



Build a Plant Part Salad

Background Info:

When we combine two facts – 1) that many Americans have been increasingly separated from how the food they consume actually grows and 2) that the vegetables that most Americans consume have been subjected to generations and generations of artificial selection – it's often difficult to recognize these vegetables as the plant parts that they are. Carrots, beets, and radishes, for example, have been selected for having thick, enlarged roots, and squash, tomato, cucumber, and pepper plants have been bred to produce very large fruit. Some different types of vegetables are even derived from the same species of plant, but they've just been so modified by artificial selection that we do not consider them to be the same; the best example of this is the brassicas, or the cruciferous vegetables. Kale, cauliflower, broccoli, Brussel sprouts, cabbage, collard greens, and kohlrabi are in fact all the same species: *Brassica oleracea*. By creating a salad from different plant parts, we can reconnect with the natural world and those plant species that we most rely on: the ones that we consume.

Materials:

- Large salad bowl
- Salad dressing (or make your own: add minced garlic, vinegar, lemon juice, honey, olive oil, salt, and pepper to a mason jar and shake it until emulsified)
- Edible roots*
- Edible stems/stalks*
- Edible leaves*
- Edible flowers/flower buds*
- Edible fruit*

*See next page for suggestions

How To:

1. Collect your ingredients
2. As you chop or add ingredients to the bowl, talk about which part of the plant that ingredient represents and how that plant grows
3. Enjoy your plant feast!

GRASS RIVER NATURAL AREA

Edible roots

- Carrot
- Beet
- Radish
- Turnip
- Rutabaga
- Potatoes/sweet potatoes
- Parsnips



Edible stems/stalks

- Celery
- Asparagus
- Rhubarb
- Kohlrabi



Edible leaves

- Lettuce
- Spinach
- Kale
- Chard
- Collard greens
- Mustard greens
- Raddichio



Edible flowers/flower buds

- Artichoke
- Broccoli
- Cauliflower
- Romanesco



Edible fruits

- Tomatoes
- Peppers
- Cucumbers
- Squash
- Beans
- Snap/snow peas
- Eggplant

