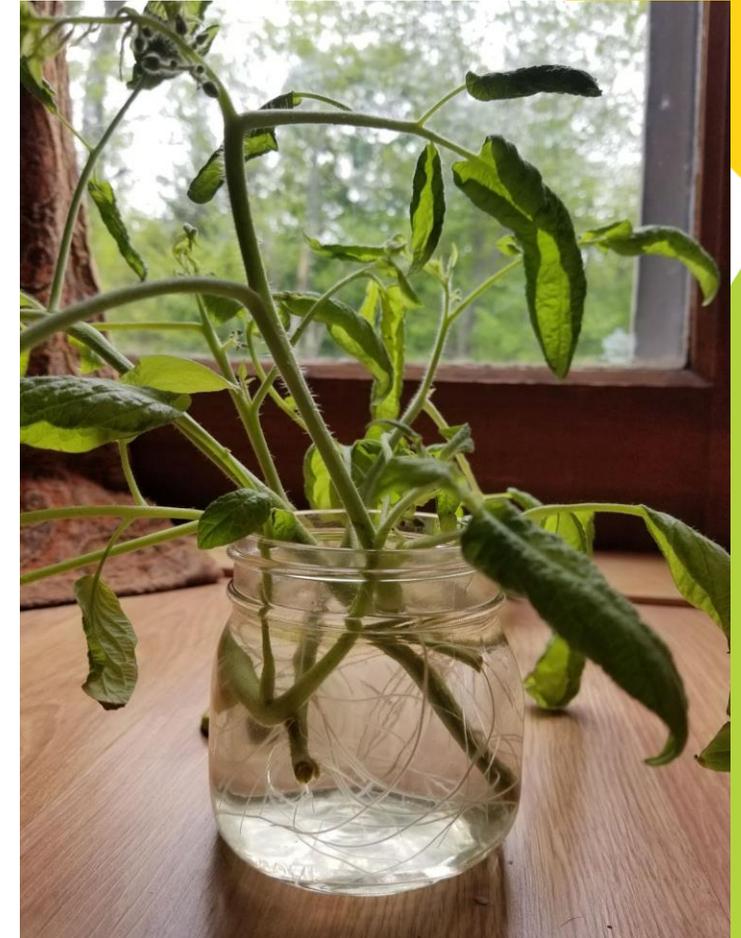


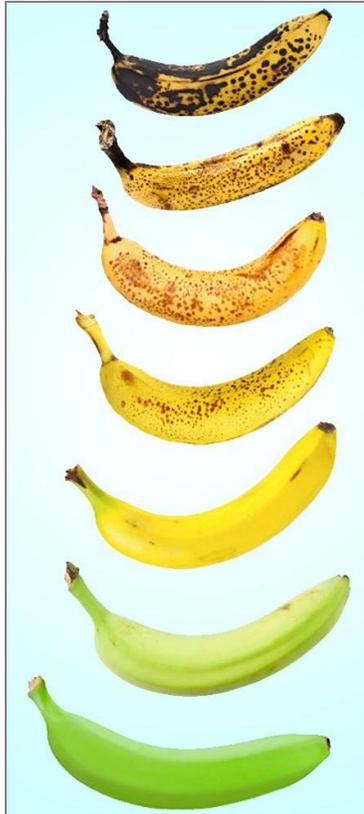
Photo credit: Sarah Edelman

- 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/>



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# 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!



