

Where's the seed?

Article written by: Kate Marsland, Master Gardener

Do you know the difference between a fruit and a vegetable? Are you sure? Most people think fruits are always sweet and vegetables aren't, but that's not always true. The real difference between fruits and vegetables is that fruiting plants have flowers that develop into fruits with seeds growing inside. Fruit seeds are called *angiosperms*. Vegetable plants have flowers that develop into seeds separately, or on the outside of the vegetable. Vegetable seeds are called *gymnosperms*, which means "naked seeds".

So, have you eaten any fruits or vegetables lately? Take a look at what the grown-ups are preparing for your meals today and see if you can tell the fruits from the vegetables. Some good things to cut open and look at are apples, tomatoes, bananas and peppers. Since they have seeds inside they're fruits. You'll have to look very closely to find the tiny seeds in the banana, but they're there. Then look inside of some carrots, broccoli, cabbage or rhubarb. Those are all vegetables that are harvested before they have a chance to flower, so you won't find seeds even on the outsides.

See if you can find all of these fruits and vegetables in this Word Search:

Fruits

Tomato
Cucumber
Orange
Banana
Pumpkin

Vegetables

Radish
Carrot
Lettuce
Cauliflower
Rhubarb

