

Kids Club

GARDENING FOR KIDS

A MINI EDUCATION SERIES

PRESENTED BY:  **Canadale**
Ontario's Favourite Garden Centre



All About Fruits & Vegetables



What is a fruit?



- Technically, fruits grow from the flower of a plant or contains seeds, despite many fruits commonly confused as vegetables. Most often, we think of fruits as tasting sweet or tart when in fact fruits like tomato and beans may not fit this belief.



What is a Vegetable

- A vegetable grows from the roots, leaves, or stem of the plant. Vegetables tend to taste less sweet and more fibrous or savoury.





From Seed to a Delicious Meal

- Once harvested and properly stored, a seed can remain stored for around one year typically.
- Once a seed is exposed to water and warm enough temperatures, the process from seed to plant begins!



- The first shoot and root emerge. The shoot reaches for the warm sunlight while the root burrows deeper into the soil below
- As the shoot grows more and more, the roots try to keep up, providing the plant with the moisture and nutrients it needs to continue to grow
- Leaves grow out from the stem to begin the process of photosynthesis.

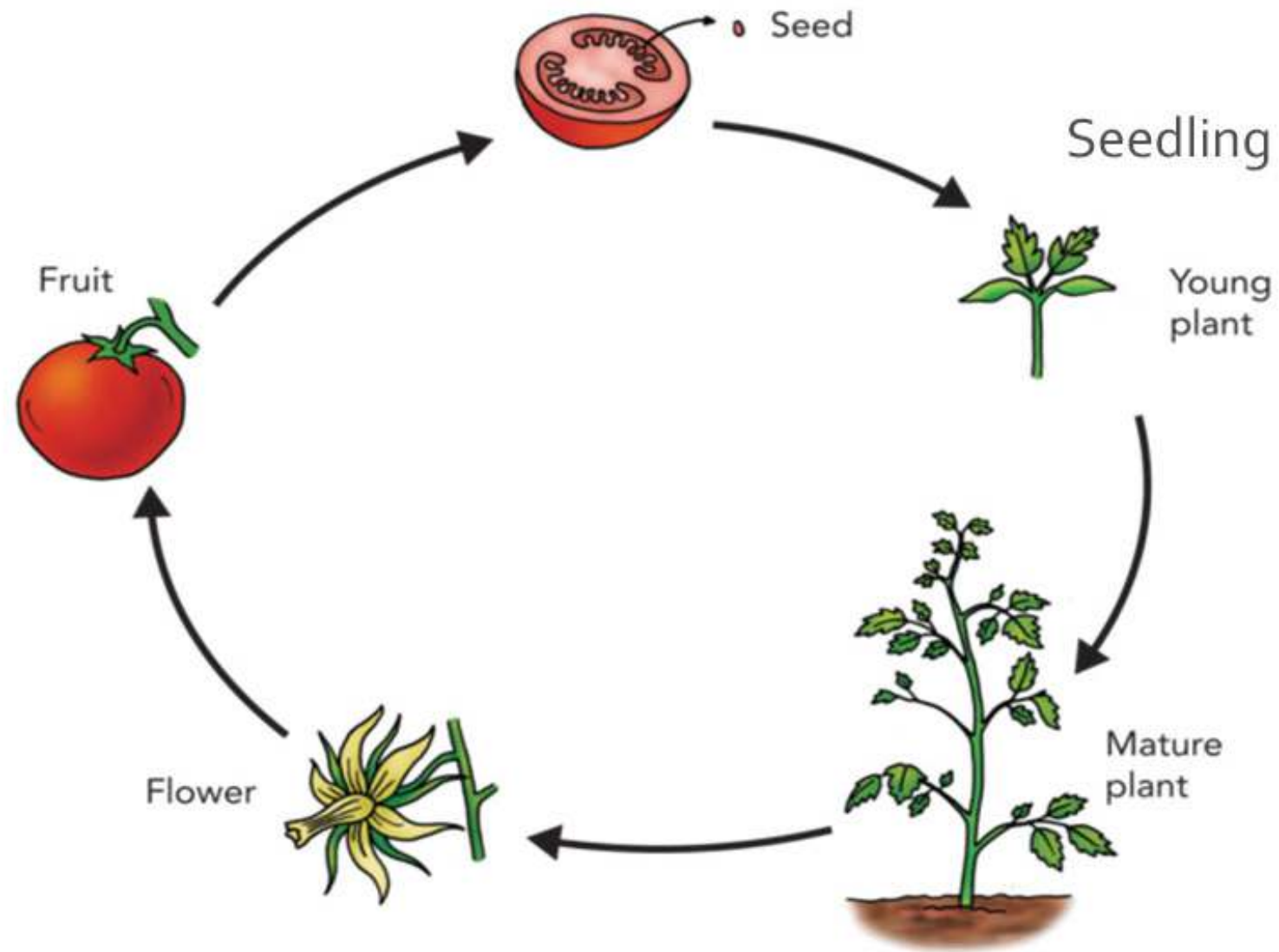


- Once the plant has developed a large root system underground and a complicated system of stems and leaves above ground, flowers begin to bloom
- Once pollinated by our friends the bees, butterflies, bats and birds, fruit and veggies can begin to grow



- As fruits and vegetables begin to grow from the plant, it demands much more nutrients and water to continue to produce
- Over time, fruits and vegetables will begin to become ripe, with tomatoes transforming from little green pebbles to large tasteful fruits.





Waiting for Fruit

- Tomatoes: ready in ~ 60 to 80 days
- Watermelon: ready in ~ 80 to 90 days
- Squash: ready in ~ 80 to 90 days
- Pumpkin: ready in ~ 115 to 125 days
- Raspberries: ready in ~ 16 to 18 months

Waiting for Vegetables & Herbs

- Carrot: ready in ~ 60 to 65 days
- Broccoli: ready in ~ 55 to 65 days
- Spearmint: ready in ~ 82 to 88 days
- Lettuce: ready in ~ 65 to 70 days
- Rosemary: ready in ~ 82 to 88 days
- Beet: ready in ~ 52 to 58 days
- Swiss Chard: ready in ~ 52 to 58 days

Vegetable or Herb?

- Herbs like Rosemary and Basil are vegetables
- Herbs typically are vegetables that grow leaves that are bold and quite flavourful
- Foods like celery just remain a veggie for their less intense, more muted taste

Waiting for... Both?

- Is corn a fruit or a vegetable?
- Corn is actually both! What many of us eat throughout the summer, corn on the cob, is a vegetable.
- The kernels within Corn is actually a grain!
- Popped Corn is considered to be a fruit as it comes from the seed of the plant.

Fun Fact!

- Did you know that common lettuce plants are in the same family as the Gerbera Daises?

QUESTIONS?

THANK YOU!

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