

STAPLE HERE

Cover Photo: Fresh Bing cherries.
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MAY 2015 EDITION

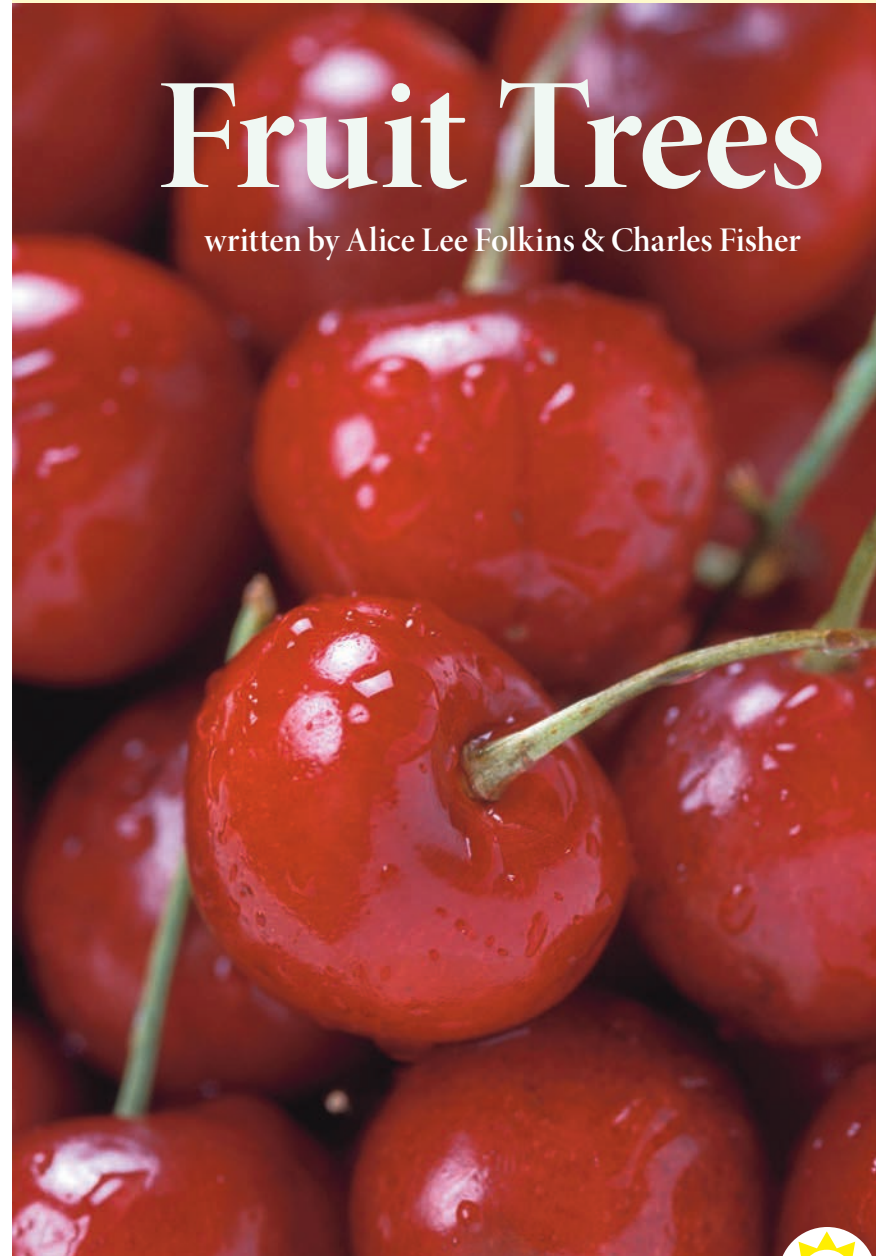
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Level E

Summer Fruits

Fruit Trees

written by Alice Lee Folkins & Charles Fisher



Summer Reads 

Fruit Trees



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Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here’s how to use SummerReads:

- 1. Start by reading it yourself. Mark the words that you don’t know.
- 2. Next, ask someone to read with you. Get that person to help you with any words you don’t know. You can even go to the computer to www.textproject.org and hear a recording of the books.
- 3. Last, you’re going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!

Elfrieda (Freddy) Hiebert, Ph.D.
Inventor of the TExT model

Fruit Trees

Photo: A fox squirrel (*Sciurus niger*) eats a Santa Rosa plum in Fullerton, California, May 2009.
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Introduction

Whether your family shops at a grocery store or a farmer's market, you'll see large displays of fruits all summer long. Fruits, like peaches and plums, grow on trees. Any flowering tree that produces fruit is called a fruit tree. There are many different kinds of fruit trees. The fruits that people like to eat usually have sweet juicy flesh. You can eat these fruits right off the tree. Of course, you'll want to wash them first. But, you can eat most fruits, like peaches and plums, without more work. Not only will they taste good but they are also good for you!

