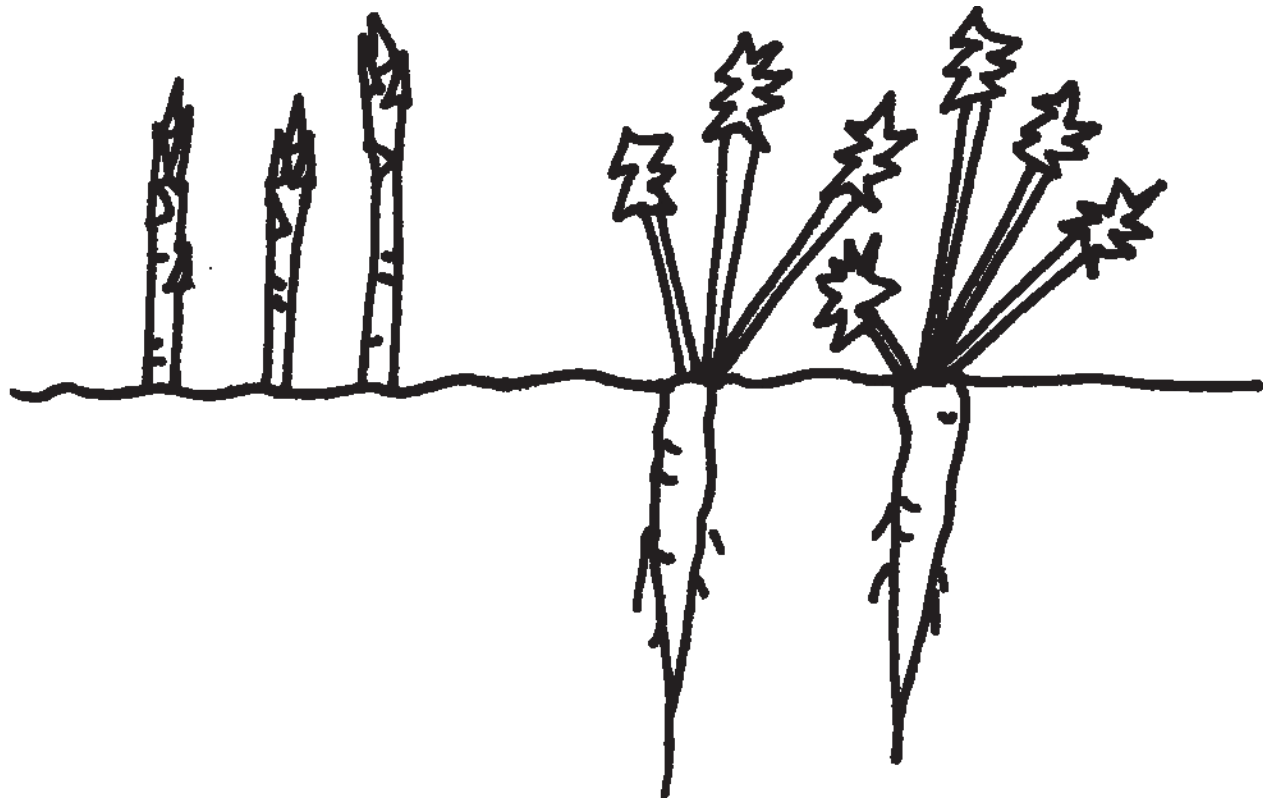


What Part Of A Plant Do We Eat?



**A Fun Coloring Book About
The Different Parts Of Plants
That We Eat**



University of California

Agriculture and Natural Resources

■ UCCE Master Gardener Program

What Part Of A Plant Do We Eat?

We eat many different parts of plants

The different parts of plants are the Roots, Seeds, Fruits, Flowers, Leaves and Stems

