

# EDIBLE

A Young Scientist's Guide to Food Plants



UNITED STATES BOTANIC GARDEN



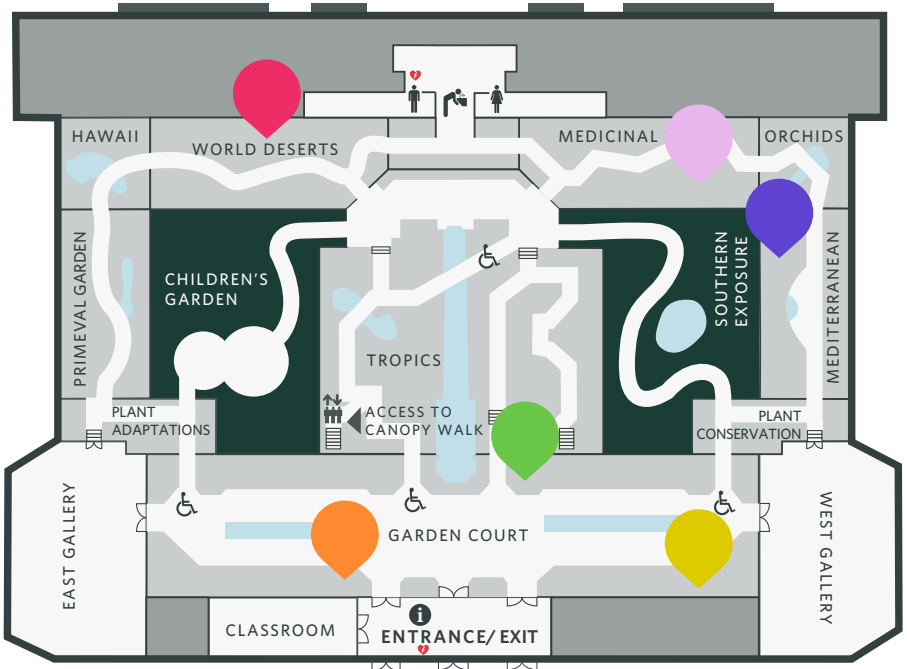




## **How to use this guide:**

1. Find a pen or pencil—you can ask for a pencil in the Lobby.
2. Use this guide to find interesting plants and plant parts in the Conservatory.
3. When you find a plant, put a check mark next to the part you think we eat, then flip the page to learn more and share your own ideas.

This map will help you find the plants in this guide.



**cacao**

*Theobroma cacao*



**herbs**



**kumquat**

*Citrus japonica*



**cinnamon**

*Cinnamomum verum*



**banana**

*Musa sp.*



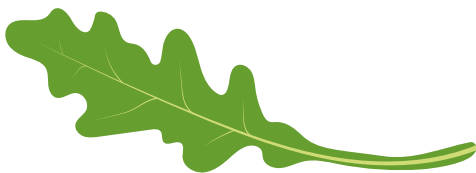
**prickly pear**

*Opuntia sp.*

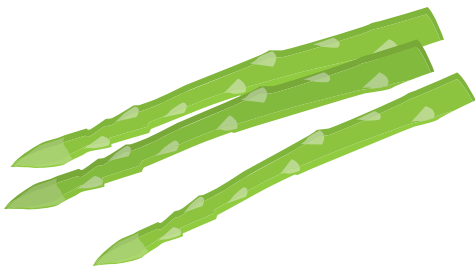
**Help keep our plants safe. Please stay on the paths, and do not touch the plants.**

Many plants have edible parts— edible means we can eat them!

