

Plants We Eat Reference List

FRUIT	ROOTS	SEEDS	STEMS	LEAVES	FLOWERS
✓ Apple	✓ Beet	✓ Beans	✓ Asparagus	✓ Cabbage	✓ Artichoke
✓ Banana	✓ Carrot	✓ Corn	✓ Bamboo Shoots	✓ Collards	✓ Broccoli
✓ Cucumber	✓ Parsnip	✓ Peanuts	✓ Broccoli	✓ Lettuce	✓ Cauliflower
✓ Eggplant	✓ Radish	✓ Poppy Seeds	✓ Potato (tuber – an enlarged underground stem)	✓ Mint	
✓ Grapes	✓ Rutabaga	✓ Sesame Seeds		✓ Parsley	
✓ Orange	✓ Sweet Potato	✓ Sunflower Seeds		✓ Spinach	
✓ Pear	✓ Turnip	✓ Wheat			
✓ Pineapple					
✓ Plum					
✓ Pumpkin					
✓ Tomato					

