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:
World Vegetables: Principles, production and nutritive values. By Vincent E. Rubatzky and
VEC2100 Course Packet – Notes & additional reading will be distributed via electronic list-
serve.

Other References:
Manual of Minor Vegetables, By J.M. Stephens, Florida Cooperative Extension Service, IFAS,

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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Class attendance &amp; participation (25 lectures)</td>
<td>100</td>
</tr>
<tr>
<td>Writing assignment (1 total)</td>
<td>100</td>
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<tr>
<td>Activity reports (10 total)</td>
<td>100</td>
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<tr>
<td>Class presentation (1 total)</td>
<td>100</td>
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<tr>
<td>Quizzes/Tests (5 total)</td>
<td>100</td>
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</table>

**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:
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 25, 2009 Tue</td>
<td></td>
<td>What’s this Course? Introduction, Syllabus, Activity Reports</td>
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<tr>
<td>Aug 27, Thu</td>
<td></td>
<td>Why study herbs and vegetables? (Aug 28 – Last day for drop/add)</td>
</tr>
<tr>
<td>Sep 1, Tue</td>
<td></td>
<td>A historical account of human use of plants</td>
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<tr>
<td>Sep 3, Thu</td>
<td></td>
<td>A historical account of human use of plants</td>
</tr>
<tr>
<td>Sep 7, Mon</td>
<td></td>
<td>Labor day.</td>
</tr>
<tr>
<td>Sep 8, Tue</td>
<td></td>
<td>Major &amp; minor vegetables, classification, vegetable industry</td>
</tr>
<tr>
<td>Sep 10, Thu</td>
<td></td>
<td>Vegetables and herbs in human nutrition</td>
</tr>
<tr>
<td>Sep 15, Tue</td>
<td></td>
<td>Health promoting properties of vegetables and herbs I</td>
</tr>
<tr>
<td>Sep 17, Thu</td>
<td></td>
<td>Health promoting properties of vegetables and herbs II</td>
</tr>
<tr>
<td>Sep 22, Tue</td>
<td></td>
<td>Culinary Herbs: Lamiaceae</td>
</tr>
<tr>
<td>Sep 24, Thu</td>
<td></td>
<td>Cool season Vegetables: Cauliflower, Cabbage, Collard</td>
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<tr>
<td>Sep 29, Tue</td>
<td></td>
<td>Cool season Vegetables: Cauliflower, Cabbage, Collard</td>
</tr>
<tr>
<td>Oct 1, Thu</td>
<td></td>
<td>Lettuce, Endive and Artichoke</td>
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<tr>
<td>Oct 6, Tue</td>
<td></td>
<td>Carrots and Umbelliferous Herbs</td>
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<tr>
<td>Oct 8, Thu</td>
<td></td>
<td>Vegetable Legumes I</td>
</tr>
<tr>
<td>Oct 13, Tue</td>
<td></td>
<td>Vegetable Legumes II</td>
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<tr>
<td>Oct 15, Thu</td>
<td></td>
<td>Potato</td>
</tr>
<tr>
<td>Oct 20, Tue</td>
<td></td>
<td>Tomato, Peppers and Eggplant</td>
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<tr>
<td>Oct 22, Thu</td>
<td></td>
<td>Tomato, Peppers and Eggplant</td>
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<tr>
<td>Oct 23, Fri</td>
<td></td>
<td>Homecoming</td>
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<tr>
<td>Oct 27, Tue</td>
<td></td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Oct 29, Thu</td>
<td></td>
<td>Pumpkins and Squashes</td>
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<tr>
<td>Nov 3, Tue</td>
<td></td>
<td>Cassava</td>
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Nov 5, Thu  
Banana and plantains

Nov 10, Tue  
Sweet potato, Spinach and Beet

Nov 11, Wed  
Veterans Day – No class

Nov 12, Thu  
Yams

Nov 17, Tue  
Okra and Roselle

Nov 19, Thu  
Alliums: Onion, Garlic & Shallots

Nov 24, Tue  
Student presentations
No reports will be accepted after this date.

Nov 26, Thu  
Thanksgiving – No class

Dec 1, Tue  
Student presentations/Course evaluation

Dec 3, Thu  
Student presentations

Dec 8, Tue  
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.

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.