**LEAF**



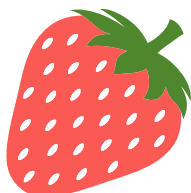
**STEM**



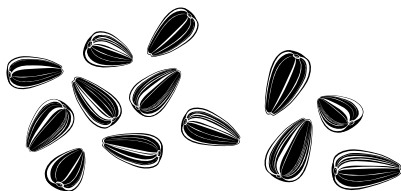
**FLOWER**



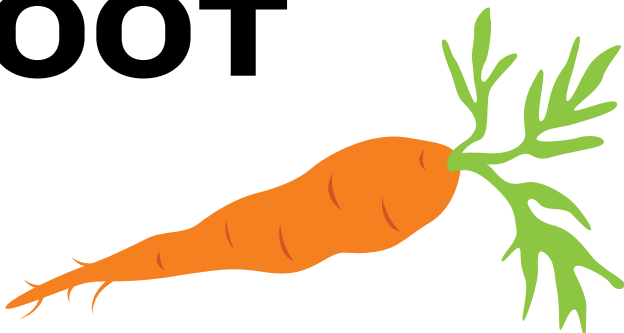
**FRUIT**



**SEED**

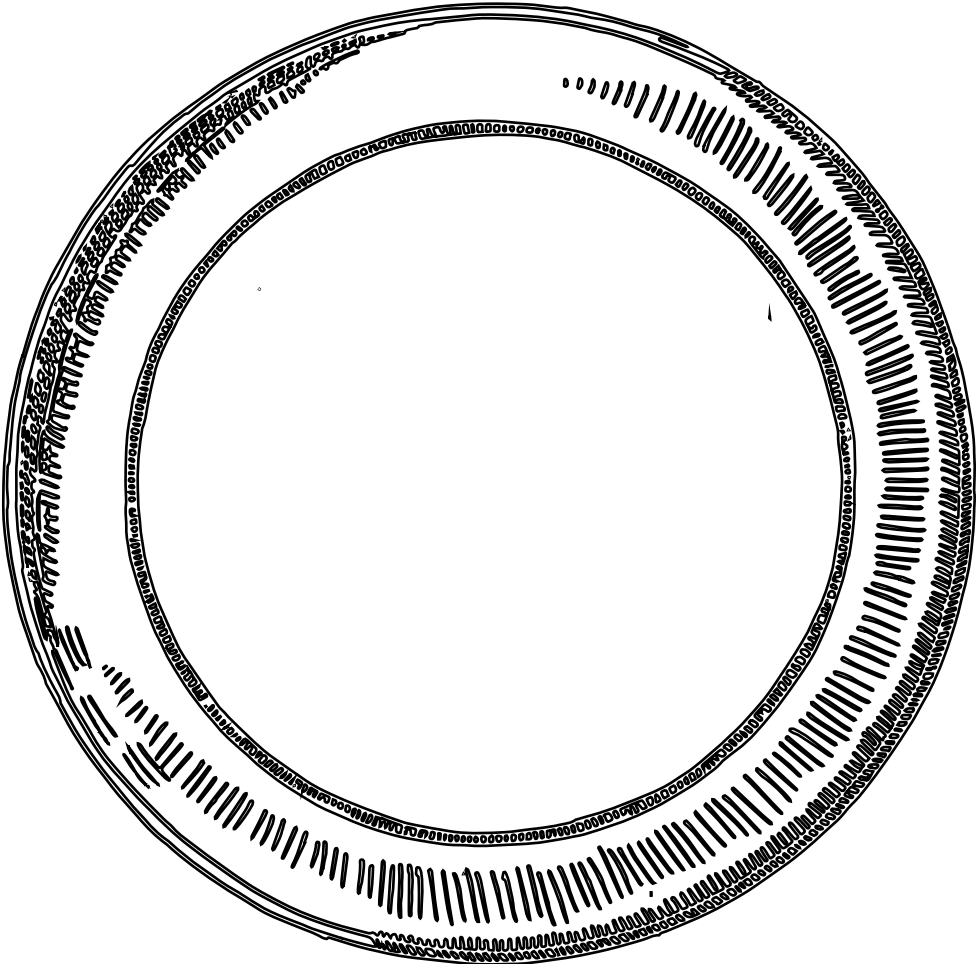


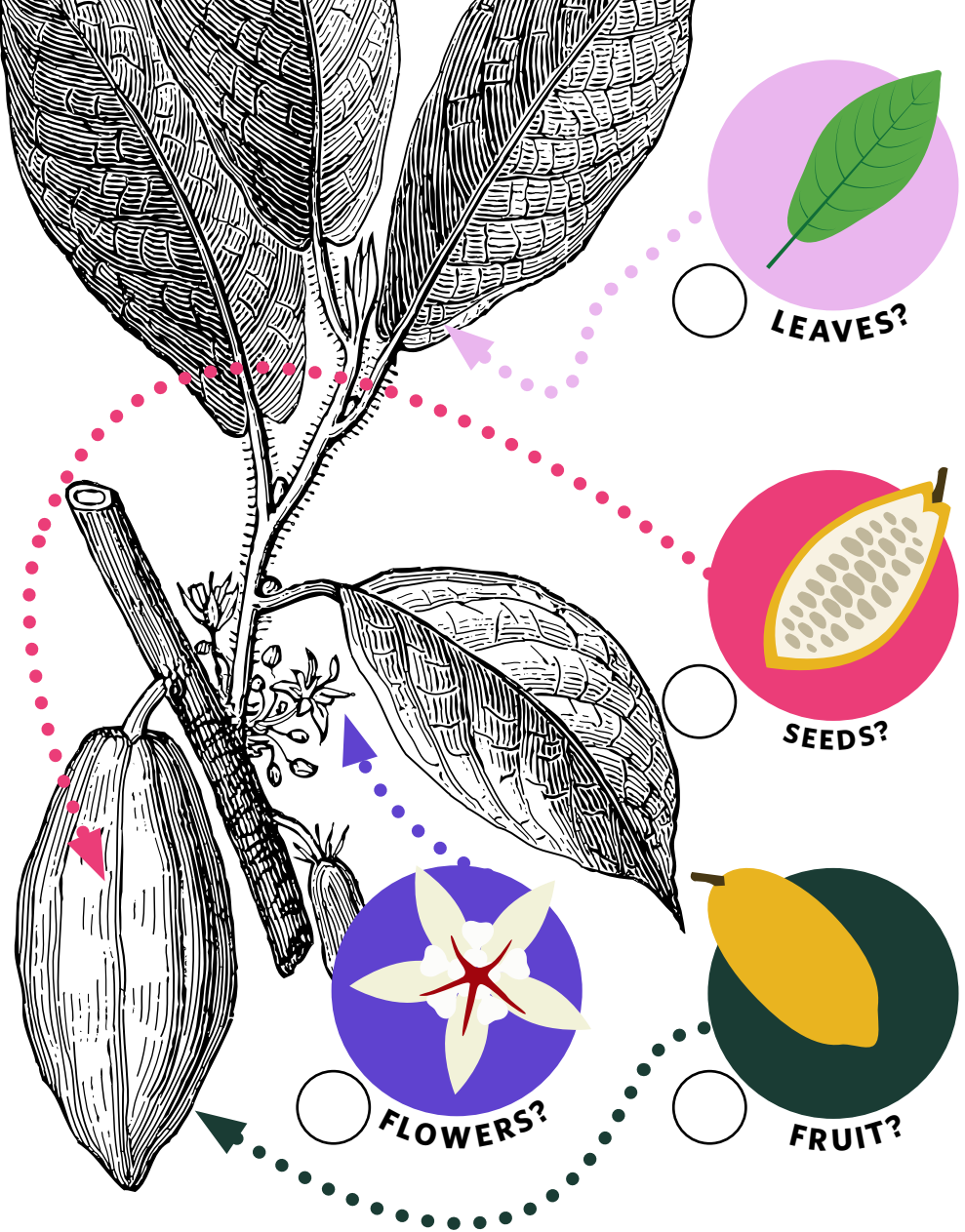
**ROOT**



# Yum!

Have you ever eaten part of a plant? Draw or write about it here. Was it a **leaf, stem, flower, fruit, seed, or root?**





GARDEN COURT



## **cacao** (*Theobroma cacao*)

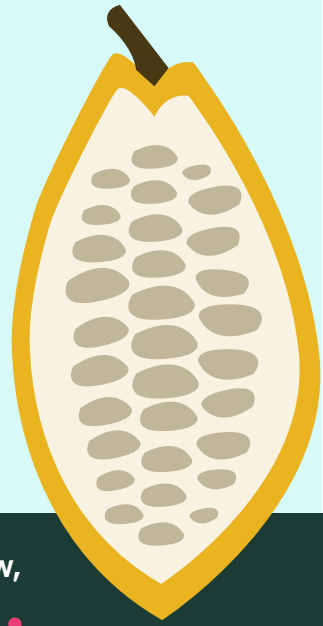
Find a cacao tree in the Garden Court. **What part of the plant do you think is used to make chocolate?**

Flip the page to find out.

