

## Chapter 1 : Vegetable - Wikipedia

*Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.*

Nutrition and health Vegetables and some fruit for sale on a street in Guntur , India Vegetables play an important role in human nutrition. Most are low in fat and calories but are bulky and filling. Particularly important are the antioxidant vitamins A , C , and E. When vegetables are included in the diet, there is found to be a reduction in the incidence of cancer, stroke, cardiovascular disease, and other chronic ailments. However, vegetables often also contain toxins and antinutrients which interfere with the absorption of nutrients. Some beans contain phytohaemagglutinin , and cassava roots contain cyanogenic glycoside as do bamboo shoots. These toxins can be deactivated by adequate cooking. Green potatoes contain glycoalkaloids and should be avoided. These foods are commonly eaten raw and may become contaminated during their preparation by an infected food handler. Hygiene is important when handling foods to be eaten raw, and such products need to be properly cleaned, handled, and stored to limit contamination. Potatoes are not included in the count as they are mainly providers of starch. For most vegetables and vegetable juices, one serving is half of a cup and can be eaten raw or cooked. For leafy greens, such as lettuce and spinach , a single serving is typically a full cup. Japan , for example, recommends the consumption of five to six servings of vegetables daily. Kitchen garden and Vegetable farming Growing vegetables in South Africa Vegetables have been part of the human diet from time immemorial. Some are staple foods but most are accessory foodstuffs, adding variety to meals with their unique flavors and at the same time, adding nutrients necessary for health. Some vegetables are perennials but most are annuals and biennials , usually harvested within a year of sowing or planting. Whatever system is used for growing crops, cultivation follows a similar pattern; preparation of the soil by loosening it, removing or burying weeds, and adding organic manures or fertilisers; sowing seeds or planting young plants; tending the crop while it grows to reduce weed competition, control pests, and provide sufficient water; harvesting the crop when it is ready; sorting, storing, and marketing the crop or eating it fresh from the ground. The growing season can be lengthened by the use of fleece , cloches , plastic mulch , polytunnels , and greenhouses. Besides tractors, these include ploughs , harrows , drills , transplanters , cultivators , irrigation equipment, and harvesters. New techniques are changing the cultivation procedures involved in growing vegetables with computer monitoring systems, GPS locators, and self-steer programs for driverless machines giving economic benefits. It continues to transpire and loses moisture as it does so, a process most noticeable in the wilting of green leafy crops. Harvesting root vegetables when they are fully mature improves their storage life, but alternatively, these root crops can be left in the ground and harvested over an extended period. The harvesting process should seek to minimise damage and bruising to the crop. Onions and garlic can be dried for a few days in the field and root crops such as potatoes benefit from a short maturation period in warm, moist surroundings, during which time wounds heal and the skin thickens up and hardens. Before marketing or storage, grading needs to be done to remove damaged goods and select produce according to its quality, size, ripeness, and color. A large proportion of vegetables and perishable foods are lost after harvest during the storage period. These losses may be as high as thirty to fifty percent in developing countries where adequate cold storage facilities are not available. The main causes of loss include spoilage caused by moisture, moulds, micro-organisms, and vermin. Most vegetables are perishable and short-term storage for a few days provides flexibility in marketing. During storage, leafy vegetables lose moisture , and the vitamin C in them degrades rapidly. A few products such as potatoes and onions have better keeping qualities and can be sold when higher prices may be available, and by extending the marketing season, a greater total volume of crop can be sold. If refrigerated storage is not available, the priority for most crops is to store high-quality produce, to maintain a high humidity level, and to keep the produce in the shade. There are temperature-controlling technologies that do not require the use of electricity such as evaporative cooling. It can extend the storage life of food without noticeably changing its properties. The aim is to harvest the food at