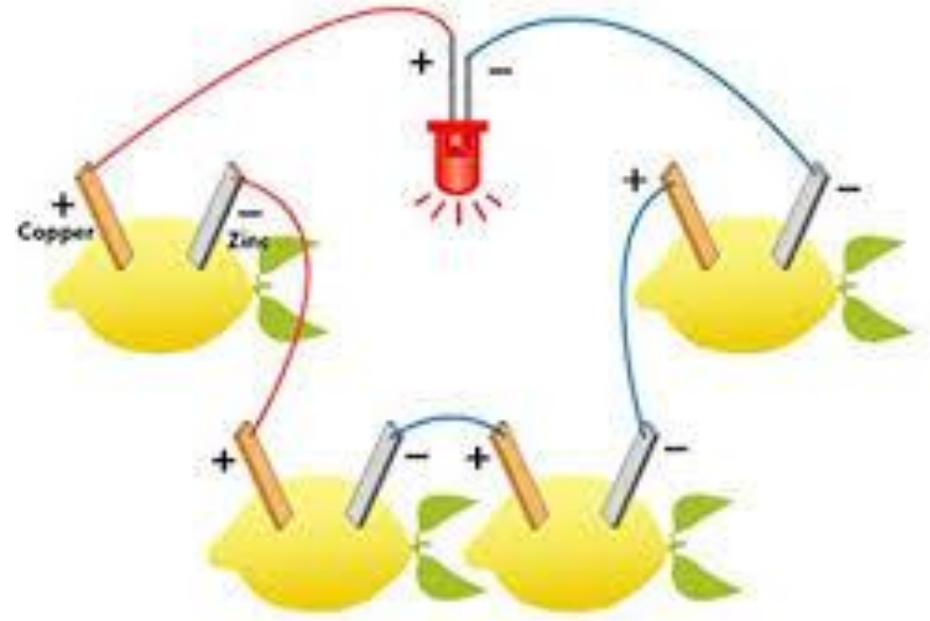
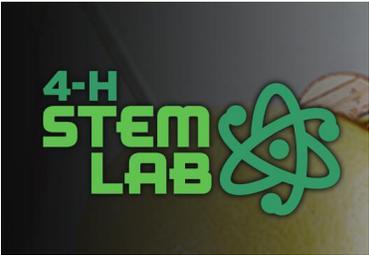
Here's another food pairing that tastes good and increases the nutrition available for you:

*"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/>

# Recipes

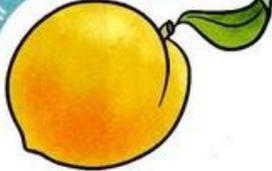
edible INK • BY BAMBI EDLUND

**grunt**



Like a cobbler, but made on the stovetop in a skillet, with fruit on the bottom, and spooned biscuit-style dough on top. Also called a slump.

**WHAT TO DO WITH**



**the ENDLESS FRUITS of Summer**

*Jam is not the only way to use up summer's sweet abundance.*

**pie**



Pastry crust on the bottom, fruit in the middle, and usually pastry on top—either fully covering the pie, or in strips, woven together in a lattice.

**cobbler**



Baked in a casserole dish, with fruit on the bottom and biscuit dough in pieces on top. The rounds of dough resemble cobblestones when baked.

**crumble**



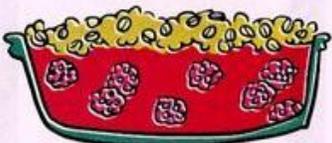
Fruit on the bottom, with a crumbly layer of streusel, usually made from only sugar, flour and butter (unlike the similar crisp, which often contains oats).

**pandowdy**



A baked dish with fruit on the bottom, and rolled pastry on top. Once out of the oven, the pastry is broken into pieces, allowing the edges to absorb the juices.

**crisp**



A baked dish with fruit on the bottom, and a crispy layer on top. Unlike a crumble, a crisp usually has oatmeal and/or nuts in the topping.

**buckle**



Placed in the pan with cake batter on the bottom, and fruit on top. As it bakes, the fruit settles toward the bottom and is suspended in the cake.

**Betty**



Traditionally made with layers of fruit (usually apples) and buttered bread pieces or crumbs, and baked. In some areas a crisp is also known as a Betty.