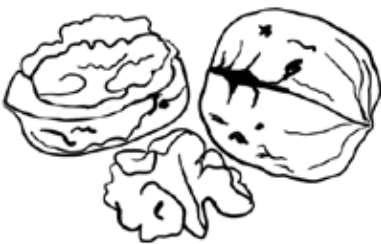
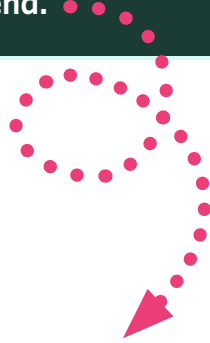
# SEEDS!

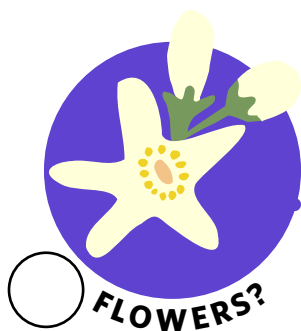
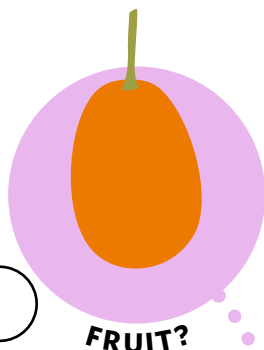
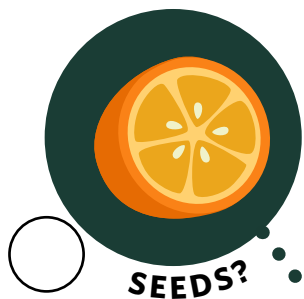
The seeds found in the yellow, football-shaped fruit are used to make chocolate.

Cacao trees grow in warm tropical places.



What other kinds of seeds do you eat? Draw, write, or share your ideas with a friend.





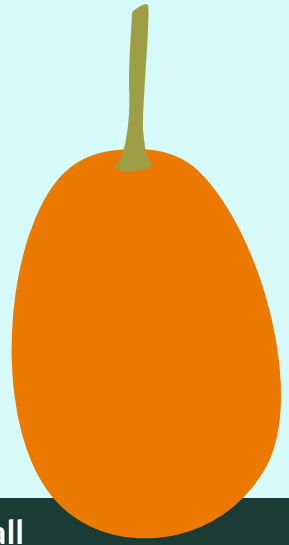
GARDEN COURT

## **kumquat** (*Citrus japonica*)

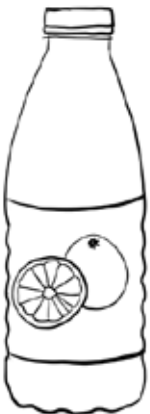
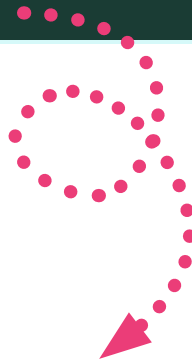
Find a tall, skinny tree near the door to the Lobby. It may have small, orange fruits or white flowers growing on it. **What part of this plant do you think you eat?** Flip the page to find out.

# FRUIT!

This tree is a type of citrus plant. Lemon, lime, orange, grapefruit, and this kumquat are all examples of citrus fruits. These fruits usually have a thick outer layer called a rind.



What citrus fruits have you eaten? Do they all taste the same or different? Draw, write, or share your ideas with a friend.





GARDEN COURT

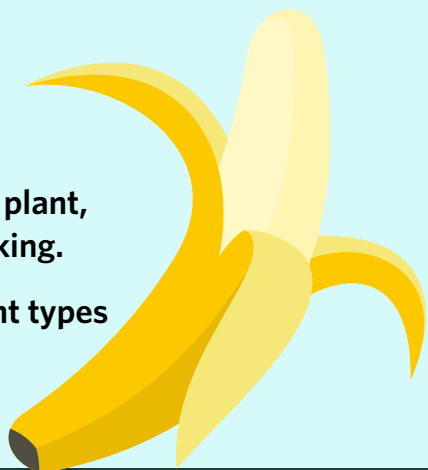
## banana (*Musa* sp.)

Find a tall banana plant with large leaves. It may have green or yellow fruits hanging down in a bunch. **What part of this plant do you think you eat?** Flip the page to find out.