its maximum state of palatability and nutritional value, and preserve these qualities for an extended period. The main causes of deterioration in vegetables after they are gathered are the actions of naturally-occurring enzymes and the spoilage caused by micro-organisms. The sealed can excludes air from the foodstuff to prevent subsequent deterioration. The lowest necessary heat and the minimum processing time are used in order to prevent the mechanical breakdown of the product and to preserve the flavor as far as is possible. The can is then able to be stored at ambient temperatures for a long period. The enzyme action will merely be inhibited, and blanching of suitably sized prepared vegetables before freezing mitigates this and prevents off-flavors developing. Not all micro-organisms will be killed at these temperatures and after thawing the vegetables should be used promptly because otherwise, any microbes present may proliferate. This method suffers from several disadvantages including lack of control over drying rates, spoilage when drying is slow, contamination by dirt, wetting by rain, and attack by rodents, birds, and insects. These disadvantages can be alleviated by using solar powered driers. Green beans can be salted by layering the pods with salt, but this method of preservation is unsuited to most vegetables. Marrows, beetroot, carrot, and some other vegetables can be boiled with sugar to create jams. Sauerkraut is made from chopped cabbage and relies on lactic acid bacteria which produce compounds that are inhibitory to the growth of other micro-organisms. China had the highest area of land devoted to vegetable production, while the highest average yields were obtained in Spain and the Republic of Korea.

## Chapter 2 : Vegetable Nutrition Facts - Every Nutrient

*"Vegetable" is actually not a scientific term and simply refers to the edible part of the plant: roots/tubers, stems, leaves, etc. A fruit is the seed-containing part of a plant. If you want to get all botany-nerdy, a fruit is the fleshy or dry ripened ovary of a plant. We often assume that.*

You can make dried apple rings at home - ask an adult to help you take out the core, thinly slice the apple and bake the rings in the oven at a low heat. Did you know you can cook apples? Try our delicious and healthy baked apples recipe. Fresh apricots have a soft and slightly furry skin. They make a good lunchbox snack. Apricots are also high in beta-carotene - this helps us keep our eyes and skin healthy. Do you know where apricots grow? It makes any dish look more interesting with its unusual shape. Asparagus is a good source of a vitamin called folate, which is important for healthy blood. On the inside, they are spongy and creamy white. Australians and Americans call it eggplant because some types look a bit like large eggs! Avocado is often mistaken for a vegetable because we eat it like a salad vegetable, but it is actually a fruit. Avocados are at their best when they are ripe and very easy to prepare. They can simply be cut in half with the stone removed and eaten with a little salad dressing or chopped into a salad. Avocados are a good source of essential fats the good ones - one of the few fruits or vegetables that contain fat. Is avocado a fruit? They are a great source of energy and contain lots of vitamins and minerals, especially potassium, which is important to help cells, nerves and muscles in your body to work properly and it helps to lower blood pressure. They have a thick skin to protect them, which is green before bananas are ripe, and get more yellow in colour and sweeter in taste as they ripen. We peel away the skin and eat the soft fleshy part of the fruit underneath. Bananas grow in hanging clusters, sometimes called hands, on the banana plant in tropical regions like Southeast Asia. You can eat them raw, baked, dried or in a smoothie. Would you like to race a banana? People have grown it for food since Roman times. Raw beetroot is best for you and great for grating - peel it first. Try it in a salad or sandwich. Small beetroots are usually the sweetest. Did you know you can grow beetroot at home? Follow our guide to growing beetroot. You can mix them with all sorts of other beans to make a super salad. Playing beanbag games is a great way to stay active. Learn how to make a beanbag by following our simple guide. Broad beans grow in a green, leathery pod. The beans can be eaten fresh, when they are green, or dried, when they have turned brown. The way to identify them is by their flat, broad shape. Beans are a good source of protein and fibre. Why not try growing a bean plant at home? The part of a broccoli plant we normally eat is the lovely flowerhead - the flowers are usually green but sometimes purple. Steamed broccoli is tasty in a salad or stir-fry. They grow out of the ground in knobbly rows on a long tough stalk. They contain loads of vitamin C. Well, Brussels is the capital city of Belgium! The flesh is really hard when it is raw but it turns soft and sweet when it is cooked. It can be roasted, pureed, mashed or used in soups or casseroles. It is a good source of beta-carotene, which is turned into vitamin A in the body. Beta-carotene gives the flesh its bright orange colour. Keep warm in the winter! Raw carrots are great to crunch on and they make a healthy juice, too. They contain lots of beta-carotene - this helps us keep our eyes and skin healthy. A cherry tree can carry on producing fruit for years! Cherries grow from stalks in pairs. Sweet ones like the Bing cherry are nicest on their own or in a fruit salad. Sour ones like Morello cherries are tastier cooked. They smell so delicious and naturally sweet. They are often eaten at Christmas time. Citrus fruits are a good source of vitamin C. Add segments of clementine to a fruit kebab for a fun way to eat fruit. Courgettes grow on bushes. They look quite like cucumbers and have very soft seeds. They can be cooked with onions, tomatoes, aubergines and peppers to make ratatouille. Courgettes count towards your 5 A DAY. Dried dates make a super sweet snack. They can be chopped and sprinkled on cereal instead of sugar or honey. We use dates in our mince pie recipe. Why not try making mince pies this Christmas? And never eat the leaves! It is shaped like a bulb and has leaves that overlap each other - try peeling them off one by one to see how many there are. The leaves are a bit bitter on their own but they are delicious in a salad mixed with sweet tomatoes and slices of orange. Endive leaves have a bright yellow tip. Fennel is a plant that grows in the ground. A bulb shape grows at the base of the plant, and this is the part that you eat. Raw fennel adds a super crunchy taste to salads. You can also slice it and cook it

