# Guided Notes Page for Chapter 9 PowerPoint – Fruits and Vegetables

**What is a fruit?** An organ that develops from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plant and contains one or more seeds. Or the perfect snack food, the basis of a dessert, colorful sauce or soup or an accompaniment to meat, fish, or poultry.

**Fruits are classified!**

Classified by growing season and location.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fruit

* Berries, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, grapes, melons, peaches, plums and pears.
* Single stone fruit is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Most are delicious raw, also popular baked or cooked.

**Berries**

* Most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, tender and fragile
* Handle as little as possible
* Don’t wash until used
* Technically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are berries

**Melons**

* Cantaloupe
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Honeydew
* Watermelon
* From the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ family

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fruit

* Citrus such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, grapefruits, lemons, limes, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Citrus fruits are high in vitamin C. Limes have more than oranges or lemons.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are winter fruits even though they begin coming in during the fall. In cold storage apples can last for months.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fruits**

* Named for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ where they grow.
* Includes figs, dates, bananas, papayas, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, pomegranates and passion fruit.

**Vegetables**

* Edible herb-like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Can be from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, fruit, stems, roots, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, seeds & flowers

**Flower Vegetable**

* Includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, cauliflower, Brussels sprouts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* They are the flower of the plant.
* Squash blossoms can be stuffed and fried as a vegetable.

**Fruit Vegetables**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (used to make guacamole), cucumbers, eggplants, peppers, squash & tomatoes.
* Fruit of the plant – from a flower.
* Fruit is defined as a fleshy covering surrounding seeds of the plant.

**Leafy Vegetables**

* Includes lettuce, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, winter greens (turnip, kale and mustard) and Swiss chard.
* Common lettuce varieties include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_, Romaine, Bibb, Green Leaf, Red Leaf and Boston.

**Seed Vegetable**

* Vegetable in which the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and/or \_\_\_\_\_\_\_\_\_\_\_\_\_ of the plant is eaten. Corn, peas, beans.

**Root Vegetables**

* Vegetable that has a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ root that extended into the ground and provides \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the part of the plant that exists above ground. Carrot, radish, turnips, rutabagas (also called Swedes).
* When they get old, root vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ roots.

**Tubers**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & sweet potatoes.
* Bulbous root capable of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (growing) a new plant.
* Grows underground.
* When they get old, tubers sprout stems and leaves to form the new plant.

**Stem Vegetables**

* Vegetable in which the ­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is eaten.
* Celery, asparagus, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & mushrooms.

**Fruit How-To**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit should be stored at room temperature (65-75F) to ripen.
* Placing fruits in a paper bag can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ripening.
* Ripen bananas by placing them with apples or pears.
* Store \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit in fridge to prolong life.
* Fresh produce (fruits or vegetables) can generally be stored about 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Storing Fruits and Vegetables**

* Roots and tubers: dry, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a cool dark area. Under the sink is a favorite place.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruits and vegetables: in refrigerator with humidity of 80-110% Fruits in one drawer, vegetables in another. Some fruits emit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that causes fruits to ripen.
* Remove tops from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, turnips etc. The tops pull moisture and nutrients from the roots and speed spoilage.
* Unripened fruits and vegetables: room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until ripe, then refrigerator.

**Enzymatic Browning**

* When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ comes in contact with flesh of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit and turns it brown.
* Prevent browning. Coat with acid like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ juice as soon as they are cut.
* Holding in water can work short term.

**Some Random Bits**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ farming is a way to have fresh vegetables year round.
* Plants are grown in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ enriched water in greenhouses where light and temperature can be controlled.
* Dried \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are marketed as Prunes. But prunes got a bad reputation because they can help you *go* to the bathroom if you’re constipated.
* So now the prune people are marketing them as dried plums.

**More Random Bits**

* Cooks can tell when a vegetable is done cooking by its appearance and its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Vegetables are often cut into small cubes with a chef’s knife. This cut is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and garlic are often cut into the smallest possible pieces, so their flavor can be distributed throughout a dish.
* This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.