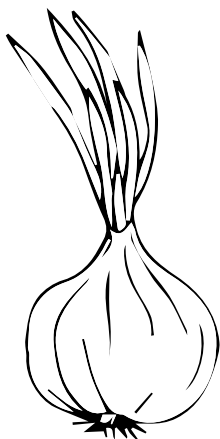
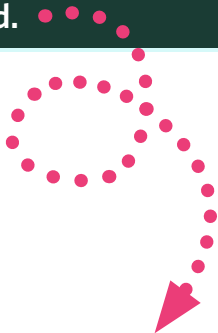
# FRUIT!

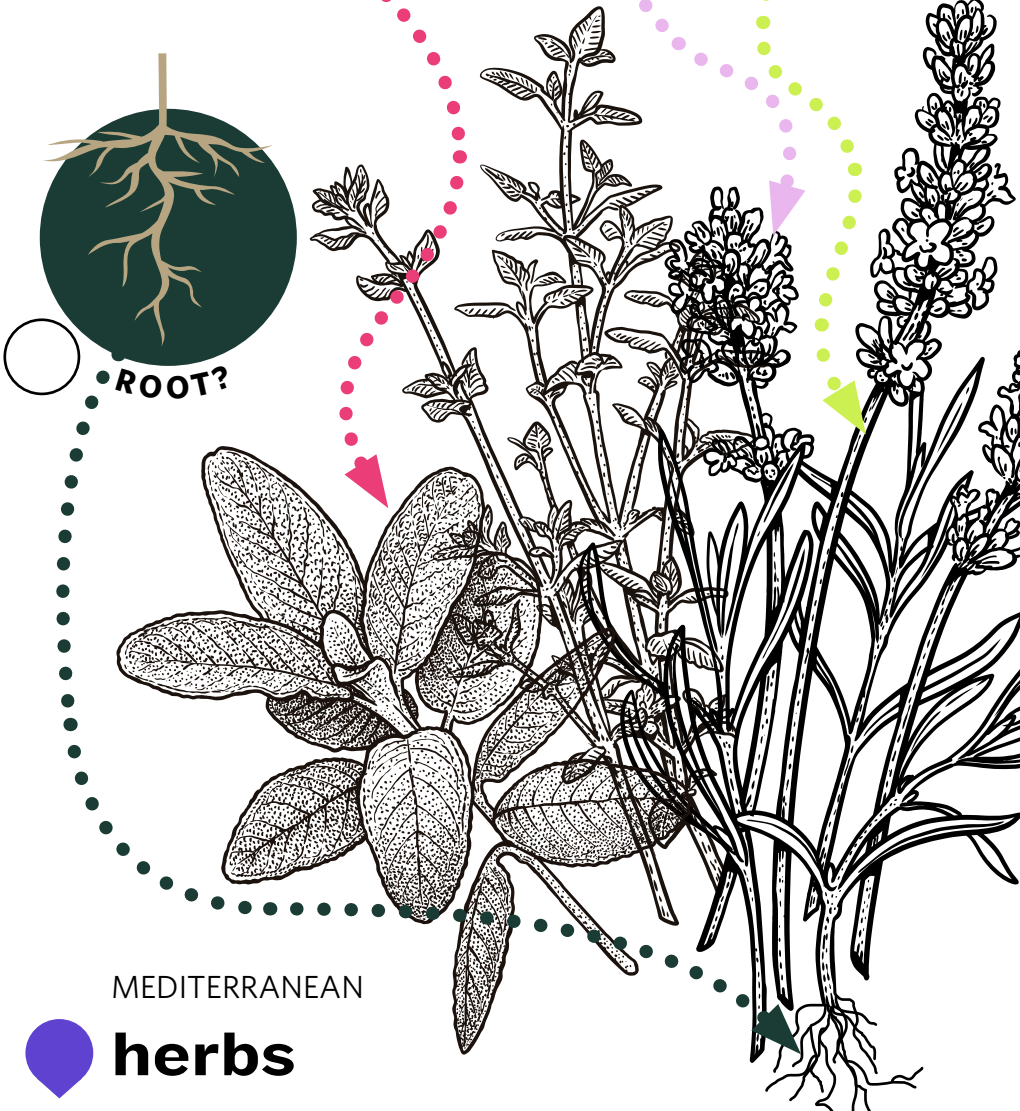
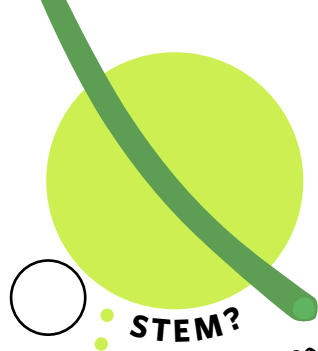
People eat the fruits of the banana plant, but can also use the leaves for cooking.