like onion or celery to use in casseroles. The feathery leaves and seeds add flavouring to cooking, just like herbs. They grow on trees. Fresh figs are delicious and jams and chutneys are often made from them. The skin of a fig is very thin and ripe figs do not keep or travel very well so in warm countries figs are dried. Have you ever tried figs? What other vegetables and fruit have you tried? And yes, garlic can make your breath smell a bit. We eat all different parts of plants and garlic is the bulb. You only need to use one or two of these to add loads of extra flavour to a food. Do you know what garlic looks like? Match up pairs of pictures in our fun online game and discover interesting facts. On the inside, they are sweet, juicy and jelly-like. Green grapes are also called white grapes and are dried to make sultanas. Purple ones can be called black grapes and are dried to make raisins. There are red grapes too - red grape juice tastes totally delicious! Did you know grapes are a healthy snack? Green beans are picked when they are very young - they should be bright in colour and firm. To eat the beans, the ends should be chopped off - this is called topping and tailing. They only need to be cooked in boiling water for a few minutes then they are ready to eat. In France, they are often eaten in a salad with potatoes and tuna. Ask an adult to help you make one! Green beans are a good source of fibre, which helps keep your tummy healthy. They also contain beta-carotene, which helps us keep our eyes and skin healthy. It can be round to pear-shaped with a thin skin that is green and turns yellow as it ripens. The flesh can be white or even pink, and the seeds can be eaten. The guava fruit contains lots of beta-carotene which forms vitamin A in the body and vitamin C. The flesh can make a great snack or dessert chopped up, or scooped straight from the skin.

## Chapter 3 : A-Z of fruit and veg - Great Grub Club

*All About Vegetables: Technically, tomatoes, green beans, pumpkins, squash and cucumbers are vegetables because they have seeds.*

