

# Using fruit as a year round project

## Plant, tend and enjoy your fruit harvest all year round.

Fruit trees are an excellent year round project for schools to plant, tend to and enjoy their harvest.

### Before you start

Consider which fruit trees and bushes would suit your school. Our partner, Trees for Cities have some useful information on their website:

[www.treesforcities.org](http://www.treesforcities.org)

#### Summer term:

- Have a go at growing an exotic fruit such as a cucamelon which looks like a tiny watermelon.
- Cucamelons are easy to grow with a sharp lime/cucumber flavour and can be eaten fresh directly from the plant, tossed in salads or mixed with olives.
- Originating from Central America, they need similar condition to growing a cucumber outdoors: <http://homegrown-revolution.co.uk/savoury-fruit/growing-cucamelons/>
- For more exotic food growing ideas download our free Grow Around the World activity pack: [www.foodgrowingschools.org/get-involved/gyo\\_packs/](http://www.foodgrowingschools.org/get-involved/gyo_packs/)

#### Autumn term:

- Harvest time! Collect your fruit, weigh and measure as a class project. You can use the Capital Growth Harvestometer to measure and register your yield (see page 17) [www.capitalgrowth.org/the-harvestometer/](http://www.capitalgrowth.org/the-harvestometer/)
- Sell your produce. Find out about our Grow Your Own Business campaign and learn how to sell leftover fruit to parents and carers at the school gates (see box right). Or use any surplus fruit to make chutneys and jams to sell at the Schools Marketplace at City Hall in July! (see page 6)

#### Spring term:

- Investigate as a class project. What sort of fruit trees grow overseas? What are the origins of common 'British' fruits? Learn about growing exotic fruit and vegetables using our Grow Around the World activity pack (see box right).
- Think about what fruit trees your school would like to plant this year – check out the Tree Council for giveaways this term: [www.treecouncil.org.uk/Grants/Trees-for-Schools](http://www.treecouncil.org.uk/Grants/Trees-for-Schools)
- Sign up for the Trees for Cities 'Tree Times' newsletter to keep up to date with their campaigns: [www.treesforcities.org/about-us/tree-times-newsletter](http://www.treesforcities.org/about-us/tree-times-newsletter)



## Help us to help you

### Register for our Schools E-newsletter

Make sure you register for the Food Growing Schools: London e-newsletter for growing information, competitions and workshops.

### Either visit the home page;

[www.foodgrowingschools.org/](http://www.foodgrowingschools.org/) or email: [fgslondon@gardenorganic.org.uk](mailto:fgslondon@gardenorganic.org.uk)

### Tell us how we can help


We want to know about what's working, what isn't and how we can help London schools to grow food. Fill in the Food Growing Schools: London survey, and find additional support online:

[www.foodgrowingschools.org/survey/](http://www.foodgrowingschools.org/survey/)

### Share your school food growing stories

Join in the conversation and we'll share your story!

 Tweet your news: [www.twitter.com/FoodGrowSchools](https://www.twitter.com/FoodGrowSchools) #GrowYourOwnPicnic

 Share your photos: [www.flickr.com/groups/foodgrowingschools](https://www.flickr.com/groups/foodgrowingschools)

 Pin your ideas: [www.pinterest.com/FoodGrowSchools](https://www.pinterest.com/FoodGrowSchools)