There are more than 1,000 different types of bananas in the world!



Bananas have to be peeled before you eat them. What other vegetables or fruits do you peel? Draw, write, or share your ideas with a friend.





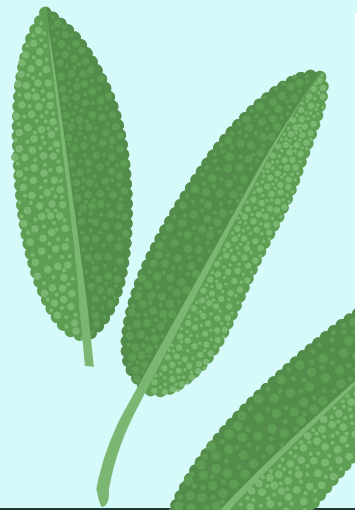
MEDITERRANEAN

# herbs

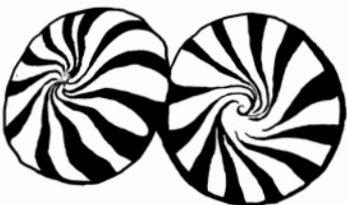
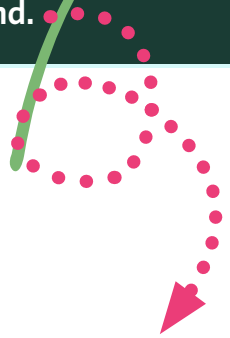
Look around. Do you recognize any herbs such as rosemary, sage, lavender, or thyme? **What part of these plants do you think we eat?** Flip the page to find out.

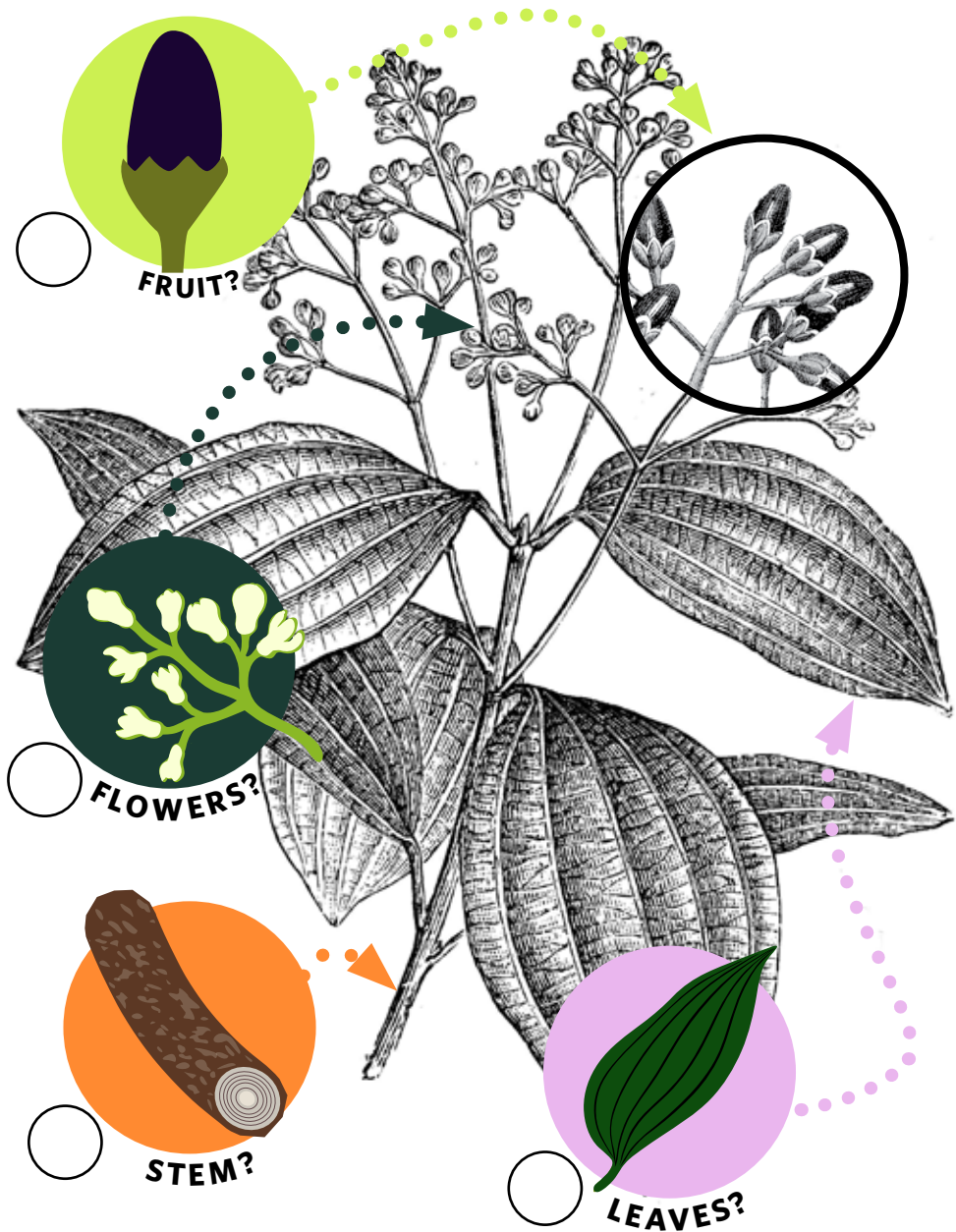
# LEAVES!