Green Nutrition Information - Green vegetables are especially good sources of potent phytochemicals such as chlorophyll, lutein, and indoles. Vegetables in this group are especially good sources of anthocyanins and other various nutrients for each individual vegetable. There are hundreds of varieties available in many different colors, shapes, sizes, flavors, and textures. The various shades of vegetables include green, yellow, orange, red, white, and purple. Technically, the vegetable realm consists of any edible part of a plant including the leaf, stem, tuber, root, bulb, berry, and seed. In common usage however, vegetables are referred to as fleshy edible plants that are more mineral rich and less sugary than fruits. Most vegetables are easy to prepare and can be eaten raw or cooked. Around the world, vegetables are eaten as either an accompaniment to the main course such as meat or they are the main dish and meat or another protein is the side dish. Locally Grown Produce At one time, the fruits and vegetables that consumers bought had been grown on local farms and orchards or they came from family gardens. Today, due to advances in agricultural and food-handling technology, most fruits and vegetables are mass produced to be distributed nationwide. In many parts of the world, fruits and vegetables are still grown on local farms, orchards, and in family gardens. Aside from chemical-free wild plant foods, fruits and vegetables from local farms, orchards, and family gardens are the most nutritious. In several other parts of the world, modern technology has made it possible for mass production growers to harvest a steady year-round stream of produce. The produce is then distributed in refrigerated train cars and trucks to food brokers and wholesale food distributors nationwide. Although consumers in these locations are never limited to seasonal foods from their own locality, greater availability of fruits, vegetables, and other plant foods has come at a price. Mechanical growing and handling methods combined with the rigors of long distance shipping, have prompted large-scale commercial growers to be more concerned with the hardiness of the produce and less concerned with its flavor and texture. This means more nutrients and less toxins. Consumers who live in large-scale production regions of the world are becoming more aware of the differences between locally grown organic produce and that which has been grown on a large scale and shipped from suppliers nationwide. Due to the increased demand for locally grown organic produce, there has been an increase in the number of local farms and orchards who send their harvests to green markets in nearby cities. Types of Vegetables There are several ways to classify vegetables. Generally, vegetables are classified according to their botanical families or what part of the plant is eaten such as the root, stalk, or leaves. Leafy Vegetables This vegetable group includes salad greens, spinach, collards, kale, radicchio, and watercress. Leafy vegetables may grow in tight loose heads or individually on stems. A few leafy greens, such as turnip greens and beet greens, are actually the tops of root vegetables. Salad greens, such as lettuce, are usually served raw. Sturdier more flavorful greens, such as kale and collard greens, are usually served cooked. They can also be eaten raw. Most leafy vegetables are rich in carotenoids such as beta carotene, vitamin C, and are good sources of fiber and folate. They also provide varying amounts of chlorophyll, iron, and calcium. Flowers, Buds, and Stalks This vegetable group includes celery, broccoli, cauliflower, asparagus, and artichokes. Most vegetables in this category are great sources of vitamin C, calcium, and potassium. They also provide a great supply of dietary fiber. Their flavors are mild to slightly sweet. These vegetables are usually eaten alone or served with a range of sauces or other accompaniments. Seeds and Pods The vegetables in this category are the parts of plants that store energy. They include corn and fresh legumes edible pod legumes and shell legumes such as snap beans, lima beans, and green peas. Although all legumes are vegetables, dried legumes are usually placed in their own category. Generally, Seeds and Pods vegetables contain more protein than other vegetables and contain more complex carbohydrates than leafy, stalk, or flower vegetables. When these vegetables are immature and freshly picked, their carbohydrate content is in the form of sugars. In time, after harvesting, the sugars turn into starch. These vegetables tend to be good sources of B vitamins and the minerals zinc, potassium, magnesium, calcium, and iron. Roots, Bulbs, and Tubers