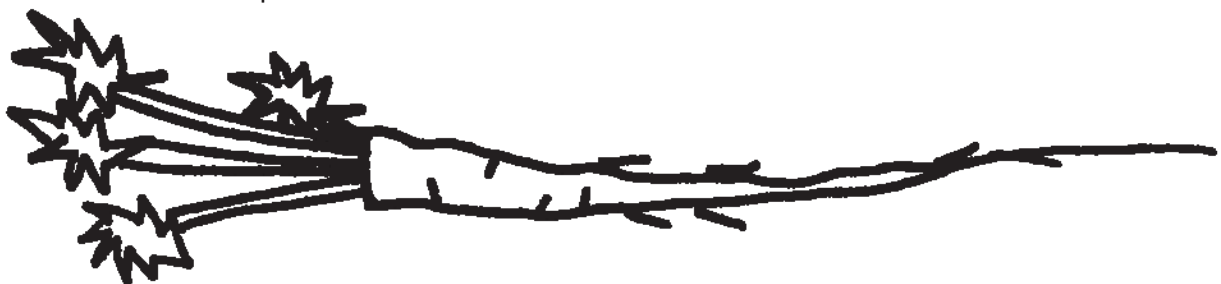
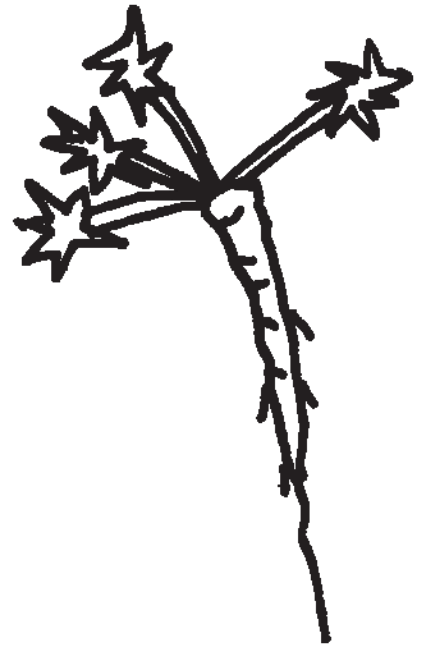
Sometimes we eat one part of a plant.
Examples of this are:

<u>Plant Part</u>	<u>Examples of These Plants</u>
Roots	Carrots, Radishes
Seeds	Corn, Peas, Sunflower Seeds
Fruits	Apples, Blueberries, Grapes
Flowers	Cauliflower, Nasturtiums, Squash Blossoms
Leaves	Lettuce, Spinach, Cabbage
Stems	Rhubarb, Asparagus

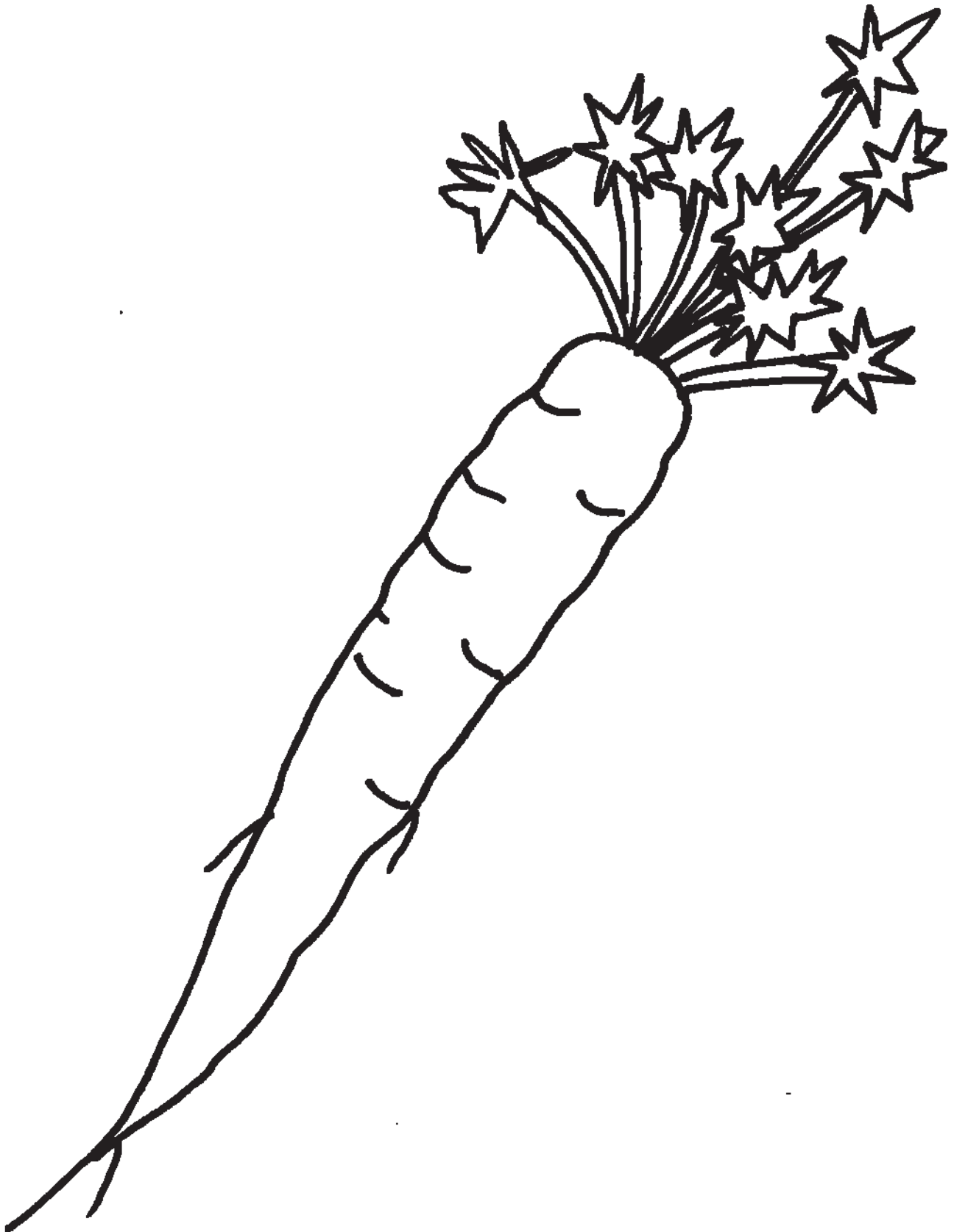
We are able to eat many parts of some plants.
Examples of this are:

