



COMMANDER BABY GIRL'S
STRANGE AND USELESS
BLOOMIN' PLANT

FACTS,



MYTHS

AND

LEGENDS



THIS BOOK IS BROUGHT TO YOU BY:

HRH COMMANDER PRINCESS BABY GIRL
AND HER EARTH SCRIBE
LADY 'J'

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COMMANDER BABY GIRL HERE!



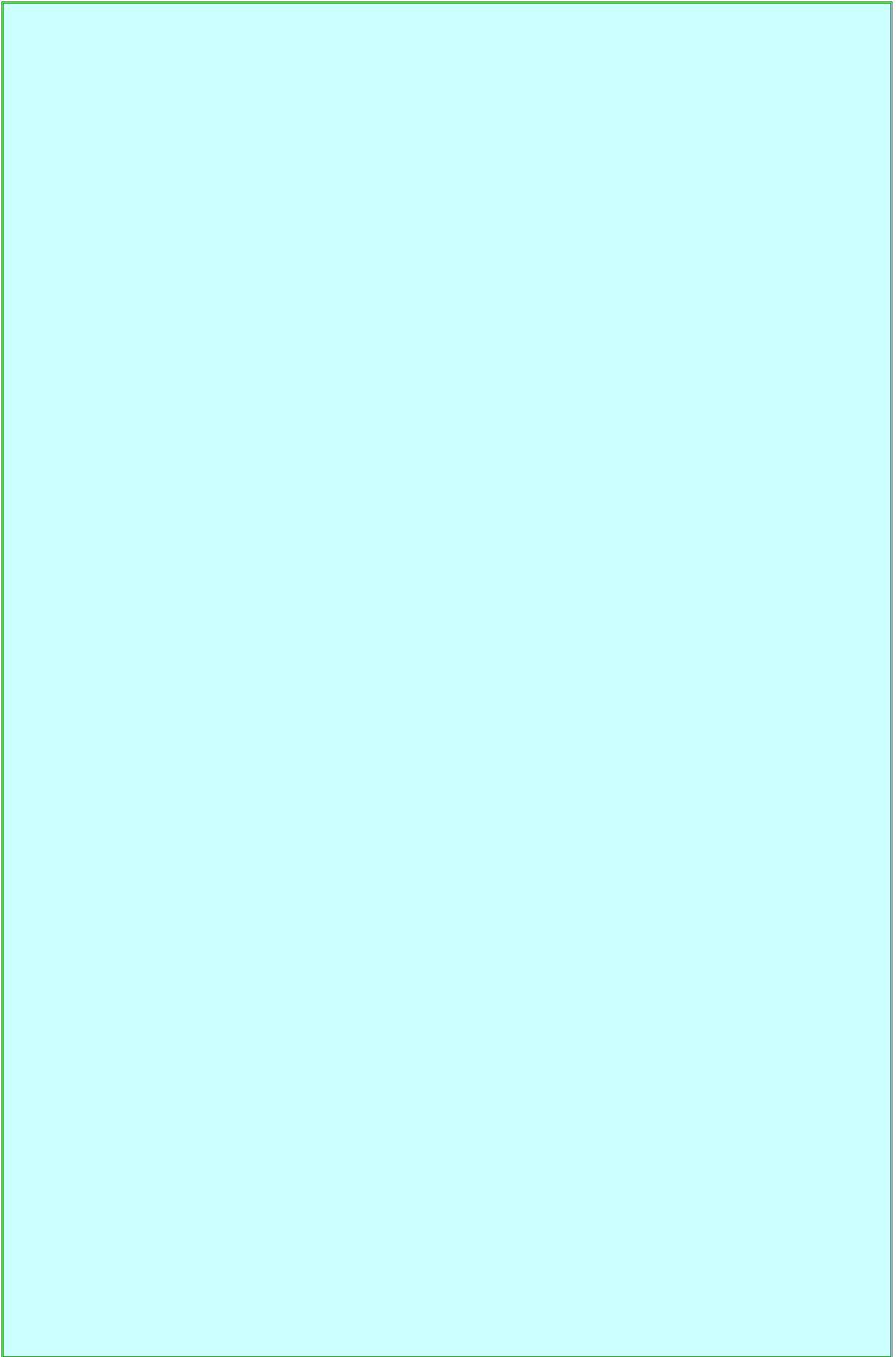
DID YOU EVER WONDER ABOUT
THE LIFE OF A BLOOMIN' PLANT?