- 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

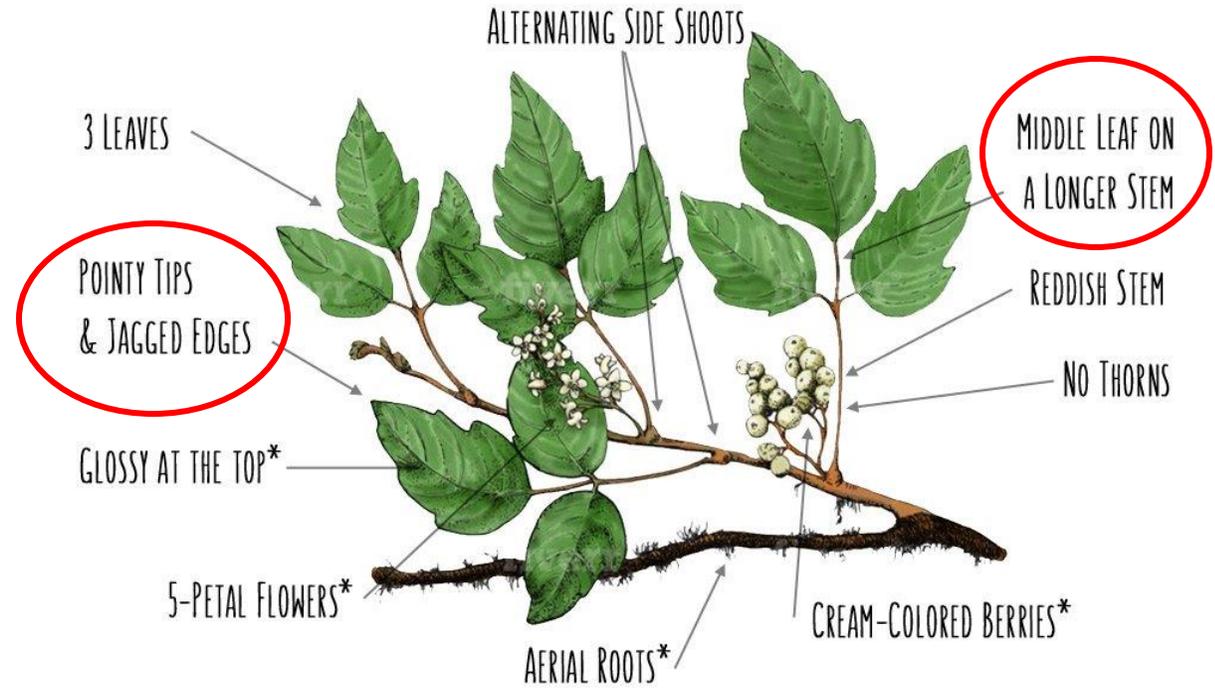


**Black raspberry**

*Rubus occidentalis*



**Blackberry**  
*Rubus ursinus*



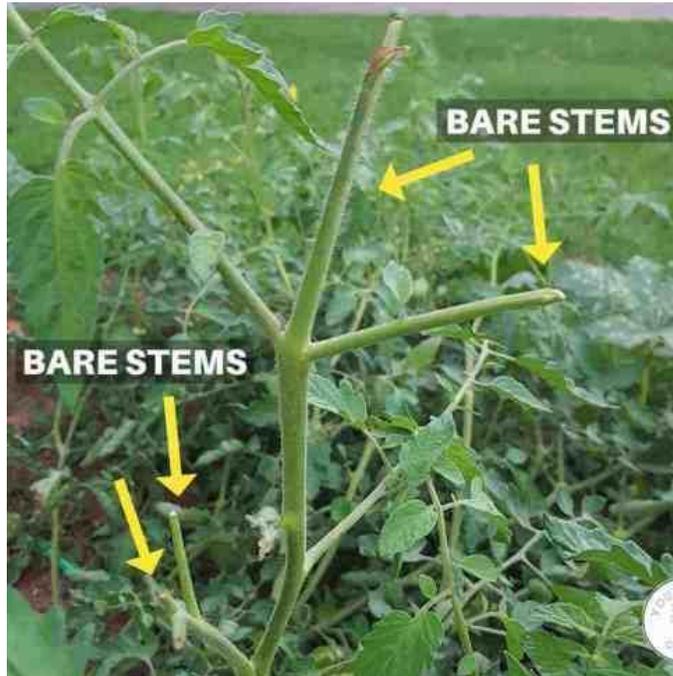
**Poison Ivy**  
*Toxicodendron radicans*

- 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>

# 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

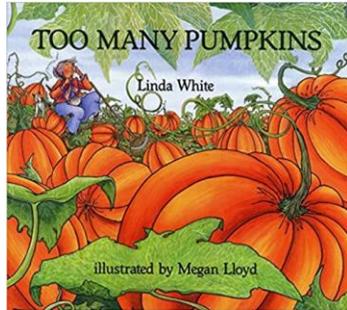
Registration for 45-60 minute Zoom sessions:

