POPCORE 3: Eco-Orchard Harvest and Use RESOURCES

**POP YouTube Channel**: See various playlists including *Juneberry Joy* and orchard care by season

**PHOG** (Philadelphia Orchard google group): Receive POP Tips on food forest care and notices of educational opportunities via email!

**POPHarvest**: Learn more about our efforts to harvest and educate about abundant but overlooked city fruit; Join the **POPHarvest Google group**

**POP Blog**: Search the POP blog by keyword/topic for a variety of in-depth resources

**POP Resource page**: Search the POP resource page by keyword/topic for a variety of in-depth resources on recipes, plant info sheets, lesson plans and more

**Tools and Harvesting:**
- Stocking and Maintaining Your Orchard Toolkit
- Fruit Harvest Calendar
- Summer Harvest
- Fall Harvest
- Intro To Wild Edibles
- Look to the Weeds For What You Need

**Preservation**:  
- National Center for Home Food Preservation

**Dehydrating**:  
- Fruit Preservation by Dehydrating

**Canning & Jarring**:  
- USDA Complete Guide to Home Canning
- Canning Safety and Summer Recipes

**Fermentation**:
- Getting Funky with Fermentation
  - Handout
  - Lesson Plan

**POP Rainbow Nutrition & Recipe Cards**  
POP has developed 2 sets of bilingual Rainbow Nutrition & Recipe cards for use by community partners, teachers, and culinary educators alike — focused on common fruits of the orchard, as well as on native and unusual fruits of our region.
Plant Info Sheets:

NOTE: The plant info sheets provided cover a sample selection of the plants and fruits mentioned in POPCORE 3. For additional resources check out Wild Foodies which contain plant lists, harvest calendars, harvest & uses!

Apple
Cornelian Cherry
Crabapple
Elderberry
Fig Varieties
Ginkgo
Japanese Knotweed
Juneberry
Pawpaw
Peach
Persimmon
Sorrel
Stropharia
Trifoliate Orange
White Oak (Acorn)

Blog Posts:

Plant Spotlight: The Plucky Mulberry
Hawthorne
Plant Spotlight: Chokeberry
Plant Spotlight: Bee Balm
Keep Calm and Anise Hyssop
Spotlight on Chickweed and Nettles
Eat Your Yard: Delightful Dandelions and More
Burdock: Blessing or Burr-den?
Late-Season Ripeners: A How-To on Harvesting and Preserving Jujubes, Persimmons, Medlars, Hardy Kiwis, and Gojis
Spotlight on Yarrow: A resilient orchard plant and herbal ally
Health Benefits of Orchard Fruits

Recipes and DIY medicine making

Harvesting & Blending Herbal Teas from Orchard Plants
Making Herbal Salves
Elderberry Syrup Recipe
Spring Greens Pesto Recipe
Making and Using a Poultice

RECOMMENDED ORCHARD BOOKS:

Philadelphia Orchard Project
www.phillyorchards.org
The Holistic Orchard, Michael Phillips
The Backyard Orchardist, Stella Otto
The Backyard Berry Book, Stella Otto
Grow Fruit Naturally, Lee Reich

RECOMMENDED FOREST GARDEN BOOKS:
Creating a Forest Garden, Martin Crawford
Edible Forest Gardens, Dave Jacke & Eric Toensmeier
Gaia’s Garden, Toby Hemenway

RECOMMENDED FORAGING BOOKS:
Backyard Foraging, Ellen Zachos
Nature’s Garden and Forager’s Harvest, Samuel Thayer