WELL.....

HAVE I GOT SOME.....

DID YOU KNOWS FOR YOU!

FOLLOW ME!





FRUITS EXPLORED

ALMONDS

PEACHES

SOYBEANS

APPLES

WATERMELONS

CUCUMBERS

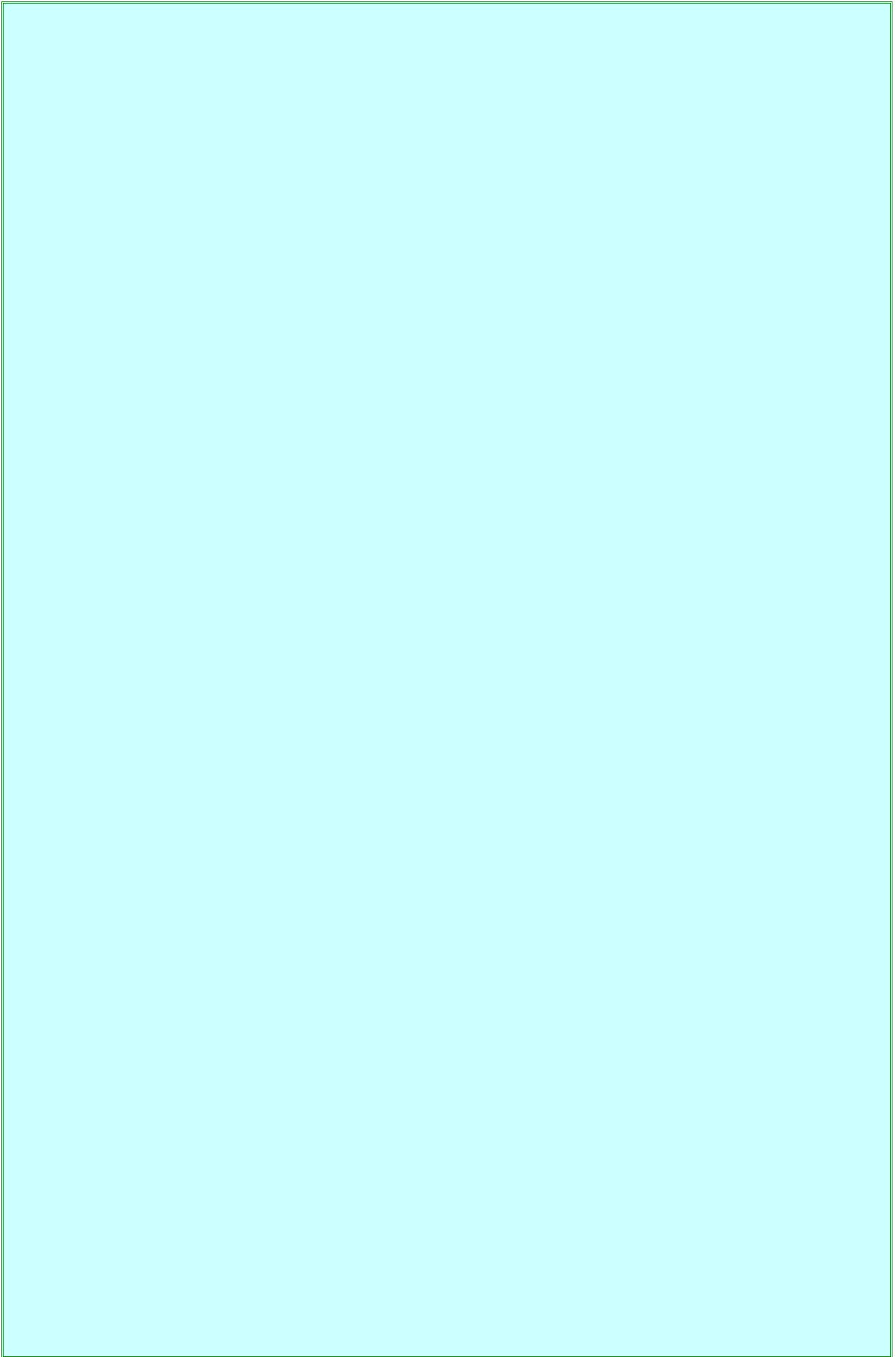
PEARS

BLACKBERRIES

CRANBERRIES,

CANTALOUPE

SPECIAL BEE TRIVIA



ALMONDS



DID YOU KNOW?

- The wild form of domesticated almond grows in the Mediterranean region in parts of the Levant; almonds must first have been taken into cultivation in this region.
- Domesticated almonds appear in the Early Bronze Age (3000-2000 BC) of the Near East, or possibly a little earlier. A well-known archaeological example of almond is the fruits found in Tutankhamun's tomb in Egypt (c. 1325 BC), probably imported from the Levant.
- The pollination of California's almonds is the largest annual managed pollination event in the world, with close to one million hives (nearly half of all beehives in the USA) being trucked in February to the almond groves. Much of the pollination is managed by pollination brokers, who contract with migratory beekeepers from at least 38 states for the event.
- Almond is called Lawz in Arabic, Baadaam in Persian , Urdu and Hindi.

PEACHES



DID YOU KNOW?

- The peach (*Prunus persica*) is a tree native to China that bears a juicy fruit called a peach. The scientific name *Persica*, along with the word "peach" itself and its cognates in many European languages, derives from an early European belief that peaches were native to Persia (now Iran). The modern botanical consensus is that they originate in China, and were introduced to Persia and the Mediterranean region along the Silk Road before Christian times.
- In China, the peach was said to be consumed by the immortals due to its mystic virtue of conferring longevity on all who ate them. The divinity Yu Huang, also called the Jade Emperor, and his mother called Xi Wangmu also known as Queen Mother of the West. Xi Wangmu ensured the gods' everlasting existence by feeding them the peaches of immortality. The immortals residing in the palace of Xi Wangmu were said to celebrate an extravagant banquet called the Pantao Hui or "The Feast of Peaches". The immortals waited six thousand years before gathering for this magnificent feast; the peach tree put forth leaves once every thousand years and it required another three thousand years for the fruit to ripen! Ivory statues depicting Xi Wangmu's attendants often held three peaches.