- **Wednesdays @ 10am, June 30 - August 4:**  
[https://qualtrics.uvm.edu/jfe/form/SV\\_4O4nmNcj4a4w6mq](https://qualtrics.uvm.edu/jfe/form/SV_4O4nmNcj4a4w6mq)
- **Mondays and Thursdays @10am, July 12 -July 29:**  
[https://qualtrics.uvm.edu/jfe/form/SV\\_02FSLMWOB7p4qEu](https://qualtrics.uvm.edu/jfe/form/SV_02FSLMWOB7p4qEu)
- **Tuesdays @ 8am, July 13 - August 17:**  
[https://qualtrics.uvm.edu/jfe/form/SV\\_bqj9GuESDVWp3iC](https://qualtrics.uvm.edu/jfe/form/SV_bqj9GuESDVWp3iC)
- **One full week: Monday - Friday @ 9am, August 2-6:**  
[https://qualtrics.uvm.edu/jfe/form/SV\\_6EzbxDRqqJIroR8](https://qualtrics.uvm.edu/jfe/form/SV_6EzbxDRqqJIroR8)

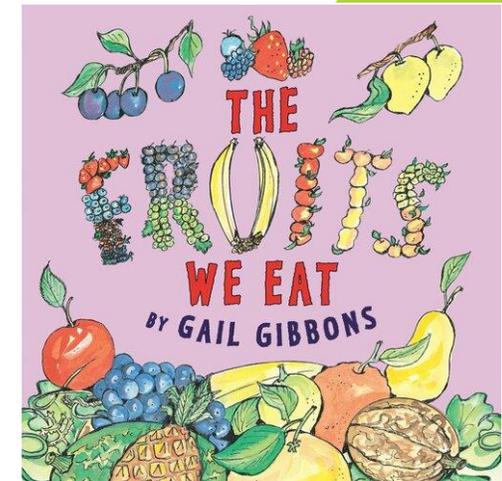
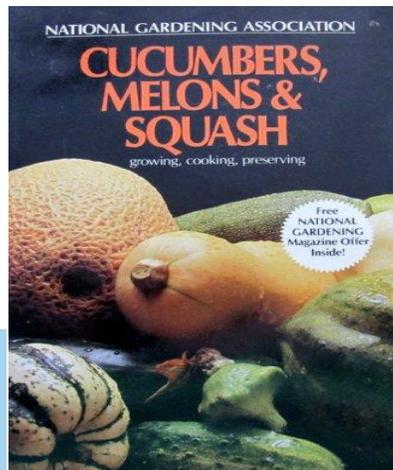
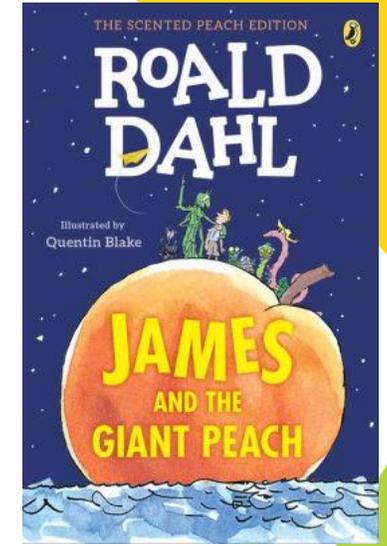
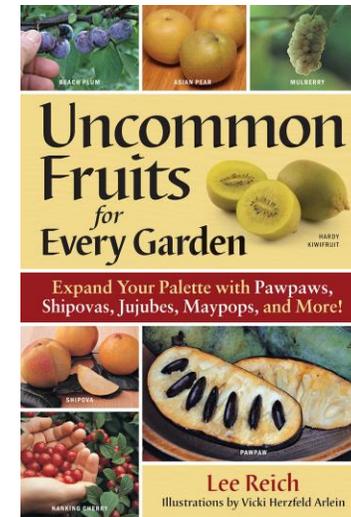
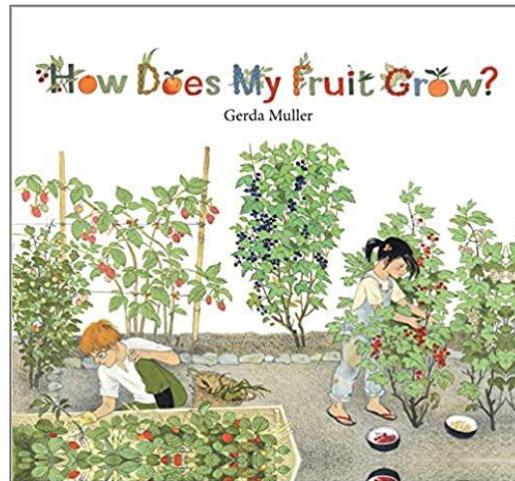
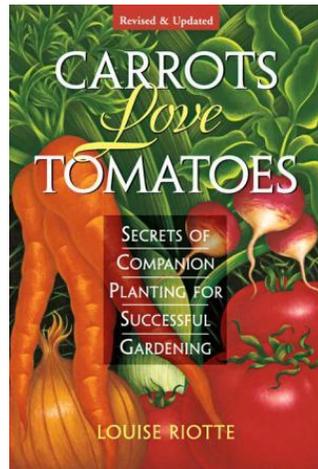


