

STUDY GUIDE

FRUIT & VEGETABLES

SHORT COURSE



HOW TO WORK THROUGH THIS COURSE

Over the following pages, you will move through a logical, self-paced learning experience that can enlighten and educate you in Fruit and Vegetables.

It is important from the outset to understand that learning about something is not the same as just reading about it. Learning implies a permanent change in what you know and can do.

Anyone can read a book and understand it; but for most people the detail of what you read is largely forgotten.

Reading something once only puts information into short-term memory. It is soon lost if you don't 'work' on it. Studying the same information takes longer, but by thinking about it and processing it you can transfer that information to long-term memory. This way, you will enhance your ability to recall and apply that information for years to come. If you take your time to work through the fourteen lessons that follow, you will learn.

HOW DOES THIS COURSE WORK?

WATCH THIS VIDEO FIRST

<https://vimeo.com/441179158>

Read, Reflect, Research, Revise

Throughout the following pages, you will find not only things to read about, but also things to do:

1. Throughout each lesson, there are suggestions of things to do under the headings "Learn More". These are all sorts of ideas about things you can do in order to explore the subject further.
2. At the end of each lesson, there is an interactive selfassessment test (assignment), for you to undertake. When you click on this, your computer needs to be online. You will be taken to our cloud-based online school. The answers you choose will be evaluated immediately, and your results can be seen on completion of each test. You can return and repeat tests if you wish.

Undertaking these tasks will involve reflection, research and revision of the topics you read about. By repeatedly encountering each topic in different ways, your perspective on each subject will broaden, and the commitment of information to longer term memory will strengthen.

You don't need to undertake all of the suggested tasks if you don't want to; but we strongly recommend that you do some in each lesson, and that you take all of the self-assessment tests.

The more time you spend doing these things, the stronger your learning will be.

Completing the Course

After completing all 14 lessons you will be presented with a final assessment which can also be undertaken online.

Do not attempt to do this until you have worked through all 14 lessons, and feel like you have learnt the subject well.

Upon finishing this final assessment you will immediately see your final results, and you can save a pdf copy of those results as a "Certificate of Completion".

Welcome Audio

Click the button below to listen to the welcome audio for this course. This feature is supported by most computers and some mobile devices.



THE CONTENTS OF THE COURSE

LESSON 1 FOOD FROM THE GARDEN	6
What can you produce in your garden?	6
Review what you have been learning	10
LESSON 2 DECIDING WHAT TO GROW	11
Review what you have been learning	14
LESSON 3 SUCCESSFUL GROWING	15
Light	17
Temperature	18
Soil	18
Nutrition	20
Water	23
Wind	25
Cold and the garden	25
Different growing methods	27
Where to get helpful information	28
Review what you have been learning	29
LESSON 4 FRUITS	30
Introduction - fruit trees for all climates	30
How to develop an espalier on a wall	32
Good backyard fruit trees for a range of climates	33
Review what you have been learning	34
LESSON 5 DECIDUOUS FRUIT TREES	35
Winter chilling requirements	35
Pests and diseases	39
Deciduous fruit encyclopaedia	42
Bare-rooted fruit trees	46
Pruning deciduous fruit trees	46
Review what you have been learning	50

LESSON 6 CITRUS FRUITS	51
Tolerance to different climates	51
How to grow healthy citrus	52
Citrus species	55
Review what you have been learning	62
LESSON 7 TROPICAL FRUITS	63
What fruits when	63
Review what you have been learning	75
LESSON 8 BERRIES	76
Berry fruit	76
Review what you have been learning	94
LESSON 9 NUTS	95
Introduction to nut growing	95
Commonly grown nuts	97
Review what you have been learning	104
LESSON 10 VINE CROPS	105
Grape varieties	109
Review what you have been learning	112
LESSON 11 USING PRODUCE	113
What to do with excess fruit	113
Review what you have been learning	125
LESSON 12 VEGETABLES	126
Why grow vegetables?	126
The site	127
Choosing what to grow	131
Feeding and watering	132
Planning the cropping programme	132
Pests and diseases of vegetables	134
Review what you have been learning	143
LESSON 13 MUSHROOMS	144

Four easy steps to growing mushrooms.....	144
Review what you have been learning.....	150
LESSON 14 SPECIAL GROWING TECHNIQUES	151
Growing produce in containers.....	151
Hydroponics.....	156
Permaculture gardening.....	162
More special growing techniques.....	169
Review what you have been learning.....	172
FINAL ASSESSMENT	173

LESSON 1 FOOD FROM THE GARDEN

Home grown produce has a special quality. Some say it tastes better, others believe it is just healthier. And there is no doubt it is cheaper!