PEACH CONTINUED

- The peach often plays an important part in Chinese tradition and is symbolic of long life. One example is in the peach-gathering story of Zhang Daoling, who many say is the true founder of Taoism. Elder Zhang Guo, one of the Chinese Eight Immortals, is often depicted carrying a Peach of Immortality. The peach blossoms are also highly prized in Chinese culture, ranked slightly lower than mei blossom.
- It was under a peach tree that Liu Bei, Guan Yu, and Zhang Fei took an oath of brotherhood in the opening chapter of the classic Chinese novel Romance of the Three Kingdoms.
- Due to its delicious taste and soft texture, in ancient China "peach" was also a slang word for "young bride", and it has remained in many cultures as a way to define pretty young women (as in English, with peachy or peachy keen).
- Peach trees are the second most commonly cultivated fruit trees in the world after apple trees.

SOYBEANS



DID YOU KNOW?

- The earliest known soybeans were unearthed from archaeological sites in Korea?. For example, AMS radiocarbon dating on soybean recovered through flotation during excavations at the Early Mumun Period Okbang site in Korea clearly indicates that soybean was cultivated as a food crop in cal. 1000-900 BC. Although the Korean peninsula is usually considered to be an area of secondary agricultural origins, similar research on Azuki bean indicates that, in addition to Northeast China, the Korean Peninsula was an early center of importance related to the domestication and cultivation of legumes. The best current evidence on the Japanese Archipelago suggests that soybean cultivation occurred in the early Yayoi period.
- Soybean domestication first occurred in China. Ancient Chinese documents state that soybean agriculture began during the Zhou Dynasty in 664 BC and was introduced to the Zhou heartland from the Manchuria Plain. Archaeologists recovered soybean from a site in Jilin Province and dated charcoal associated with the legume to cal. 900-520 BC.
- Soy was first introduced to Europe in the early 1700s and the United States in 1765, where it was first grown for hay. Benjamin Franklin wrote a letter in 1770 mentioning sending soybeans home from England. Soybeans did not become an important crop outside of Asia until about 1910. In America, soy was considered an industrial product only and not utilized as a food prior to the 1920s.