The leaves of many different herbs are used to add delicious flavors to all kinds of meals.



Smell one of the herbs. What does it remind you of? Draw, write, or share your ideas with a friend.





MEDICINAL PLANTS

## **cinnamon** (*Cinnamomum verum*)

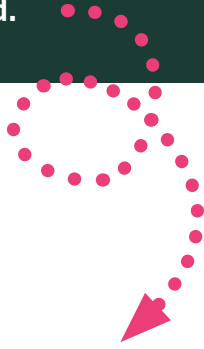
Find the cinnamon tree near the entrance to the Orchids House. **What part of the plant do you think is used to make the spice cinnamon?** Flip the page to find out.

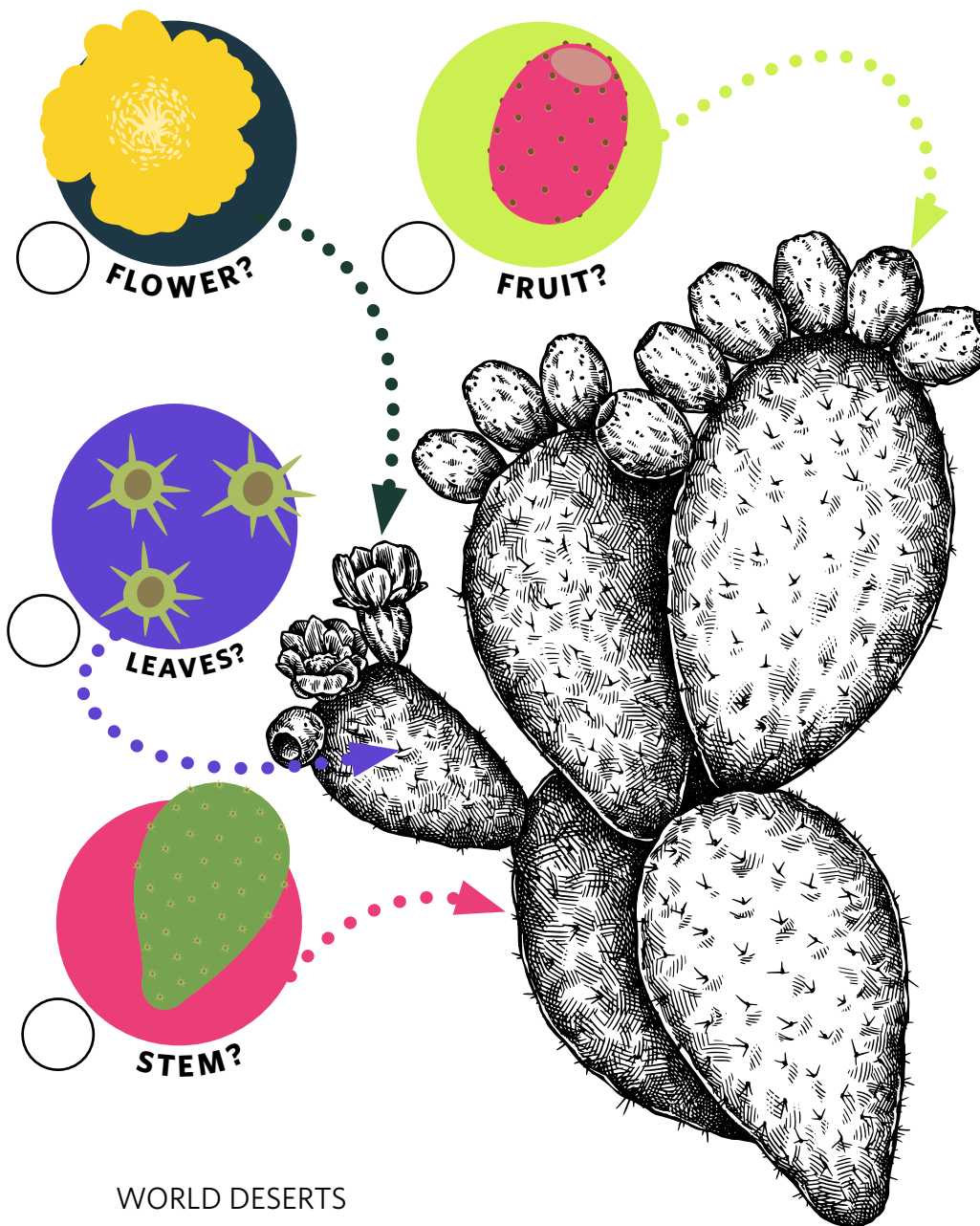
# STEM!

To make cinnamon, the bark of the tree is removed and the layer underneath is scraped off, dried, and usually ground into a powder. Warm cinnamon spice can help people feel better when they are sick.



Can you find another plant that makes people feel better when they are sick? Draw, write, or share your ideas with a friend.