<u>Plant Part</u>	<u>Plant Parts We Eat</u>
Beets	Root, Stem and Leaves
Broccoli	Flower and Stem
Celery	Stems and Leaves
Onion	Root and Stems
Pumpkin	Fruit, Flower and Seeds

Some parts of plants are healthy to eat and good for our bodies and some parts are not. An example of this is a tomato. The fruit of the tomato is healthy to eat. All of the other parts are not. Please be sure to check with an adult before you eat any part of a plant that you haven't eaten before.

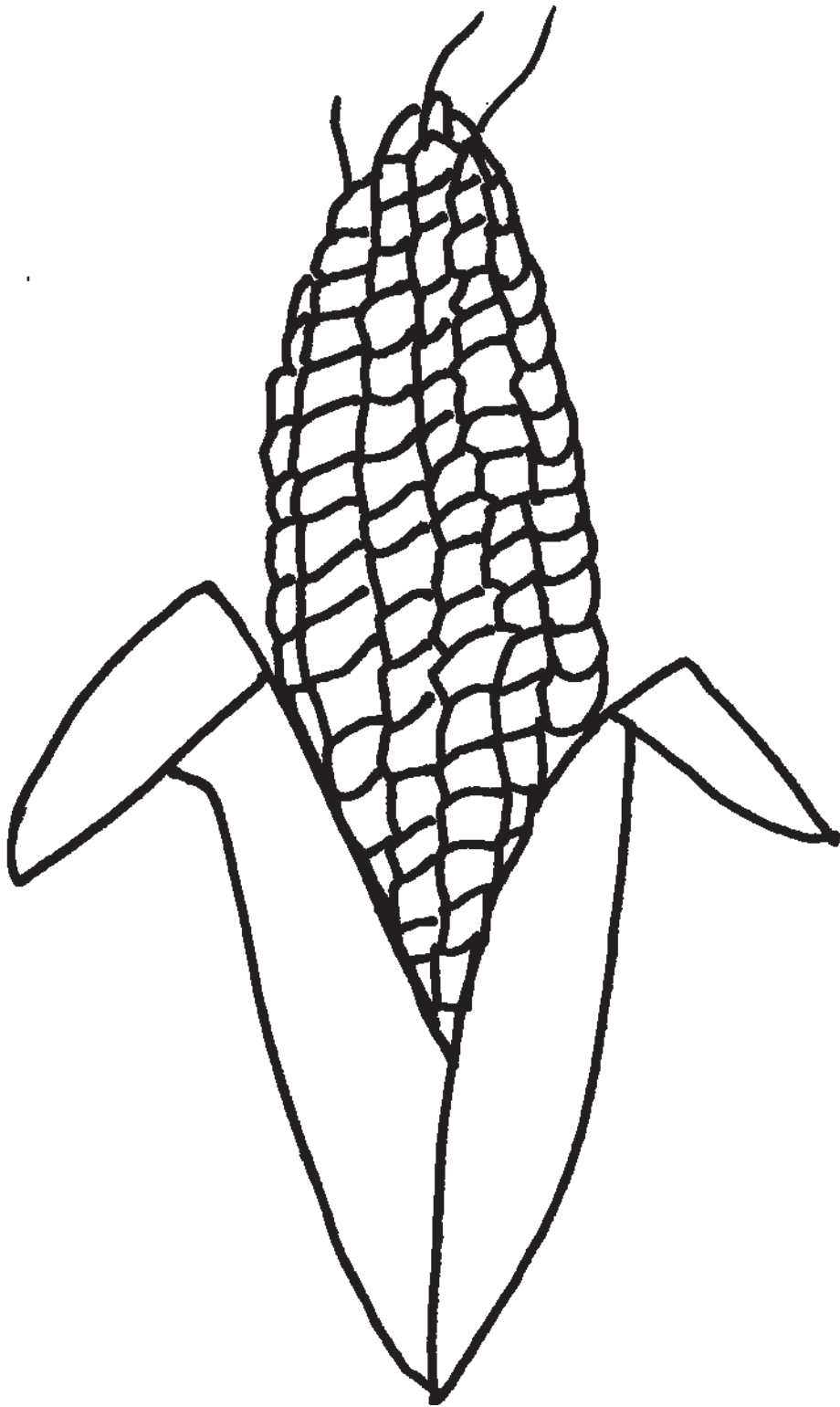


We eat the **root** of this plant



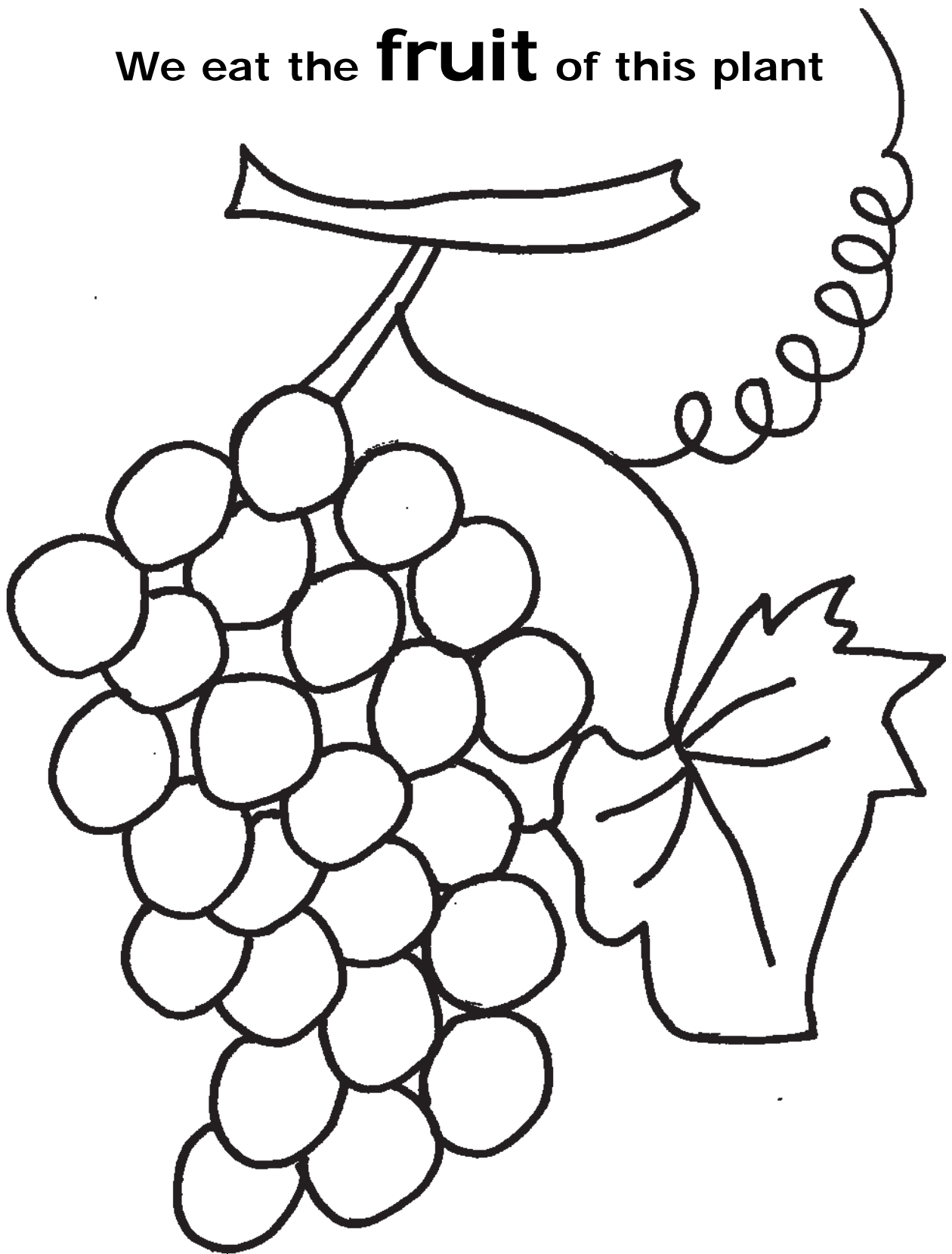
I'm a Carrot

We eat the **seeds** of this plant



