EDIBLE PLANT GAME
INTRODUCTION
Almonds grow on trees and may be eaten roasted or raw. They are a good source of protein. California is the world’s largest producer of almonds!
California produces most of the artichokes that are eaten in the U.S. We eat the green leaves of the edible artichoke flower.
Asparagus

The name asparagus means “sprout” in Greek. It is a delicious source of vitamin A and C.
When mashed up, avocados make a tasty guacamole dip for chips or topping for tacos.
Brussels Sprouts look like baby cabbages and are a good source of Vitamin C
Carrot

Carrots make a great snack and are an excellent source of Vitamin A.
Cauliflower

Cauliflower is a white flower that is tasty when eaten raw or when cooked.
Celery stems make a healthy snack when eaten with a little peanut butter or cream cheese.
Cotton

Cotton is harvested to make fabric for clothing.
Eggplant

Eggplants are beautifully colored vegetables rich in Vitamin C, Calcium, and Potassium.
California produces 90% of the garlic in the United States. Garlic is used to season many recipes and has been used throughout history as a medicinal cure for many ailments. During WWII penicillin was scarce and garlic was used to disinfect wounds.
Grapes grow on vines and come in many varieties. Dried grapes are called raisins.
Herb gardens are easy to grow in small containers in your yard or in a sunny window. Herbs like cilantro, basil, and thyme can be used in everyday cooking.
Lettuce

There are many different types of lettuce to try in your salad. One type that you may be familiar with is iceberg lettuce.
Kiwifruit

Kiwifruit are rich in Vitamin C. They have a brown furry skin with a center that is bright green with black seeds. Kiwis grow on vines.
Lemons are a sour citrus fruit used in many recipes and are also a good source of Vitamin C.
Mushrooms are grown in the dark and are a type of fungi. They are often used as pizza toppings and in omelets. Mushrooms have many health benefits but some are poisonous, so never pick and eat mushrooms you find.
Olives are a black or green fruit that can be cut up and served on pizzas or smashed to make cooking oil.
Onion bulbs grow underground. They add flavor to many recipes. To minimize watery eyes, cool onions in the fridge or wear goggles when cutting.
Peaches have fuzzy yellow skin and are juicy and sweet when eaten fresh or canned.
Parsnip

Parsnips are root vegetables that look like large white carrots. They are sweet tasting when cooked.
Pear trees produce a tasty fruit that is rich in fiber. The fruit has a slightly gritty texture.
Pomegranates are full of tiny red, edible seeds that supply a good source of Vitamin C.
Potato

Potatoes are underground stems called tubers that come in Red, Russet and White varieties.
Pumpkin

Pumpkins are a type of squash grown for Jack O’ Lanterns at Halloween and pies at Thanksgiving.
Rice seeds are planted by airplanes dropping seeds as they fly over flooded rice fields. Water is drained from the fields just before harvest.
Silage is a livestock feed made of fermented grass crops like clover, alfalfa, and corn.
Spinach is tasty in salads and omelets and is a great source of Vitamin A. Popeye eats a lot of spinach!
Strawberries have their seeds on the outside of their fruit. They are a good source of Vitamin C.
Tomato

Tomatoes are used in many recipes. They can be found in a sauce on your pizza or in your spaghetti and are a good source of Vitamin C.
Wheat is a grain used to make breads and pastries.
Watermelon is a great way to rehydrate on a hot summer day. Watermelon may have black seeds or be seedless.
I AM A KIWIFRUIT

Who looks like a baby cabbage and is a good source of Vitamin C?

I AM A BRUSSELS SPROUT

Who is the top producing agricultural state in the U.S.?
I AM CALIFORNIA

Who is the fruit that can be dried to make raisins?

I AM GRAPES

Who is the nut that may be eaten roasted or raw? California is the world’s top producer of these nuts.
I AM AN ALMOND

You should fill half of your plate with fruits and ________________?

I AM VEGETABLES

Who is a green fruit that when mashed up makes a tasty dip for chips and topping for tacos?
I AM AN AVOCADO

Who is a type of squash grown for Jack O’ Lanterns at Halloween and pies at Thanksgiving?

I AM A PUMPKIN

Who is a red fruit that is used in pizza and spaghetti sauces and is a good source of Vitamin C?
I AM A TOMATO

Who is a livestock feed made of fermented grass crops like clover, alfalfa, and corn?

I AM SILAGE

Who is a plant that makes fabric for clothes?
Who is a grain that is planted by dropping seeds from airplanes that fly over flooded fields?

Who is the type of salad green that has a very cold name?
I AM ICEBERG LETTUCE

Who is an orange root that is full of Vitamin A?

I AM A CARROT

Who is a white flower that people eat?
I AM CAULIFLOWER

Who is a green stem that is sometimes eaten with peanut butter or cream cheese?

I AM CELERY

Who is a red fruit that is a good source of Vitamin C with lots of tiny seeds on its outside?
I AM A STRAWBERRY

Who is a black or green fruit that is sometimes put on pizzas and is used to make cooking oil?

I AM AN OLIVE

Who is a yellow, green, or brown tree fruit that is high in fiber and has a slightly gritty texture?
I AM A PEAR

Who is a bulb that grows underground and makes your eyes water when you cut it?

I AM AN ONION

Who is a green, edible flower with spiky ends? California is a leading producer of these vegetables.
I AM AN ARTICHOKE

Who is a sour yellow citrus fruit?

I AM A LEMON

Who is a grain used to make most breads in the United States?
I AM WHEAT

Who is a leaf that is often added to salads for a source of Vitamin A?

I AM SPINACH

Who is a fuzzy fruit with yellow to pink skin that can be eaten fresh or canned?
I AM A PEACH

Who is a white root vegetable that looks something like a carrot?

I AM A PARSNIP

Who is a pink to red melon with black seeds? Sometimes these melons can be seedless.
Who is an underground stem called a tuber that comes in many varieties, including russet, red, and Yukon Gold?

Who is a brown, furry skinned fruit with green flesh and black seeds?