POPCORE 3: Eco-Orchard Harvest and Use RESOURCES

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POP YouTube Channel: See various playlists including Juneberry Joy and Virtual POPCORE Recordings.

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 like Harvesting and Blending Herbal Teas from Orchard Plants or Recipes for Thinned Unripe Plums

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!*

<table>
<thead>
<tr>
<th>Apple</th>
<th>Pawpaw</th>
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<tbody>
<tr>
<td>Cornelian Cherry</td>
<td>Peach</td>
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<tr>
<td>Crabapple</td>
<td>Persimmon</td>
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<tr>
<td>Elderberry</td>
<td>Sorrel</td>
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<tr>
<td>Fig Varieties</td>
<td>Stropharia</td>
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<tr>
<td>Ginkgo</td>
<td>Trifoliate Orange</td>
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<tr>
<td>Japanese Knotweed</td>
<td>White Oak (Acorn)</td>
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<tr>
<td>Juneberry</td>
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</tbody>
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**Blog Posts:**

- Growing Blueberries in your Home Orchard
- Add dogwood fruit to your forage list this year
- Plant Spotlight: Goumi Berry, Nitrogen Fixer Extraordinare
- Plant Spotlight: Elderberry
- 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