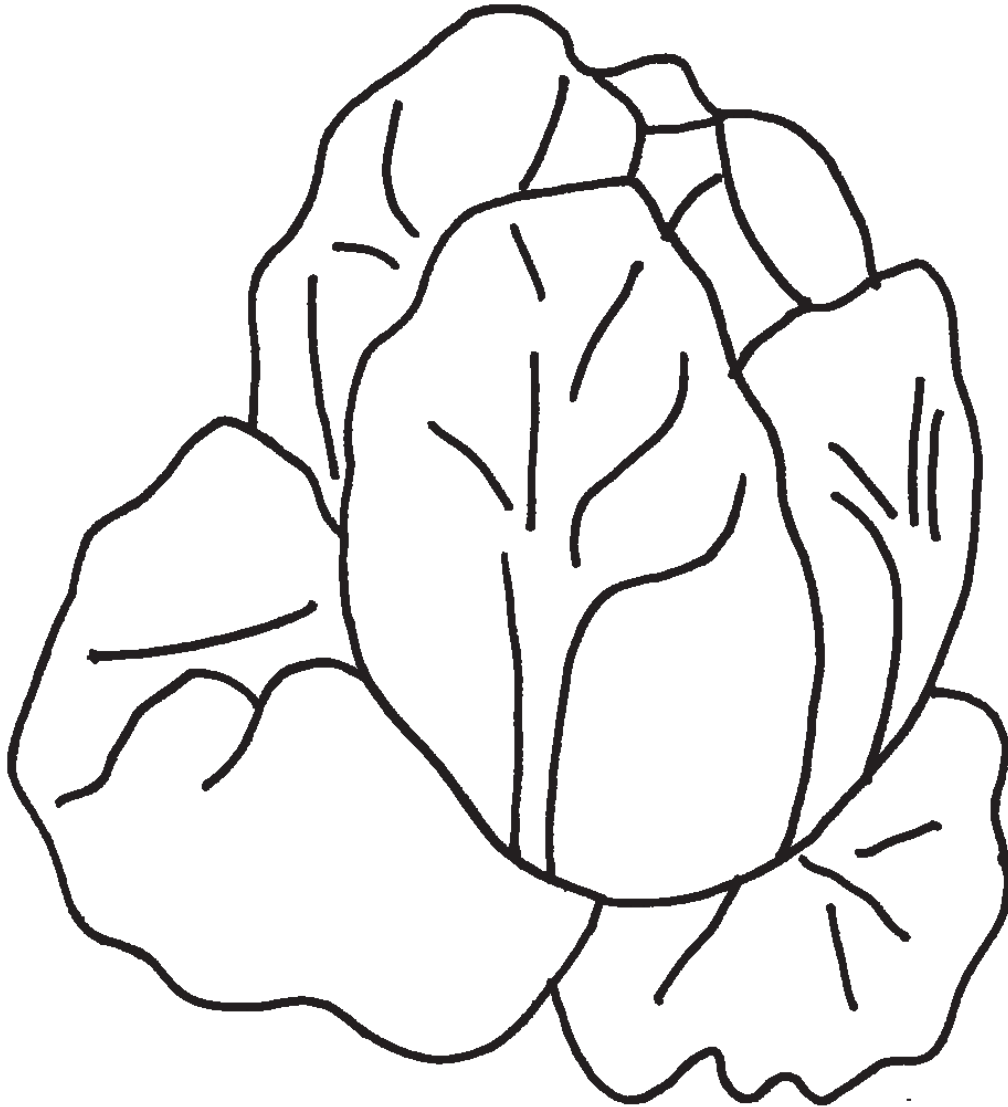
I'm an ear of corn

We eat the **fruit** of this plant



I'm a bunch of grapes

We eat the **leaves** of this plant



I'm a head of lettuce

UCCE Orange County Master Gardeners

<http://mgorange.ucanr.edu>

http://mgorange.ucanr.edu/Gardening_Hotline/

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