These vegetables grow underground and act as the nutrient storehouses of plants. This vegetable group includes onions, turnips, potatoes, beets, carrots, radishes, and parsnips. In some cases, the tops of these vegetables such as beet greens and scallions contain more nutrients than their roots or bulbs. Due to their high starch content, vegetables in this category tend to be higher in calories than most above ground vegetables. Also due to their high starch content, some of these vegetables can act more like simple sugars. This means that they can trigger rapid rises in blood sugar and insulin. When eaten in moderation, these vegetables provide a good source of nutrients. Potatoes are good sources of vitamin C and potassium. Sweet potatoes and carrots are great sources of beta carotene. Radishes and turnips are good sources of fiber and vitamin C. Several studies suggest that onions and garlic may lower blood pressure and cholesterol levels. Fruit Vegetables Eggplants, squash, peppers, and tomatoes are all part of this vegetable group. They are the pulpy, seed-bearing bodies of the plants on which they grow. Technically, in botanical classification, these vegetables are classified as fruits because they are the fleshy part of plants and contain seeds. Most fruit vegetables are higher in calories than leafy vegetables, stalks, or flowers and tend to be good sources of vitamin C. In many parts of the world, fruit vegetables are staple foods. **Selecting Vegetables** When selecting vegetables, choose those with vivid colors and crisp textures. Check for mold and avoid buying those with strong unpleasant odors. Leafy vegetables that are yellowing or browning indicate wilting and rotting. They should be vivid in their green color, moist, and crisp. Tiny holes in leafy vegetables are an indication of insect damage. When selecting flowers, buds, and stalks - florets, such as those on broccoli and cauliflower, should not have strong unpleasant odors. The florets should be tightly closed and uniform in their color. The leaves on flower vegetables should be vivid green and not wilted. The stems should be firm and crisp without any slime. When selecting vegetables in the Seeds and Pods category the husks of corn should be fresh-looking, tight, and green. Part of the husk can be pulled back to insure that the corn kernels are plump and fill the ear. The kernels at the tip should be smaller large kernels at the tip are an indication that the corn is over-ripe. The silk should be moist, soft, and light golden in color. The best way to choose fresh podded beans is at a market that sells them loose so pods of equal size can be selected. When edible pod legumes are very stiff or the seeds are visible through the pods, this is an indication that the fresh legumes are over-ripe. Fresh shell legumes should be plump and tight-skinned. Shelled lima beans should be grass-green. Fava beans should be a light grey-green. In regards to vegetables in the Roots, Bulbs, and Tubers category, roots such as those of beets, carrots, and turnips should be smooth, hard, and uniform in shape. Their surface should be unbruised and free of cuts. Their colors should be vivid. Carrots should be a healthy reddish-orange, not pale or yellow. The darker the orange color, the more beta carotene is present. The top or shoulders of carrots may be tinged with green, but dark green or black on the top of carrots is an indication of decay. The green part on the top of carrots not the leaves will probably be bitter and should be trimmed before eating the carrots. The leaves of root vegetables should be crisp and vivid green with no wilting or yellow spots. Potatoes should feel firm and be clean, smooth, well-shaped, uniform in color, and free from sprouts. A sprouting potato is an indication that the potato has started to age and may contain increased amounts of solanine a naturally occurring toxin. The eyes of potatoes the buds from which sprouts can grow should be few and shallow. The skins of potatoes should be free of cracks, wrinkles, and dampness. Green tinged skins are an indication of improper storage and also the presence of solanine. Fruit vegetables should be plump and heavy with smooth skins. Sometimes cracks may appear at the ends of stems. If there are any leaves, they should be fresh and green. **Storing Vegetables** Most vegetables should be stored in the vegetable drawer of the refrigerator also called vegetable crisper. Vegetables such as potatoes, onions, and garlic should be placed in ventilated containers and stored separately in a cool dark place instead of the refrigerator. Unused portions of cut onions can be stored in the refrigerator. All vegetables should be stored away from fruits. Fruits give off ethylene gas as they ripen, which causes vegetables near them to decay rapidly. Many health experts highly recommend cleaning and drying produce soon after bringing it home. This makes it more readily available. Organic fruits, vegetables, and herbs just need to be rinsed with cold water to remove any dirt that may have accumulated on them during picking and transporting.

## Chapter 4 : All About Vegetables – My Square Foot Garden

*All About Vegetables VEGETABLES ARE HEALTH POWERHOUSES. Many can be eaten raw, some are best lightly cooked (i.e. blanched or dehydrated at relatively low temperatures, as in "raw" food preparation), and are delicious served hot or cold.*