SOYBEANS CONTINUED

- Soybeans were a crucial crop in eastern Asia long before written records, and they remain a major crop in China, Japan, and Korea.
- Soybeans are native to southeast Asia, but 45 percent of the world's soybean area, and 55 percent of production, is in the United States. The U.S. produced 75 million metric tons of soybeans in 2000, of which more than one-third was exported.
- Soybeans are an important global crop, providing oil and protein. The bulk of the crop is solvent-extracted for vegetable oil and then defatted soy meal is used for animal feed. A small proportion of the crop is consumed directly by humans. Soybean products do appear in a large variety of processed foods.

APPLES



DID YOU KNOW?

- Is one of the most widely cultivated tree fruits.
- The word "apple" comes from the Old English word *æppel*, which in turn has recognisable cognates in a number of the northern branches of the Indo-European language family. The prevailing theory is that "apple" may be one of the most ancient Indo-European words (**abl-*) to come down to English in a recognisable form.
- The scientific name *malus*, on the other hand, comes from the Latin word for apple, and ultimately from the archaic Greek *mālon* (*mēlon* in later dialects). The legendary place name *Avalon* is thought to come from a Celtic evolution of the same root as the English "apple"; the name of the town of *Avellino*, near Naples in Italy is likewise thought to come from the same root via the Italic languages. Linnaeus assigned the apple to the genus *Pyrus*, along with pears and quinces. Philip Miller subsequently separated the apple into its own genus, a division repeatedly ratified over many years.
- The apple tree was perhaps the earliest tree to be cultivated, and apples have remained an important food in all cooler climates. To a greater degree than other tree fruit, except possibly citrus, apples store for months while still retaining much of their nutritive value. Winter apples, picked in late autumn and stored just above freezing, have been an important food in Asia and Europe for millennia, as well as in Argentina and in the United States since the arrival of Europeans

NOW WE GET INTO SOME JUICY LEGENDS,FOLKLORE AND TRADITIONS!
GET IT APPLE...JUICY.....NO?.....OH WELL.....

- Since 1990, Apple Day has been held across the UK and beyond, on October 21. This is not an industry event, but a festival created by charity Common Ground to support localism: folksongs, biodiversity, buried orchards, children's games.
- Swiss folklore holds that William Tell shot an apple from his son's head with his crossbow.
- Irish folklore claims that if an apple is peeled into one continuous ribbon and thrown behind a woman's shoulder, it will land in the shape of the future husband's initials.
- A popular folk art involves a process to turn apples into wrinkly representations of human heads, which would usually be placed on dolls. In 1975, Vincent Price promoted a horror-themed kit that used a similar process to create faux shrunken heads, Shrunken Head Apple Sculpture, by Whiting Crafts, a division of Milton Bradley.
- According to a popular legend, Isaac Newton, upon witnessing an apple fall from its tree, was inspired to conclude that a similar 'universal gravitation' attracted the moon toward the Earth as well.
- In the European fairy tale Snow White, the princess is killed, or sunk into a kind of coma with the appearance of death, by choking on a poisoned apple given to her by her stepmother. Later, the princess is jostled into coughing up the piece, miraculously returning her to life.
- In Arthurian legend, the mythical isle of Avalon's name is believed to mean 'isle of apples'.
- In some places, bobbing for apples is a traditional Halloween activity.

