



PLANT PART SALAD



Plant parts don't just have an important role in the growth of a plant, they are also part of a healthy diet. Here are some ideas for making a tasty plant part salad.

Roots - carrots and radish.

Stems- asparagus and celery.

Leaves - lettuce, spinach, cabbage and parsley.

Flowers - broccoli and cauliflower.

Fruits - apples, avocados, cucumbers, green beans, peppers, and tomatoes.

Seeds - sunflower seeds, corn and garden peas.