All About Allium Vegetables With the recent press on alliums such as onions and garlic protecting against both cardiovascular disease and cancer, we asked a friendly vegetable expert to tell us more about this family of vegetables. These versatile vegetables are high in beneficial sulfur compounds, giving them their distinctive flavor and aroma. Onions and garlic belong to the Allium genus. Allium, in fact, is derived from the Greek word for garlic. Shallots, leeks, and chives are also members of the allium family. Onions have been cultivated for thousands of years and originated in the Near East and Central Asia. They were grown not only for use in cooking, but for their antiseptic qualities. In Egypt, onions were used in mummification. The most familiar allium is the common, or bulb, onion of the species *Allium cepa*, which may have a yellow, white, red, or purple skin. While onions may be fresh, they are most commonly purchased dried. Dry onions have thick, paper-like skins. The vast majority of onions purchased at the supermarket are yellow storage onions. Red onions are good sliced and eaten raw in salads or sandwiches, or for topping a veggie burger. Common mild onions include Bermuda and Spanish varieties. Pearl onions -- which are most often white -- are the tiniest of the bulb onions, and are the top choice for boiling or pickling. Scallions may also be called spring onions, green onions, or salad onions. The green tops and the white root the developing bulb of scallions are both eaten. Bunching onions produce the best scallions with a milder taste than other onion varieties. A native to Central Asia, garlic *Allium sativum* has historically been prized for both culinary and medicinal use. Garlic has the strongest flavor of all the alliums. A hardy perennial, garlic grows as bulbs, which are made up of cloves. One type of garlic that has become popular recently is Elephant garlic, which is a separate species *Allium scorodoprasum* or *Allium ampeloprasum*. Elephant garlic has huge, very mild heads, and can either be sliced and eaten raw in salads or cooked and used as a substitute for onions. Like their garlic cousins, shallots grow as bulbs divided into cloves -- usually two, but occasionally as many as ten. Shallot bulbs grow in clusters. Shallots have a distinctive tapered shape that sets them apart from other members of the onion family. Most often a copper brown color, they may also be reddish or gray. Their flavor, sometimes described as a blend of sweet onion and garlic, make them a favorite of gourmet chefs. Leeks *Allium ampeloprasum* var. They may grow up to two feet long and two inches thick, and they do not form a bulb. France, Belgium, and the Netherlands lead the world in leek production, and leeks are often featured in French, Belgian, and Dutch cooking. Wild leeks, or ramps, are a spring delicacy in eastern North America. Chives *Allium schoenoprasum* look like tall tufts of grass. A hardy perennial, chives are in fact closely related to grass. Chives can be clipped with scissors to use straight from the garden: Garlic chives *Allium tuberosum*, also called Chinese chives or Oriental chives, are good as a mild substitute for garlic. Why not experiment by adding different types of alliums to your meals -- to spice up your soups, stews, dips, and salads!

## Chapter 5 : List of vegetables - Simple English Wikipedia, the free encyclopedia

*of over 10, results for "all about vegetables" BLUE RUSSELL LUPINE *Lupinus Polyphyllus* Flower Seed. \$ (4 used & new offers) out of 5 stars 2.*

## Chapter 6 : Vegetable Recipes - blog.quintoapp.com

*Vegetables, like fruits, are low in calories and fats but contain good amounts of vitamins and minerals. All the Green-Yellow-Orange vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin-A, and vitamin K.*

### Chapter 7 : Fun Vegetable Facts for Kids

*A great general purpose book for growing vegetables. Can be a benefit to both new gardeners and experienced gardeners. Give great guidance for timing of planting and harvesting, conditions necessary for seed germination and helpful descriptions of different varieties of several vegetables.*

### Chapter 8 : Vegetable Side Dish Recipes - [blog.quintoapp.com](http://blog.quintoapp.com)

*Radishes (all types) are so fast-growing that they can be sown several times during the growing season in most [blog.quintoapp.com](http://blog.quintoapp.com) marks the end of the season for small red radishes and the beginning of the season for larger daikon-type radishes.*

### Chapter 9 : 15 Cool Facts You Didn't Know About Vegetables | Bored Panda

*Although vegetable nutrition facts vary with each individual vegetable, vegetables of similar colors contain similar nutritional benefits. While some vegetables are considered to be super foods due to their large supply of nutrients, all edible vegetables provide exceptional nutritional benefits.*