Watching plants grow from seed to harvest, and knowing that the armful of vegies and herbs you have just gathered for the evening meal will be on the table within an hour or two of harvest, can be an exciting and satisfying experience.

Believe it or not, you can grow a lot of food in an average-sized garden. The key to success is planning. Choose what you want to grow, how you intend to grow it, and how much you will grow very carefully. There is always the danger of having heaps of spinach and not enough strawberries, and who prefers to eat spinach instead of strawberries with cream?



Lemons are indispensable in the kitchen



Nuts, great in cooking or on their own

WHAT CAN YOU PRODUCE IN YOUR GARDEN?

What you produce from your garden will depend on the amount of space that you have. Obviously, the larger the property, the more potential you will have to produce a large variety of crops. Large properties can support a range of fruit trees, vines, vegetables, herbs, grains and even hay and straw as well as animals and chickens.

Of course, you can grow more produce given more land. You may also be more successful in a mild climate with good rainfall than in a dry one; however, it is still possible to grow at least some food, just about anywhere, and in any climate and circumstance.

- Herbs for cooking and sprouts for salads can be produced on a kitchen bench.

LEARN MORE >>>

Suggested Tasks

Look around your property. Assess the possible areas for growing vegetables. Think about whether you could:

- Remove some turf to create a bed
- Grow vegetables in a raised bed built up over some poor ground
- Grow vegetables in containers
- Make use of vertical space e.g. grow beans up a wall.

Spend no more than 10 minutes doing this

- A balcony, veranda or courtyard can produce buckets of vegetables, berries and herbs if you go about it the right way.
- Even an arid desert garden can produce food, if you choose appropriate plants and apply a few horticultural tricks to the way you grow them.

There are a wide range of vegetables and fruiting plants that will grow well in pots and containers. So if space is fairly limited you can still experience the joys and rewards of growing some of your own fruits and vegetables. However, the smaller the property, the more thought you will need to put into what you do and don't grow. Ask yourself: what would I like to produce? Then take it from there.



Vegetable gardens can create ambience

On a small property you will also need to use all your available space efficiently. Make an inventory of your garden and think about how each feature or structure could be used or modified to produce something. Here are some examples:

- Walls or fences for supporting climbing plants and espaliers; to shelter plants and to improve fruit ripening.
- Verandas and balconies for growing potted plants that need extra protection, or for use as a potting area, tool storage, or for drying herbs and other produce.
- Garden sheds can be altered to add a lean-to shade-house, greenhouse, or chicken run.
- Pergolas to support climbers.

- Swimming pools can be converted into an aquaculture garden that supports fish, ducks and productive water plants.
- Incorporate terraces supported by retaining walls on sloping sites.
- Rotate vegetable and crop plantings to get the most out of each bed of soil.
- Make the most of window boxes, pot stands and shelving in greenhouses.



A decorative platter of fresh produce



Delicious fruit pies

USE GREENHOUSES

Greenhouse growing is another possibility that will help you protect crops from weather extremes. Greenhouses allow you to modify the climate to control the conditions that will prevent heat stress, cold temperatures, drying winds or lack of soil moisture and soil nutrients. They can also help you control pollination. Furthermore, a greenhouse will also give you added protection from such pests as birds, rabbits or other animals chomping through all your hard work!



Greenhouses protect herbs from extreme weather conditions

LEARN MORE >>>

Suggested Tasks

Do an internet search for “growing vegetables in small spaces”. See if you can find some other ideas about how to make use of small garden spaces. Spend only 10 minutes on this.