



PHILADELPHIA ORCHARD PROJECT

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](#)
[Trifoliolate 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:

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