

Nutrition Tidbits Garden Edition, gives gardening inspiration and recommendations, provides botanical facts and nutrition values of Arkansas Grown produce, as well as shares delicious recipes.



SPOTLIGHT

Vine & Village



We had the opportunity to speak with Alice from Vine & Village about their connection with Heifer Urban Farm. Three years ago Heifer Urban Farm reached out to Vine and Village to see if they would be interested in receiving fresh produce donations. Ever since Heifer has been providing fresh organic produce seasonally.

Alice described how at the beginning of the summer growing season it is lettuce and then recently tomatoes being donated. Alice said, *“The fresh produce is one of the reasons people like to come to us.”* Vine and Village would love to have more donated fresh produce to give to their clients any time. Alice said they have the space!

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Please feel free to contact us at 501-565-8121 if you have questions.

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What's Growing?



Nutrition facts:

One medium plum is a good source of vitamin C. Vitamin C is needed to help the body heal from cuts and absorb iron from one's diet. Plums are lower in calories than other fruit, containing just 30 calories in one medium plum.

Storage Tip:

Ripe plums can be refrigerated for up to 3 days. If your plums are too firm, place them in a brown bag on the counter top for two days to ripen.

Do not refrigerate unripe plums, otherwise they will become mealy and flavorless. Plums can have a tart or sweet flavor. Removing the skin can help if too tart.

PLUMS

Plant Facts:

Plums are related to peaches, apricots and cherries. These fruits are called stone fruit because the flesh of the fruit surrounds stone pits. Plums have the most diversity out of the stone fruits. A plum can be recognized by its smooth skin and groove that runs down one side of the fruit. The skin can come in red, purple, black, yellow and blue. Plum trees are very adaptable to different climates and only need minimal rainfall in the growing season. Plum trees should be pruned in the winter months and allowed a rest period. The rest period comes when the temperature goes below 45 degrees F for around 800 hours.

Buying Tip:

Select plums that are plump and firm with a slight give. The outer skin should be primarily one color. The dull white film is referred to as the "bloom". This is a natural sign of freshness.

Fun Fact

The Japanese plum or *Prunus salicina*, is the most widely grown species of plums.



Plum Crisp

Serves: 4

Ingredients

- 1/3 Cup cold butter
- 1 Cup rolled oats
- 3 Plums
- 1 Tablespoon cinnamon (or to taste)
- 1 Teaspoon molasses (or to taste)

How to prepare

1. Preheat the oven to 350°F.
2. Rinse off plums.
3. Cut the butter into the oats and sprinkle in the cinnamon. (Cutting butter means working in large chunks of butter into dry ingredients. The end mixture will resemble coarse crumbs.)
4. In a small bowl remove the pits from the plums. Crush the plums with the back of a fork.
5. Add molasses and stir to coat.
6. Layer the plum mixture on the bottom of the ramekin. Next layer the oats evenly on top. Press down lightly but firmly to set the top.
7. Bake 10-12 minutes until juices are bubbling and oats are golden brown.

Nutrients per 1 serving: 199 Calories, 16.59g Total Fat, 1.7g Dietary Fiber, 18g Total Carbohydrates, 6.8g Total Sugars, 89 mg Sodium

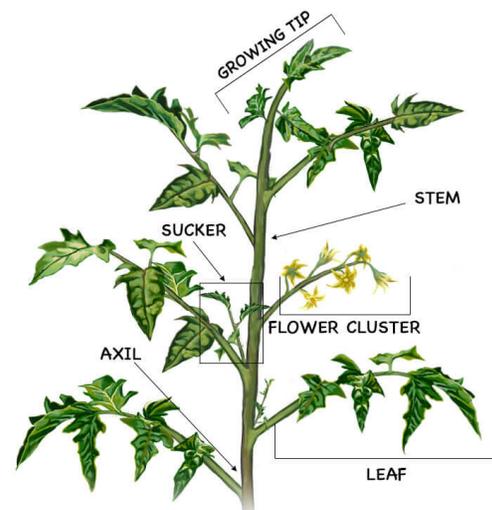


TRELLISING

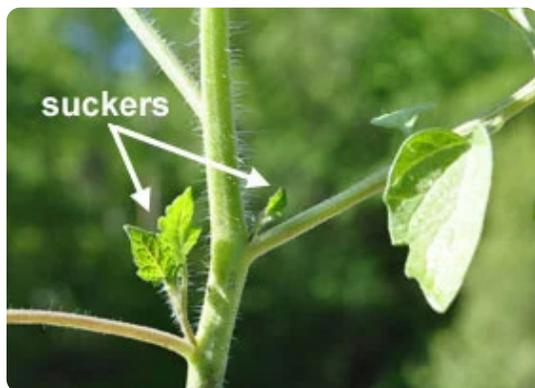
Climbing plants like cucumbers, peas, pole beans, and some melons do best when they are trellised. These plants will produce more with something to grow on. Trellising will also help reduce plant diseases and save space. A trellis can be made from many different things. Look for something that is sturdy and tall enough for the plant to grow up. Fencing, stakes, bamboo, cages, wood lattice, metal caging and teepees are a few ways to create a trellis for plants. Some methods will work better than others for different plants. Plants may need to be guided onto the trellis. Gently wave the plant upward through the trellis. Plant clips and ties will help train the plant to grow up the trellis. They should be attached loosely to prevent damaging the plant.

PRUNING TOMATO PLANTS

Pruning prevents disease, increases production and speeds up ripening. Tomatoes can be determinate or indeterminate. An indeterminate tomato plant will require pruning, because of its continuous growth. Flowers can be removed until the plant reaches about 2 feet tall. This encourages the plant to focus its energy on root and green growth. Once the plant has reached 2 feet start removing



the suckers and allow the flowers to grow. Suckers sprout from the axil. The axil is where the leaf stem attaches to the main stem of the plant. They often grow up and outward. Remove the suckers as they grow. Lower limbs can be removed as the plant continues to grow tall. Prevent plant stress by pruning early in the day and make clean cuts.



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