



JASMINE HILL

Gardens and Outdoor Museum

HORTICULTURE

When you eat vegetables, you are eating the leaves, fruit, flowers, stems, seeds, or roots of a plant. To see what part you are eating look at the chart below:

Flowers:

broccoli, cauliflower



Flower buds:

Brussel sprouts



Fruit:

tomatoes, melons, zucchini, squash, peppers, pumpkins,
cucumbers, eggplants



Pods & seeds: sweet corn, peas, beans, snow peas



Roots: carrots, radishes, beets



Root tuber: potato



Stems: celery, asparagus



Bulbs: chives, onions, leeks, garlic

