

EDIBLE PLANT STEMS

OCTOBER - 2021

Did you know?

- We eat the stems of certain vegetables because the leaves that we consume grow on the stem, which are then integrated into the vegetable.
- Stems help plants stand up and transport food and water to all the other parts.
- The most common edible stems are asparagus, celery, rhubarb, kohlrabi, and bamboo shoots.
- Other plant stems, such as broccoli and cauliflower, are also edible even though they are not necessarily grown for their stems.
- Many interesting products come from stems. Granulated sugar comes from the above-ground stems of sugarcane. Maple sugar is obtained from the trunks of maple trees.
 - Cinnamon comes from the bark of trees in the Cinnamomum genus.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

