

Vegetables

VEGGIES 101

A vegetable is the **edible portion of a plant** with a **soft stem**. Vegetables are categorized by what part of the plant you can eat.

HISTORY LESSON

Vegetable farming began over 10,000 years ago in several places around the world. It grew out of gathering and collecting, and later cultivating, locally grown crops.



IT'S ALL IN THE SOIL

Farmers use machines like **discers**, **cultivators**, or **rototillers** to make sure the soil bed is soft and even —perfect for growing vegetables.

TWO WAYS TO PLANT

In Manitoba, farmers either plant seeds directly into the soil (called direct seeding) or they plant sprouted seedlings grown in greenhouses, depending on what helps each type of vegetable plant grow best.



Smart technologies help farmers irrigate their vegetable crops

HARVEST TIME

Crops are removed from the fields by **hand** or **machine**. To make sure only the highest quality vegetables reach the market, farmers take care to harvest them at exactly the right time.



FOOD FOR THOUGHT

Peppers, pumpkins, cucumbers, eggplant, zucchini, and squash are often considered vegetables, but technically, they are actually fruit! **Fruits produce seeds**, but vegetables do not.

EAT THE RAINBOW!

You should try to eat the widest range of vegetables to get the most nutrients and benefits from your diet. Vegetables are nutrient-dense foods that help keep our body healthy, packed with **fibre, vitamins, minerals,** and **phytonutrients** that give them their vibrant colours!

Vegetables are sometimes served and eaten raw, so it's important to follow regular food safety practices at home to maintain quality and safety.

