

College Guild
PO Box 6448 Brunswick, Maine 04011

Gardening

Unit 6 of 7

*"I do not like broccoli.
And I haven't liked it since I was a little kid,
And my mother made me eat it.
And I'm President of the United States,
And I'm not going to eat any more broccoli."*



Quotation by George Bush, United States President 1990

1. Why do you think broccoli has such a bad reputation?
2. What are your first memories of this green vegetable?
3. Broccoli is a vegetable, and we are taught that vegetables are good for us. Why are vegetables important for us to include in our diets?

In this Unit we are going to look at the importance of fruit and vegetables. We are always being told to eat at least five servings of fruit and vegetables daily, but many people are unable to do this.

4. Name three-four circumstances under which it is not possible to eat five servings of fruits and vegetables daily.

If you eliminated fruits and vegetables from your diet completely, you would be prone to develop some serious health issues. For example, there is convincing evidence that increasing vegetables and fruits reduces the risk of many diseases, such as hypertension, stroke, and diabetes. In addition, there is NO evidence that increasing fruits and vegetables increases weight gain.

5. How might someone who disliked fruits and vegetables overcome this in order to ensure he or she got enough for optimum health?
6. What are your favorite fruits and vegetables? How many of these are served at your facility?

There is a lot of misconception about what a fruit truly is. *Fruit* is the edible part of a plant that contains the seeds. So, strictly speaking, tomatoes and cucumbers are fruit!



7. What other vegetables containing seeds are actually fruits?

Most fruit consists of over 80% of water, plus fiber, vitamins, sugar and some protein.

8. Name three fruits that contain a very high percentage of water?

The most nutritious way of eating fruit is raw, but many fruits are inedible if left uncooked. Quite often a lot of sugar is needed to make them palatable. The easiest way to do this is to make a pie. One of the most popular pies in the United States is *pumpkin pie*.

9. Why do you think pumpkin pie is so popular?



10. Write a short story about a family gathering when pumpkin pie was served.

The name *pumpkin* originates from the Greek word "pepon" meaning large melon, but the actual fruit is thought to have come from South America. Native Americans ate pumpkin as part of their staple diet hundreds of years before the pilgrims landed.

11. Imagine that the early American settlers are seeing a pumpkin for the first time. Write a poem that describes how they may have reacted.



The tradition of carving pumpkins for Jack O'Lanterns was started by the Irish when they first came as immigrants to the United States. They discovered that carving pumpkins was easier than their tradition of carving turnips to celebrate Halloween.

12. What other fruits could you use to make Jack O'Lanterns?

13. Design and draw your own Jack O'Lantern.

OK! When is a fruit not a fruit? When it's a vegetable!!!!

A *vegetable* is a plant cultivated for its edible parts - roots, stems, leaves, or flowers.



Such as rhubarb! Rhubarb is not a fruit; it is a vegetable. It is the stem of a plant and does not have seeds. However, to be edible, rhubarb has to be cooked with a lot of sugar -- just like a fruit. Confusing!

14. Understanding that vegetables do not have seeds, try to name one other vegetable that we commonly and mistakenly believe is a fruit.

Vegetables are often categorized in four different ways, as you'll see below. They're categorized by which part of the plant is edible.

15. In the chart below, the four categories of vegetables are defined. One example of each is listed on the right. Add one or two more that fit that category.

Vegetable Category and Definition	Name one or two that fit this category
Root Vegetable: the fleshy enlarged root of a plant used as a vegetable; typically grows underground	Carrot
Leafy Vegetable: vegetables which are grown or harvested primarily for the consumption of their leafy parts, either raw or cooked	Kale
Flower Vegetable: Vegetables that have a flowering portion of the plant that is typically eaten.'	Broccoli
Seed Vegetable: Vegetables that create seeds which are then eaten	Lima Bean

Now it's brainteaser time!

16. How many words can you make from the word *vegetable*? Hint -- there are at least twenty-five.

Let's dig a little deeper as to why vegetables are good for you? Just like fruit, vegetables are low in fat and calories. None of them contain cholesterol. They are the source of many nutrients, including potassium and iron, fiber, and vitamins A, C, and E.

Vegetables that are high in Vitamin C typically have a degree of sweetness. Because of this, almost all fruits are high in Vitamin C, but that's not the case with vegetables.

17. With that in mind, choose the vegetables below that are high in Vitamin C (vital to keeping the body healthy).

Potatoes

Cabbage

Broccoli

Sweet Potatoes

Tomatoes

18. Which of the above are your favorites? How would you cook them?



Now that we are getting to know more about vegetables --

19. Of the following eight (8) choices, select at least three (3) and match it with a fruit or vegetable that you might associate it with:

Strength

Joy

Love

Wisdom

Weakness

Sorrow

Hate

Stupidity

When most people think of gardening, they think of *vegetable gardens*. Half of all gardeners in the United States grow vegetables.

20. Why, with so much fresh produce year-round in the supermarkets, do people choose to grow their own vegetables?

When starting a vegetable garden, you need a site that is in a convenient location with plenty of sun, lots of water (but well drained) and rich soil. You need to decide what crops to grow and how many of each. There is no point in raising masses of broccoli if no one in the family likes it!

21. Design or describe your own vegetable garden, deciding how many of each vegetable you would need and whether they would be grown in single rows or planted in groups.



22. How would you protect your vegetables from being eaten by deer, birds, and other hungry creatures?

23. What would you do with any surplus crops?

Many of the fruits and vegetables that are popular today are thanks to one remarkable woman, Frieda Caplan. Known throughout the food industry as the “Kiwi Queen”, she is personally responsible for bringing hundreds of fruits and vegetables to the American market from other countries that previously were not available here. Among them are the kiwi, alfalfa sprouts, spaghetti squash, mangos and shallots. This is especially remarkable since she achieved all this from the 1960’s through the 2010’s when the vast majority of people in this industry were male. A movie, “Fear No Fruit” was made of her life in 2015 and received many awards.

24. Why do you think the title “Fear No Fruit” was selected for her life story?

The last thing we’ll discuss in this unit is the growing trend toward “organic” fruits and vegetables. There is a myth that we need to address as well.

Consumers rely on labels, advertising and marketing information to help them choose products they believe to be safe, healthful and produced with practices aligned with their values. Many food companies exploit this fact by claiming their products are “natural”, “all natural” and “100% natural”, when in fact many labeled this way contain pesticides, genetically modified organisms (GMO’s), antibiotics, growth hormones and artificial ingredients.

There is a huge difference between certified “organic” products and “natural” products. Food can only be labeled organic when they’re independently certified as meeting U.S. Department of Agriculture’s (USDA) Natural Organic Program Standards. These standards preclude the use of pesticides, hormones, antibiotics, GMO’s and other artificial ingredients.

Organic foods are more expensive than others since they’re more expensive to grow, and thus they’re more expensive to buy. Therefore, consumers need to decide which is more important – the price or the value of being organic.

25. If you could, would you or would you not buy and eat only organic fruits and vegetables? Why or why not?

Remember: First names only & please let us know if your address changes