

UNIVERSITY OF FLORIDA
Horticultural Sciences Department
VEC 2100 Fall 2009
World Herbs and Vegetables

Instructor: Bala Rathinasabapathi, Ph.D.
Room 2247 Fifield Hall
Phone 352-392-1928 x 323
Section 5175
Teaching Assistant: Mildred Makani (E-mail mmakani@ufl.edu)
Lecture:
Tue 10th period (5:10 PM – 6 PM);
Thu 10th and 11th period (5:10 PM – 7:05 PM)
Room 310, Larsen Hall, near Center Drive,
[<http://campusmap.ufl.edu/>]
Lab: Take-home Projects, Hands on Activities and Writing.
Office hours: By Appointment; e-mail brath@ufl.edu
Course Homepage: <http://www.hos.ufl.edu/sabaweb>

Optional Textbooks:

Vegetable Crops by DeCoteau DR, Prentice Hall, 2000. \$ 66.67, ISBN 10:0139569960.

Vegetable Gardening in Florida, By J.M. Stephens, Univ Press of Florida, ISBN 0813016746.

World Vegetables: Principles, production and nutritive values. By Vincent E. Rubatzky and Mas Yamaguchi, Chapman & Hall, ISBN 0-412-11221-3, \$89, pp.843 Second Ed., 1997

VEC2100 Course Packet – Notes & additional reading will be distributed via electronic list-serve.

Other References:

Perennial Vegetables by Eric Toensmeier, Chelsea Green Publishing, Vermont, ISBN 978-1-931498-40-1, 2007.

Encyclopedia of herbs and their uses. By D. Bown, Dorling Kindersley, ISBN 0-7894-0184-3, \$39.95, pp.424, First ed., 1995.

Manual of Minor Vegetables, By J.M. Stephens, Florida Cooperative Extension Service, IFAS, University of Florida, Gainesville, 1988.

Phytochemical methods by J.B. Harborne, 3rd edition, Chapman & Hall, 1998.

Articles from Florida Cooperative Extension Service and technical journals (Journal of the American Society of Horticultural Science, Economic Botany, Phytochemistry, Hortscience, and American Vegetable Grower)

Objective:

Students will learn about the history, properties, uses, genetics and cultivation tips for a variety of culinary herbs and vegetables from around the world.

Learning Outcomes:

By the end of the semester, the conscientious student should be able to

- Explain various classifications of vegetables and plants, parts of edible plants, origin and family characteristics for major vegetables
- Identify common and uncommon vegetables, herbs and spices
- Find information on the uses and nutritional value of vegetables and herbs
- Explain biological principles behind genetic improvement of crops
- Discuss current problems in the cultivation and use of vegetables and herbs
- Propagate and cultivate a vegetable garden
- Know how to critically analyze research on vegetables and herbs

Format:

3-credit course for majors and non-majors.

Assignments:

(a) Students will be assigned several activity-oriented mini-projects. The students need to turn in an activity report on each of them. (b) There will be one writing assignment for each student and one class presentation assignment for groups of two students. The activities are designed to encourage critical thinking and communication skills and expose the students to current topics in this area.

Evaluation:

Students will be evaluated based on the following:

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| Class attendance & participation (25 lectures) | 100 points (20 %) |
| Writing assignment (1 total) | 100 points (20 %) |
| Activity reports (10 total) | 100 points (20 %) |
| Class presentation (1 total) | 100 points (20 %) |
| Quizzes/Tests (5 total) | 100 points (20 %) |
| TOTAL | 500 points |

* Letter grades for the course will be assigned according to the chart below:
90-100 = A 87-89 = A-; 84-86 = B+; 80-83 = B; 77-79 = B-; 74-76 = C+;
70-73 = C; 67-69 = C-; 64-66 = D+; 60-63 = D; 57-59 = D-; 56-below = E.

- * Class attendance will be marked each day either at the beginning or end of the class period.
- * There is no final exam in this course.

