

Fruits vs Vegetables:

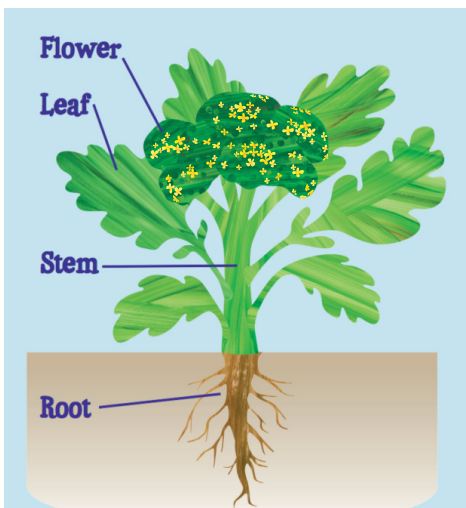
What's the Difference?

Fruits and vegetables are plant parts that are good to eat. Vegetables include roots, leaves, stems, and even flower buds (see image below). Examples of vegetables are lettuce, potatoes and broccoli.

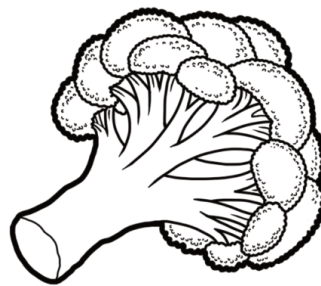
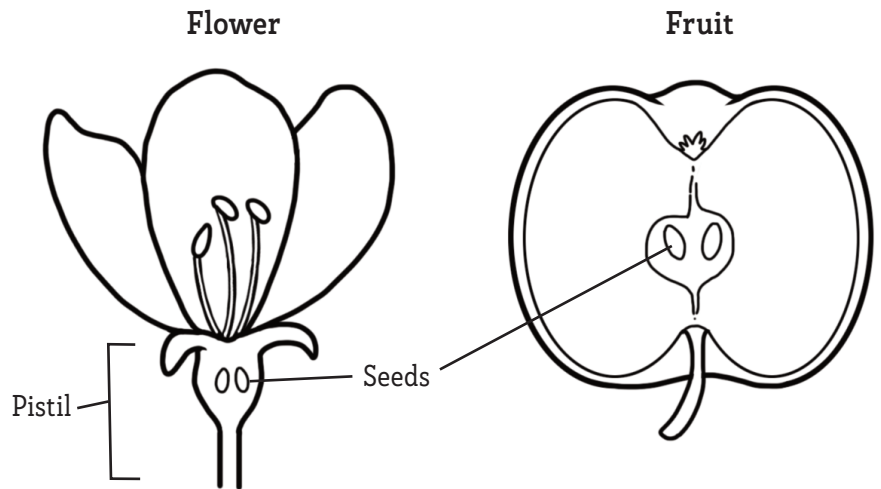
Fruits all start as flowers. After the flowers of some plants have been pollinated, the flower then grows around the seed and forms a fruit. Examples of fruit include apples, cherries, and squash. In nature, fruit helps plants spread their seeds for miles: animals come to the plant to eat the tasty fruit and then spread its seeds in their poop.

Some fruits, such as tomatoes, green beans, peppers, avocados, and squashes, also get called vegetables. We call them vegetables in cooking and nutrition because they are more similar to other vegetables than fruits when it comes to how they taste and the nutrients they provide.

The Parts of a Plant

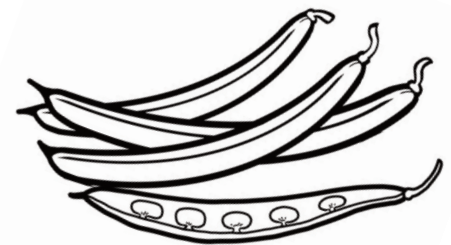


The Part of an Apple Flower that Turns into a Fruit



Did you know that when you eat broccoli you are eating the plant's little immature flower buds?

Heads of broccoli are made up of many little flowers that have yet to open. Broccoli is botanically and nutritionally a vegetable, and people enjoy eating its stem and flowers.



Also called string beans, green beans are green, fleshy pods that grow around the seeds of a bean plant. Most people think of green beans as a vegetable; however, they are botanically a fruit.

Whether we call them fruits or vegetables, the plant parts we eat are packed with different nutrients and we need bees to help them grow!