Smart Snack Gardens

Gardens to Gather ‘Round

Look for Smart Snack Gardens at twenty Minneapolis sites this year. This Arboretum Growing for Good Initiative provides a meaningful work experience for urban youth.

Meet the Team

Urban teens install and tend these “pop-up” gardens at city sites. With support from staff and mentors, they build skills and share tips on growing and nutrition with the community. Pollinators make the harvest abundant for everyone.

Pollinators
Fill our tables with fruits & veggies

Youth
Promote growing
A tasty handful

Arboretum
Horticulture knowhow
Program leadership

Wells Fargo
Mentors for youth
Green Team volunteers

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Minnesota Landscape Arboretum
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Smart Snacks for Helpers

Buzz-y pollinators help turn our tomato flowers into juicy fruit. What will bees eat, before and after tomatoes bloom?

The pistil becomes a tomato.

Vibrating bee wings move pollen to the pistil.

Plant flowers, for nectar and pollen all season long.
Smart Snacks for People

Hungry again? When you feel an urge for a handful of something, which snack wins?

- Treat your taste buds to sun-ripened sweetness...
- Fuel your body with off-the-chart nutrients!

![Bar graph showing Vitamin A International Units for potato chips, cherry tomatoes, and candy bar]
Grow a Smart Snack Garden

Three-Way Winner

Many gardeners follow the old-timer’s tip to plant flowers alongside the tomatoes. Findings from recent studies show why this combination will make your garden both more beautiful and more productive.

Maximize the harvest by providing food for pollinators.

Lift your spirits with summer-bright bouquets for the table.

Fuel your body with nutrient-loaded treats for your taste buds.

Minnesota Landscape Arboretum
University of Minnesota Extension Master Gardener Program
More Tomatoes (with Friends)

Help Wanted
A tomato flower will form a fruit if shaken by wind or a buzzing pollinator’s wings. What is the double payoff from a bee buzzing by? You’ll have both MORE fruit and LARGER fruit for feasting.

Sungold cherry tomato plants visited by bees set 45% more individual fruits, and yielded 100% more by weight than those touched only by a breeze.
Unexpected Partners

What? Not Honeybees?
It’s surprising that honeybees don’t pollinate tomatoes, but tomato flowers offer them no rewards. The yellow blossoms produce no nectar. Honeybees aren’t able to “vibrate” the pollen loose.

Call in the Natives
Our native bumblebees and their smaller mud bee cousins are your energetic helpers. They buzz at a frequency that releases the pollen. They cross-pollinate tomato varieties, leading to higher yields.
Feed Your Crew

Teamwork in Action
Honeybees and native pollinators feed on nectar and pollen. They need a steady supply from spring through fall. Grow a mix of annuals and perennials, and have several species blooming at once through the season.

Safe, Plentiful Forage
To make your yard pollinator-friendly, avoid using pesticides. Native species and heirloom varieties offer more nectar and pollen than showy hybrids with double flowers.
Harvest Time!

A Smart Snack, Indeed
Cooked or fresh, a half-cup serving of tomatoes is $\frac{1}{4}$ of your vitamin A and $\frac{1}{3}$ of your vitamin C for the day — with no fat or cholesterol.

Roast the Rest
Cherry tomatoes drizzled with olive oil and roasted at 300° for a few hours will freeze beautifully. Their skins are thin, so no need to peel. On a snowy evening, toss them with pasta or top a pizza with the sun-ripened flavor of summer.
Find New Ideas for Growing!

- 40 cherry tomato varieties
- 10 kinds of basil
- 15 annuals for pollinators

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