Course policies and procedures

- 1 Homework: Reports are due on the dates indicated in the instructions for each activity. Late homework will be accepted with a 20% penalty for each day after the due date. If you are having trouble with homework or class, please see me immediately.
2. Quiz/test Makeups will be arranged only in the case of an emergency and must be scheduled within three days of the original test and at the convenience of the instructor.
3. Follow all safety regulations in and out of the classroom. Opportunities will be available for students to taste novel and unusual vegetables. Food tasting is optional and personal safety is individual's responsibility.
4. By registering for classes, every student has signed the following statement: "I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty, and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University". Honor Code violations in this course will not be tolerated, and may result in the assignment of a failing grade. Students observing an Honor Code violation should report them to the instructor immediately.
5. All faculty, staff and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate.
6. During the class, students should follow habits most promoting learning and least disturbing to fellow students. These include not reading material irrelevant to the class, conversations unrelated to what is being discussed, late arrivals and abrupt walking out of the classroom and engaging in activities that could disrupt the classroom atmosphere including the improper use of electronic devices.
7. Resources are available on-campus for students having personal problems or lacking clear career and academic goals which interfere with their academic performance. These resources include: University Counseling Center (392-1575), Personal counseling at Student Mental Health (392-1171), Sexual Assault Counseling (392-1161) and Career Resource Center (392-1601).
8. Students who need special accommodations due to a disability are requested to communicate their needs to the instructor so that necessary arrangements could be made.

Schedule:

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| <u>Aug 25, 2009 Tue</u> | What's this Course? Introduction, Syllabus, Activity Reports |
| <u>Aug 27, Thu</u> | Why study herbs and vegetables? (Aug 28 – Last day for drop/add) |
| <u>Sep 1, Tue</u> | A historical account of human use of plants |
| <u>Sep 3, Thu</u> | A historical account of human use of plants |
| Sep 7, Mon | Labor day. |
| <u>Sep 8, Tue</u> | Major & minor vegetables, classification, vegetable industry |
| <u>Sep 10, Thu</u> | Vegetables and herbs in human nutrition |
| <u>Sep 15, Tue</u> | Health promoting properties of vegetables and herbs I |
| <u>Sep 17, Thu</u> | Health promoting properties of vegetables and herbs II |
| <u>Sep 22, Tue</u> | Culinary Herbs: Lamiaceae |
| <u>Sep 24, Thu</u> | Cool season Vegetables: Cauliflower, Cabbage, Collard |
| <u>Sep 29, Tue</u> | Cool season Vegetables: Cauliflower, Cabbage, Collard |
| <u>Oct 1, Thu</u> | Lettuce, Endive and Artichoke |
| <u>Oct 6, Tue</u> | Carrots and Umbelliferous Herbs |
| <u>Oct 8, Thu</u> | Vegetable Legumes I |
| <u>Oct 13, Tue</u> | Vegetable Legumes II |
| <u>Oct 15, Thu</u> | Potato |
| <u>Oct 20, Tue</u> | Tomato, Peppers and Eggplant |
| <u>Oct 22, Thu</u> | Tomato, Peppers and Eggplant |
| Oct 23, Fri | Homecoming |
| <u>Oct 27, Tue</u> | Cucumbers |
| <u>Oct 29, Thu</u> | Pumpkins and Squashes |
| <u>Nov 3, Tue</u> | Cassava |

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| <u>Nov 5, Thu</u> | Banana and plantains |
| <u>Nov 10, Tue</u> | Sweet potato, Spinach and Beet |
| Nov 11, Wed | Veterans Day – No class |
| <u>Nov 12, Thu</u> | Yams |
| <u>Nov 17, Tue</u> | Okra and Roselle |
| <u>Nov 19, Thu</u> | Alliums: Onion, Garlic & Shallots |
| <u>Nov 24, Tue</u> | Student presentations No reports will be accepted after this date. |
| <u>Nov 26, Thu</u> | Thanksgiving – No class |
| <u>Dec 1, Tue</u> | Student presentations/Course evaluation |
| <u>Dec 3, Thu</u> | Student presentations |
| <u>Dec 8, Tue</u> | Student presentations (Last day of class) |

Planned Activities. These will be announced in class with specific instructions. Some of the activities will be done in class, and others need to be carried out outside the classroom. Activities indicated by an asterix needs a formal report.

- Activity 1. Resources on vegetables, herbs and plants.
- Activity 2. Preparation of herb bookmarks.
- Activity 3*. Propagation of herbs by cuttings
- Activity 4*. Production of alfalfa, bean and radish sprouts.
- Activity 8*. Production of vegetable transplants.
- Activity 5*. Container gardening
- Activity 6. Identification of culinary herbs, spices and condiments.
- Activity 7*. Drawing up a fall vegetable garden for North Central Florida.
- Activity 8. Class recipe book.

Formal report. Use the following format for your formal reports. Include a title for the exercise and your name at the top of the page. Then, state the following in that order: objective of the exercise, exactly what you did in this activity, what you observed and any concluding ideas, thoughts and inspirations.