



PHILADELPHIA ORCHARD PROJECT

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!

[Apple](#)

[Cornelian Cherry](#)

[Crabapple](#)

[Elderberry](#)

[Fig Varieties](#)

[Ginkgo](#)

[Japanese Knotweed](#)

[Juneberry](#)

[Pawpaw](#)

[Peach](#)

[Persimmon](#)

[Sorrel](#)

[Stropharia](#)

[Trifoliate Orange](#)

[White Oak \(Acorn\)](#)

Blog Posts:

[Growing Blueberries in your Home Orchard](#)

[Add dogwood fruit to your forage list this year](#)

[Plant Spotlight: Goumi Berry, Nitrogen Fixer Extraordinaire](#)

[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