APPLE

LEGENDS, FOLKLORE AND TRADITIONS CONTINUED

- In the United States, Denmark and Sweden, an apple (polished) is a traditional gift for a teacher. This stemmed from the fact that teachers during the 16th to 18th centuries were poorly paid, so parents would compensate the teacher by providing food. As apples were a very common crop, teachers would often be given baskets of apples by students. As wages increased, the quantity of apples was toned down to a single fruit.
- The Apple Wassail is a traditional form of wassailing practiced in cider orchards of South West England during the winter. The ceremony is said to 'bless' the apple trees to produce a good crop in the forthcoming season.
- New York City is often called "The Big Apple." The origins of the name are unclear.
- "Comparing apples and oranges" means to examine the similarities of things that are completely different; in German the corresponding expression is "comparing apples with pears".

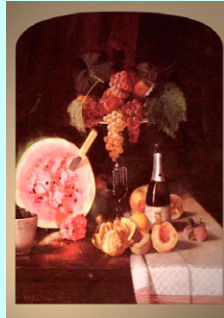
NOW FOR SOME APPLE FACTS, JACK! LIKE APPLE JACKS!

- The ancient Kazakh city of Almaty, 'Father of Apples' (Turkic language alma, apple, + ata, father), owes its name to the forests of wild apples (*Malus sieversii*) found naturally in the area.
- The apple blossom is the state flower of Arkansas and Michigan.
- The Norwegian municipality of Leikanger has apples in its coat-of-arms.
- The name of the Russian party Yabloko means 'apple'. Its logo represents an apple in the constructivist style.
- Apple Corps (including Apple Records) and Apple Inc. have also adopted the apple as logos for their companies.

APPLE FACTS CONTINUED

- The 'fruit-bearing tree' referred to by Tacitus in his description of Norse runic divination may have been the apple.
- Johnny Appleseed was an American pioneer orchardist; he earned his name by planting apple trees across large swaths of Ohio, Indiana, and Illinois.
- One of the youngest apple varieties is Aurora Golden Gala (2003), a sweet yellow Canadian apple; while one of the oldest apples in the United States may be the Roxbury Russet (1640).
- Cary Fowler, executive secretary of the Global Crop Diversity Trust, said in a statement:
"At the end of the 1800s, 7,000 named apple varieties were grown in the United States. Now, 6,800 of those are as extinct as the dinosaurs."

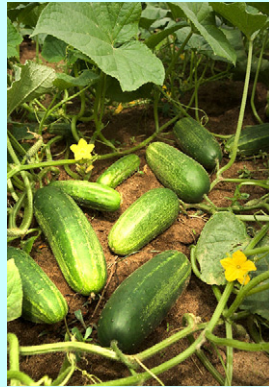
WATERMELON



DID YOU KNOW?

- David Livingstone, an explorer of Africa, described watermelon as abundant in the Kalahari Desert, where it is believed to have originated.
- The ancestral melon grows wild and is known as the Tsamma melon.
- It is not known when the plant was first cultivated, but there is evidence of its cultivation in the Nile Valley from at least as early as the second millennium BC.
- Finds of the characteristically large seed are reported in Twelfth dynasty sites; numerous watermelon seeds were recovered from the tomb of Pharaoh Tutankhamun!
- For commercial plantings, one beehive per acre (4,000 m² per hive) is the minimum recommendation by the US Department of Agriculture for pollination of conventional, seeded varieties.
- Because seedless hybrids have sterile pollen, pollinizer rows of varieties with viable pollen must also be planted. Since the supply of viable pollen is reduced and pollination is much more critical in producing the seedless variety, the recommended number of hives per acre, or pollinator density, increases to three hives per acre (1,300 m² per hive).

CUCUMBERS



DID YOU KNOW?

- The cucumber is believed to be native to India, and evidence indicates that it has been cultivated in Western Asia for 3,000 years!
- The cucumber is also listed among the products of ancient Ur and the legend of Gilgamesh describes people eating cucumbers.
- From India, it spread to Greece (where it was called "vilwos") and Italy (where the Romans were especially fond of the crop), and later into China
- The Roman Emperor Tiberius had the cucumber on his table daily during summer and winter.
- The Romans reportedly used artificial methods (similar to the greenhouse system) of growing to have it available for his table every day of the year. They would be wheeled out in carts to sit in the sun daily, then taken in to keep them warm, stored under frames or in cucumber houses glazed with oiled cloth known as "specularia."
- The Romans are reported to have used cucumbers to treat scorpion bites, bad eyesight, and to scare away mice.
- Charlemagne had cucumbers grown in his gardens in ninth-century France.
- They were reportedly introduced into England in the early 1300s, lost, then reintroduced approximately 250 years later.