*To request a disability-related accommodation to participate in this program, please contact [efnep@uvm.edu](mailto:efnep@uvm.edu) or 802-656-2311 so we may assist you. We ask that students attend all sessions in their chosen series. Minimum number of participants required to run the course.*

# 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!**

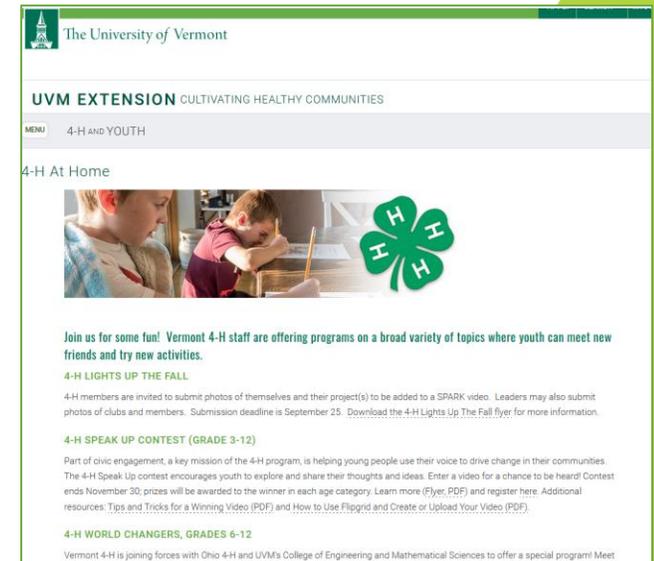


*The University of Vermont*



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](#) 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.

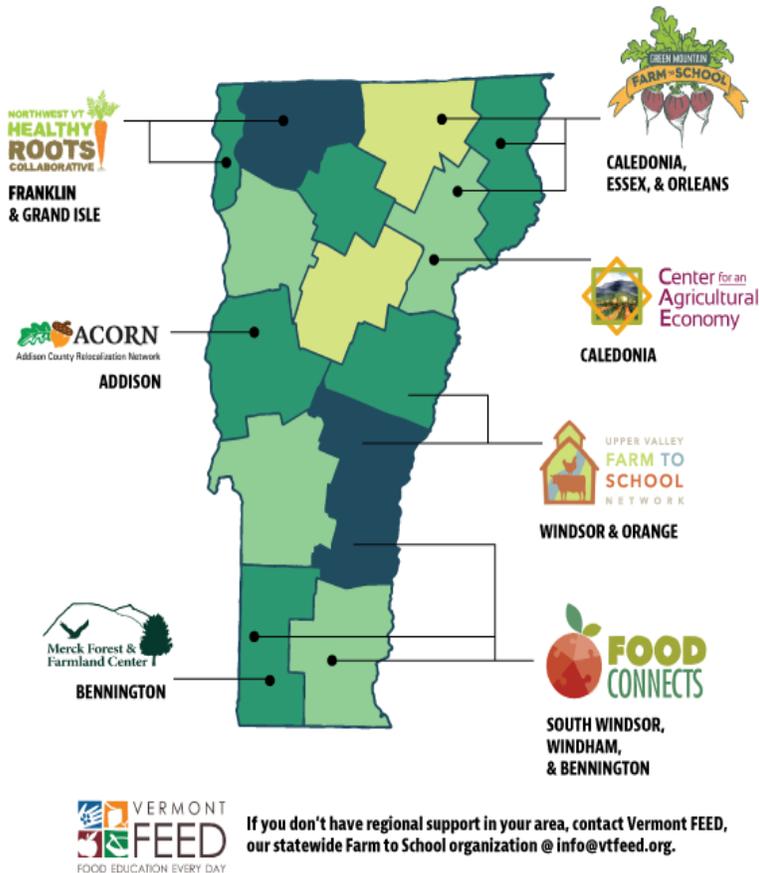
Registration opens in July 2021!  
Click [here](#) for details.



**VERMONT  
MASTER  
COMPOSTER**



# 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