

Plant Part Refresher

Stems we eat: asparagus, garlic, ginger, white potato. Did you know that garlic and white potatoes are really underground stems of the plant? Garlic is a bulb. Potatoes are tubers that are underground swellings in the stem that store energy and other nutrients for the potato plant. Celery is a stalk, or leaf stem. The true stem of the celery plant is the base where all the stalks come out.

Leaves we eat: basil, beet greens, cabbage, cilantro, collards, kale, lettuce, mustard, parsley, spinach.

Flowers we eat: borage, broccoli, calendula, cauliflower, chive blossoms, garlic blossoms, nasturtium, squash blossoms, violets.

Roots we eat: beet, carrot, cassava, horseradish, lotus root, parsnip, rutabaga, sweet potato, turnip.

Fruit we eat: apples, blueberries, cantaloupe, grapes, oranges, peaches, pears, plums, raspberries, strawberries, watermelon; also cucumbers, peppers, squash, string beans, tomatoes, zucchini (vegetables that are the fruit of the plant).

Seeds we eat: seeds that are grains: barley, oats, quinoa, rye, wheat; seeds that are good sources of protein: black beans, cashews, chickpeas, kidney beans, peanuts, pinto beans, sunflower seeds.