CUCUMBERS CONTINUED

- The Spaniards (in the person of Christopher Columbus) brought cucumbers to Haiti in 1494.
- In 1535, Jacques Cartier, a French explorer, found "very great cucumbers" grown on the site of what is now Montreal.
- Throughout the 1500s, European trappers, traders, bison hunters, and explorers bartered for the products of Native American agriculture. The tribes of the Great Plains and the Rocky Mountains learned from the Spanish how to grow European vegetables. The best farmers on the Great Plain were the Mandan Indians in what is now North and South Dakota. They obtained cucumbers and watermelons from the Spanish, and added them to the vegetables they were already growing, including several varieties of corn and beans, pumpkins, squash, and gourd plants. The Iroquois were also growing them when the first Europeans visited them.
- In the later 1600s, a prejudice developed against uncooked vegetables and fruits. A number of articles in contemporary health publications state that uncooked plants brought on summer diseases and should be forbidden to children. The cucumber kept this vile reputation for an inordinate period of time: "fit only for consumption by cows," which some believe is why it gained the name, "cowcumber."
- Fredric Hasselquist, in his travels in Asia Minor, Egypt, Cyprus and Palestine in the 1700s, came across the Egyptian or hairy cucumber, *Cucumis chate*. It is said by Hasselquist to be the "queen of cucumbers, refreshing, sweet, solid, and wholesome."

PEARS



DID YOU KNOW?

- The cultivation of the pear extends to the remotest antiquity.
- Traces of it have been found in the Swiss lake-dwellings
- It is mentioned in the oldest Greek writings, and was cultivated by the Romans.
- The word "pear" or its equivalent occurs in all the Celtic languages
- Pears have been cultivated in China for approximately 3000 years
- In some Eastern cultures, pears are also known as the fruit of planning. People who consume pears are believed to have superior organizational skills.
- Pears will ripen faster if placed next to bananas in a fruit bowl. They stay fresh for longer if kept in a fridge.

BLACKBERRIES



DID YOU KNOW?

- There is forensic evidence from the Iron Age Haraldskær Woman that she consumed blackberries some 2500 years ago!
- In some parts of the world, such as in Chile, New Zealand and the Pacific Northwest region of North America, some blackberry species are naturalised and considered an invasive species and a serious weed.
- Superstition in the UK holds that blackberries should not be picked after Michaelmas (29 September) as the devil has claimed them, having left a mark on the leaves. There is some value behind this legend, as after this date, wetter and cooler weather often allows the fruit to become infected by various moulds such as *Botryotinia*, which give the fruit an unpleasant flavour and may be toxic.

CRANBERRIES



DID YOU KNOW?

- The name cranberry probably derives from their being a favorite food of cranes, though some sources claim the name comes from "'craneberry' because before the flower expands, its stem, calyx, and petals resembled the neck, head, and bill of a crane".
- Cranberries have been eaten by Arctic peoples for millennia and remain a very popular fruit for wild harvesting in the Nordic countries and Russia.
- In Scotland the berries were formerly wild harvested but with the loss of suitable habitat, the plants have become so scarce that this is no longer done.
- In North America, Native Americans were the first to recognise and use the cranberry as a source of food.
- Some tribes called the red berries Sassamanash. They are reported to have introduced the cranberry to starving English settlers in Massachusetts around 1620, who incorporated the berry into the traditional Thanksgiving feast.
- American Revolutionary War veteran Henry Hall is alleged to be the first to cultivate the cranberry commercially, in the Cape Cod town of Dennis around 1816.
- Cranberries are a major commercial crop in certain US states and Canadian provinces.

CANTALOUPE



DID YOU KNOW?

