VERY VEGGIE
(AND FRUIT)
FAMILY ACTIVITY GUIDE
Have you ever considered the plants we eat each day? Did you realize we eat different parts of plants? Did you know anything with a seed is actually a fruit? I’m talking to you, tomato and avocado!

Explore this activity guide with your family as you uncover cool facts about plants we grow at the Dallas Arboretum.

Sometimes you just need an adult coloring book, right? (We’re not kidding, print yourself a copy, too!)

Once your child or grandchild explores the edible plant parts in this guide, we invite you to sort the fruits and vegetables that fill the pages in a different way! By the way it’s a key skill in science class, too!

Here are a few options to get you started:

- SEASON
- COLOR
- LIKE/DISLIKE
- TASTED
- NATIVE RANGE
- HOW IT IS
- FLAVOR PROFILE (SWEET, SALTY, SOUR, BITTER)
- FAMILY (TAXONOMY)
We eat more than just the fruits that plants produce! Can you label the 5 plant parts that most people eat every day?

**Answers:** 1. Flower 2. Fruit 3. Stem 4. Leaf 5. Roots
Most roots keep a plant upright in the ground. They also take in water and nutrients for the plant.

The roots we eat store food for the plant, which is also why they are so big!

Carrots come in many more colors than orange!

The potato is originally from the Andes Mountains.

Turnips are a little spicy when eaten raw.

Garlic is full of vitamin C.

Grow radishes all winter long in Dallas!
Stems support the leaves of the plant. They also move water and minerals to the leaves.

Brussels sprouts taste sweeter after a frost.

Leeks are related to onions and garlic.

Many people in Europe are allergic to celery.

Fennel seeds are the spicy flavor in pizza sauce!
Plant leaves produce energy for the plant using photosynthesis.

Spinach is packed with vitamins!

Cabbage is closely related to broccoli, Brussels sprouts and cauliflower.

Some lettuce grows tightly wrapped like a ball, but others are loose and open.
The flower’s job is to help the plant reproduce. It attracts pollinators with a variety of colors, patterns and smells!

We can eat many other flowers, too! Some tasty ones include nasturtium, pansies and roses.

Try growing one of these plants this winter!

Broccoli, cauliflower and artichoke will form flower petals if you let them grow longer than most farmers do.

FLOWER
The fruit is the part of the plant that protects and produces the seed.

Tomatoes can be yellow, pink, purple, black and even white, too.

Chile peppers add spicy flavor to Mexican, Thai, Chinese and Indian foods—just to name a few!

Peas grow best in the cool seasons of spring and fall.

Cucumbers are in the same family as pumpkins.

The avocado is originally from Mexico.

There are over 10,000 kinds of tomatoes.

Cucumbers grow on a vine.

Cucumbers grow on a vine.
Many plants that we call a vegetable are actually a fruit.

A vegetable is any plant part that doesn’t hold the seed.

Cucumbers are 96% water.

The average ear of corn has about 800 kernels (or seeds).

Like the tomato, people once thought eggplant was poisonous.

Pumpkins are ready for harvest in fall and winter. They can often be stored for many weeks!