All fruits contain seeds. Fruits are how fruit trees spread their seeds. In fact, a fruit can be thought of as a seed package. Some fruits, like pears, have a handful of small seeds in the core of the fruit. Other fruits, like peaches, have a single seed with a thick hard cover in the middle of the fruit.

Fruit Trees

Varieties of Fruits



If you visit a grocery store, you will see many types, or varieties, of fruit. For example, there is one plum called the Greengage and another called the Black Ruby. These two varieties differ in more than color. The Greengage is small and shaped like an oval. The Black Ruby is large and round. The Greengage also tastes much sweeter than the Black Ruby.

On the outside, most varieties of peaches look more alike than varieties of plums. Most peach varieties range in color from orange to white. But varieties can also differ on the inside. The pits of some peach varieties are attached to the flesh, while others are not. The color and taste of the flesh can also be different. There is one kind of peach that is so different from other peaches that most people often don't think of it as a peach. This fruit is the nectarine. Nectarines have a smooth skin rather than the fuzzy skin of most peaches.

There are scientists and farmers who work at producing different varieties of fruits. A peach tree can only produce fruit for a few weeks each year. Once a peach tree finishes producing fruit, farmers will have to wait until the next summer to get peaches from that tree again. Scientists produce different varieties that ripen at different times. Some peach varieties produce fruit early in the season while other varieties produce fruit later in the season. The different peach varieties allow stores to have fresh peaches all summer long.

Fruit Trees

Growing Fruit Trees



Cherries are one of the best treats of summer. What if you wanted to grow your own cherries? You could start by taking the seeds left over from a snack of cherries and planting them in the ground. New cherry trees can be grown from most seeds. But it will take about five years before these trees produce cherries for you to eat. That's a long time to wait for cherries.

Another way is to buy saplings from a garden center. Saplings are young trees that are about one or two years old. Once you plant a sapling, you will only have to wait two or three years before you have cherries.

Most people do not have enough space in their yards for full-sized fruit trees. Cherry trees can grow up to 30 feet tall and almost as wide! That's as tall as a flagpole. You need a lot of space to grow cherry trees. You'll also need a special ladder to pick the fruit from the top of the tree.

People with small yards can plant "dwarf" fruit trees. As you probably guessed from the name, dwarf fruit trees do not grow to be as large as full-sized trees. However, the fruits on dwarf trees are the same size as fruits on a full-sized tree. Since dwarf trees are smaller, they produce fewer fruits. It is also much easier to pick fruit on dwarf trees. Maybe the best reason to plant dwarf fruit trees is that they start producing fruit one or two years earlier than full-sized fruit trees.

Fruit Trees

Surprise! They're Fruits



If you order a fruit salad at a restaurant, you expect to get a salad with fruits like peaches, berries, and melons. If someone served you a salad of olives, avocados, and chocolate, you would probably say, “But I ordered a fruit salad, not vegetables. And chocolate with vegetables? I don’t think so.” You will probably never be served such a fruit salad. But at

least two of these foods—olives and avocados—are fruits. The third one—chocolate—is not a fruit but it comes from the seeds of a fruit tree.

Like all other fruits, olives grow on flowering trees. The avocado is another kind of fruit that grows on trees. Like peaches, both olives and avocados have single seeds at their centers. If you plant the pits from olives or avocados, they will grow and become new fruit trees.

It takes many steps to turn the seeds of the cocoa fruit pod into chocolate. But chocolate starts with the seeds of a fruit tree. Each cocoa tree produces many tiny flowers on the tree trunk and the thick branches. Fruit pods that look like little footballs form from some of the flowers. If you tried to eat the cocoa fruit pod, you would find that it tastes very bitter. It doesn’t taste like chocolate yet but it will once it leaves a chocolate factory. Who would have thought that chocolate starts out as a fruit! Perhaps that’s why chocolate bars with fruit in them taste so good.

Fruit Trees

Rate your thinking and reading

- ✓ Put a check each time you read one of the chapters of the book.
- ★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.
- ✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Varieties of Fruits					
Growing Fruit Trees					
Surprise! They're Fruits					

Comprehension questions

Varieties of Fruits

1. True or false? There is only one variety of plums.
☐ true ☐ false
2. Varieties of peaches can have different _____.
☐ shapes
☐ skin colors
☐ tastes
☐ all of the above

Growing Fruit Trees

3. True or false? Dwarf fruit trees have smaller fruits than full sized fruit trees.
☐ true ☐ false
4. Which of the following are some ways you can grow cherries in your yard?
☐ By planting the seed of a cherry
☐ By planting the stem and leaves of a cherry
☐ By planting a cherry tree sapling

Surprise! They're Fruits

5. True or false? The cocoa fruit pod tastes sweet like chocolate.
☐ true ☐ false
6. Which of the following are fruits?
☐ Olives
☐ Avocados
☐ Potatoes
☐ Peaches