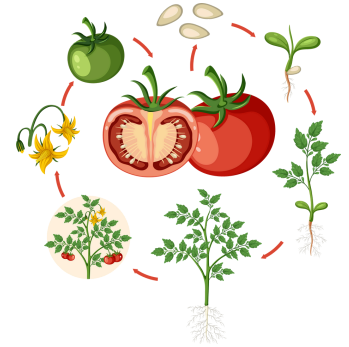


Seed to Plate: Parts of a Plant

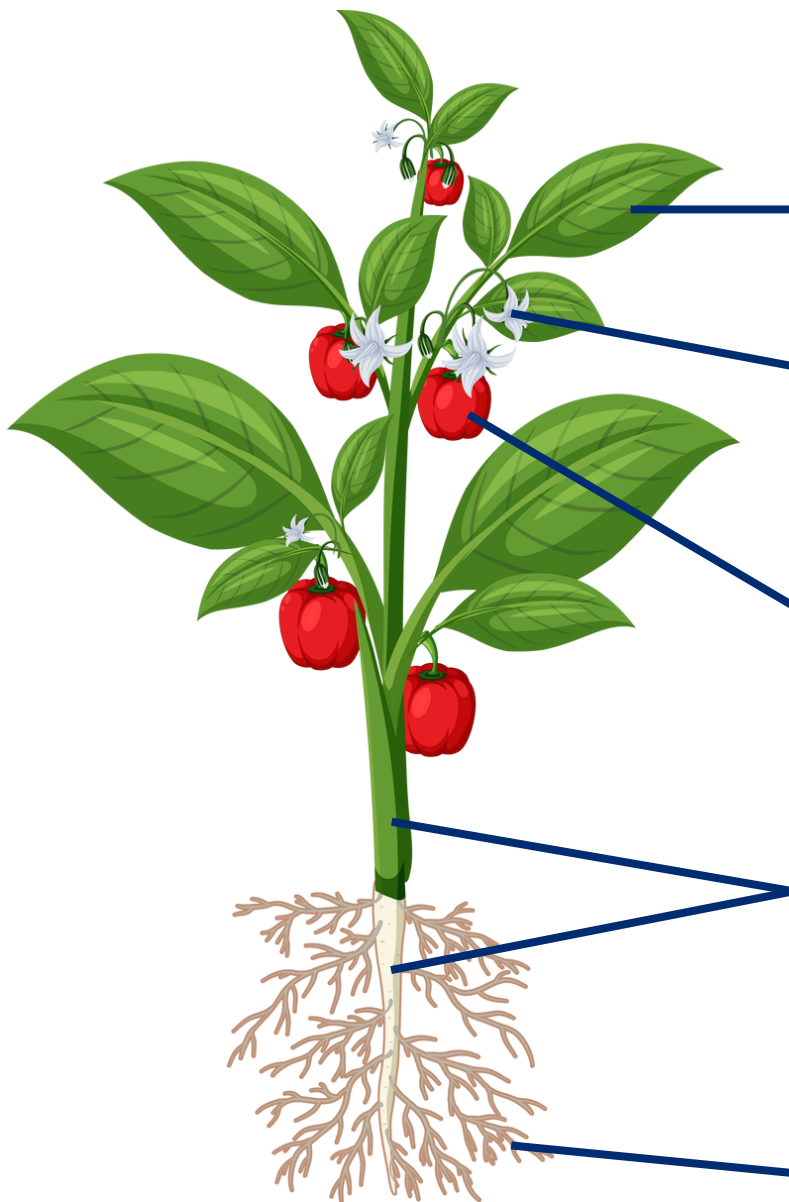
Most flowering plants consist of several edible parts that not only enhance the plant's health but also contribute to our own well-being and nutrition!

Uses and Benefits of Plants

Plants provide numerous advantages that extend beyond their aesthetic charm; they are also a vital source of food and nutrients. A flowering plant is composed of six key components: roots, stems, leaves, flowers, fruits, and seeds. Each of these play a unique role in the plant's life cycle.



Edible Parts of a Plant



Leaves

Grow from the stem and collect energy from the sun through photosynthesis. Examples include: kale, lettuce, basil, and spinach.

Flowers

Reproductive part of a plant with petals and pollen that attract insects. Examples include: broccoli, artichokes, and cauliflower.

Fruits and Seeds

Pollinated flowers produce juicy fruits containing seeds. Once seeds are dispersed on the ground, a new plant will grow. Examples include: oranges, apples, avocados, green beans, lentils, and almonds.

Stems

Solid structure that provides plant physical and nutritional support by moving water, nutrients, and energy throughout the plant. Examples include: celery, asparagus, ginger, and onions.

Roots

Helps plant stability by collecting water and holding nutrients. They may be large and fleshy, or hair-like. Examples include: carrots, radishes, and rutabaga.