

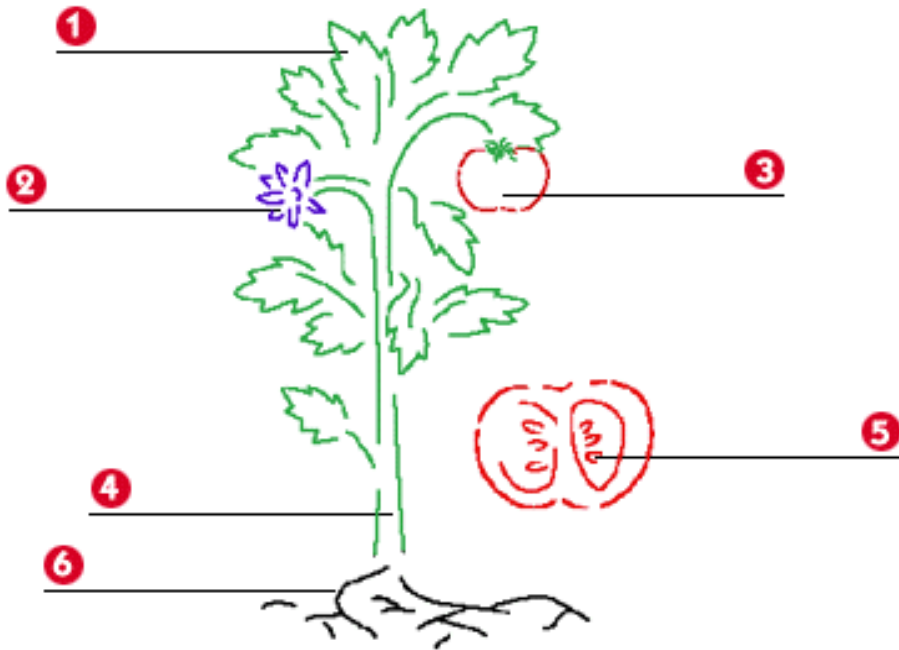
NEAT

Eat It All Up!- Fact Sheet

Edible Parts of Plants:

Almost all parts of plants are edible, although not every part of every plant is edible. The main parts of plants are the roots, the stems, the seeds, the leaves, the fruits, and the flowers. We get so used to buying fruits and vegetables at the grocery store that it can be easy to forget what the whole plant looks like!

- **Roots:** The roots are the parts of the plant that are usually below the ground and carry nutrients to the rest of the plant. Beets, carrots, turnips, potatoes, onions, radishes, rutabagas, parsnips
- **Seeds:** A seed is an embryonic plant with a seed coat. Peas, beans, wheat, sunflower seeds, pumpkin seeds
- **Leaves:** The leaves are usually the parts of plants where the majority of photosynthesis occurs. Lettuce, spinach, turnip greens, collard greens, mustard greens, cabbage
- **Fruits:** Fruits are the parts of plants where the seeds are usually contained. Peppers, tomatoes, squash, apples, pears
- **Flowers:** Flowers are the reproductive structure of plants. Broccoli, cauliflower, artichoke
- **Stems:** Stems hold plants up, store food, and transport water and nutrients. Celery, rhubarb, bamboo shoots, broccoli stems, asparagus



1. Leaves 2. Flower 3. Fruit 4. Stem 5. Fruit 6. Roots