- The cantaloupe was named after the commune Cantalupo in Sabina, in the Sabine Hills near Tivoli, Italy, a summer residence of the Pope.
- It was originally cultivated about the year 1700 from seeds brought from Armenia, part of the homeland of melons.
- The most widely enjoyed variety of European cantaloupe is the Charentais, cultivated almost exclusively in France.
- Pope Innocent XIII(1721-1724) is said to have enjoyed sipping Port wine from a partially hollowed melon half as an apéritif.
- Cantaloupes were first introduced to North America by Christopher Columbus on his second voyage to the New World in 1494.
- The W. Atlee Burpee Company developed and introduced the "Netted Gem" in 1881 from varieties then growing in North America.
- The European cantaloupe has been used as a charge in heraldry. A charge is an image occupying the field on the shield.

SPECIAL BEE TRIVIA



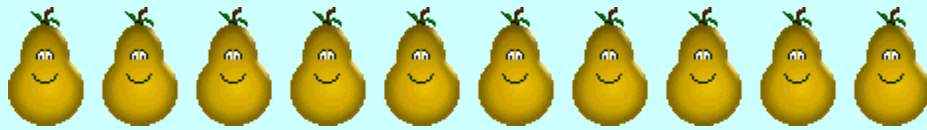
DID YOU KNOW?

- Honey Bees have a well developed sense of time (circadian rhythm). Honey bees are one of the very few invertebrates in which sleep-like behavior, similar in many respects to mammalian sleep, is known to exist!
- Honey, as well as propolis, has antibiotic properties. Honey is so sweet that bacteria cannot grow on it, and dry enough that it does not support yeasts.
- Honey bees are one of the very few invertebrates that produce a sort of "milk" for their young, royal jelly, which is the only food the larvae will eat early in development.
- Like other social insects, they have an advanced immune system.
- They have specially modified hairs on their body that develop a static electricity charge to attract pollen grains to their bodies
- Honey bee foragers die usually when their wings are worn out after approximately 500 miles of flight.
- Honey bee wings beat at a constant rate of 230 beats per second or 13,800 beats/minute. The frequency of the wing beats was much higher than expected for an insect of this size. Honey bees make up for carrying heavier loads or for changes in air density by altering the amplitude of their wings and catching more air. This makes the wing muscles work harder, but it does not change the frequency of the wing beats. The science of bee flight remained an unsolved mystery until December of 2005. A study published in Proceedings of the National Academy of Sciences details the work supervised by Michael Dickinson from Caltech.

BEE TRIVA CONTINUED



- Bees are capable of recognizing the polarization of light. They use this information to orient their communicative dances.
- They navigate by using a combination of memory, visual landmarks, colors, position of the sun, smell, polarized light and magnetic anomalies.
- Their aging is controlled by a hormone which regulates the production of a protein called vitellogenin.
- The honey bee was a prominent political symbol in the empire of Napoleon Bonaparte, representing the Bonapartist bureaucratic and political system.
- A series of golden honeybees were discovered in the tomb of Childeric I.
- Worker honey bees can reproduce by parthenogenesis, but will necessarily produce only drones (though this is not true of all other subspecies). Worker bees are sexually underdeveloped females, and their ovulation is ordinarily inhibited by hormonal signals provided to all hive members by a functioning queen. Should the queen bee die and a replacement not be available, inhibition of egg laying behavior among the worker bees will end, but the eggs they lay will be unfertilized and therefore can produce only drones. Absent a virgin queen, the colony will die out as the worker population dies out due to old age.
- Bee stings have been reputed to help alleviate the associated symptoms of Multiple sclerosis, arthritis, and other autoimmune diseases. This is an area of ongoing research. Bees are sometimes crushed and mixed with water to form part of a homeopathy treatment.



MY BLOOMIN' PLANT TALE IS DONE FOR NOW.....

BUT THERE'S SO MUCH MORE TO EXPLORE!

JUST REMEMBER THE NEXT TIME YOU SEE A BEE



BE KIND TO HIM
FOR
HE BRINGS YOU ALL THE FOOD YOU'VE SEEN!

THE END....

WELL..... NOT REALLY!

HRH COMMANDER PRINCESS BABY GIRL SIGNING OFF!