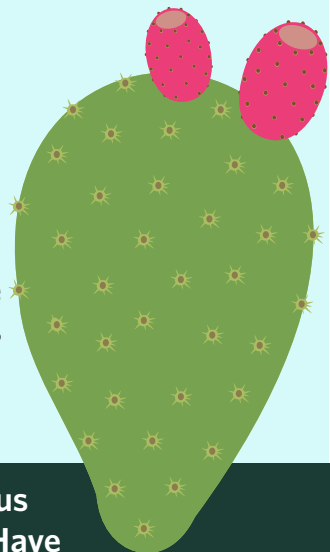
WORLD DESERTS

## prickly pear (*Opuntia* sp.)

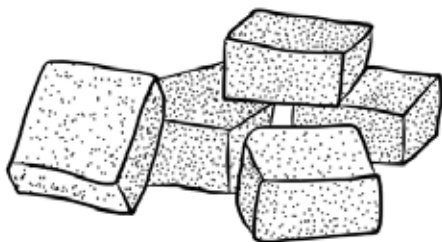
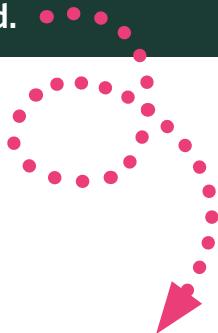
Find the large prickly pear cactus in this room. **What part of this plant would you eat?** This one might be tricky—there are **two** parts of the plant you can eat! Flip the page to find out.

# STEM & FRUIT!

Can you believe it? If you carefully remove the spines, you can make all sorts of foods from this plant—jellies, candies, salads, drinks, tacos, and more!



What do you think the fruit from this cactus tastes like? What about the green pads? Have you ever eaten cactus before? Draw, write, or share your ideas with a friend.



**Congratulations, Scientist!**  
**Now you know more about**  
**edible plants at the**  
**United States Botanic Garden!**



