

# Fascinating Fruit & Veg Facts

## Fun Facts

### Strawberries are inside out

Strawberries are the rebels of the fruit world. Instead of hiding their seeds deep inside, they wear them like a fashion statement – on the outside! Talk about fruit with flair!



### Apples are related to roses

Roses are red, apples are sweet – turns out they're family, which is pretty neat! Apples, strawberries, pears, and even cherries are cousins of roses. They all belong to the same plant family called Rosaceae. That means when you give someone a bouquet of roses, you're not too far off from giving them a basket of fruit.

### Tomatoes are fruits

And speaking of fruits...tomatoes often crash the veggie party, but they're secretly fruits in disguise! Why? Because they grow from flowers and have seeds inside – that's the fruity rule. So technically, your spaghetti sauce is fruit sauce, and ketchup is a kind of smoothie (okay, maybe not).

### Broccoli is blooming lovely.

The part of broccoli that you eat is actually flowers which haven't opened yet.



### Carrots were originally purple

Carrots haven't always been the orange sticks we know today. The first cultivated carrots were purple and yellow. It wasn't until the 17th century that Dutch farmers bred the now-standard orange carrot in honour of the House of Orange.



### Not all oranges are orange

You might think oranges have to be... well, orange. But that's not always true. Some oranges stay green or yellow, especially in tropical places where it's warm all year. The orange colour only develops when the temperature drops a little, causing the fruit to lose its green chlorophyll. But don't worry – a green orange can still be ripe and juicy. Nature just likes to keep us guessing! The next time you see a green "orange," don't judge by the cover – it might be the zest one of all.



### Cranberries can bounce!

Cranberries have tiny air pockets inside them, so when they're nice and fresh, they can actually bounce! In fact, that's how cranberry farmers test if they're good – by dropping them! If they bounce, they pass the test.

### And finally....

Did you know peas were once a luxury item and even used as currency in some countries.

There are so many fun facts about the food we eat. Why not find out more for yourself?

# IT'S JOKE TIME...

Q: What do you use to open a banana?

A: Mon-keys!

## Fun Fact:

Bananas grow in bunches called 'hands' and each individual banana is known as a 'finger'

Q: Why was the Prune busy on a Friday night?

A: Because it had a date

## Fun Fact:

A prune is simply a dried plum

## Fun Fact:

Leeks have been farmed since the time of the Ancient Egyptians and were probably eaten by the people who built the pyramids.

Q: Why did the vegetable call the plumber?

A: It had a leek

## Fun Fact:

Bananas are typically picked when they are green and then ripen to yellow after harvest.

Q: Why did the banana go to the hospital?

A: Because it wasn't peeling well

Q: What do you call an apple that plays the trumpet?

A: A tooty fruity!

## Fun Fact:

Apples float in water because they are 25% air!

Q: What was the snowman doing in the vegetable patch?

A: Picking his nose!

## Fun Fact:

It is true that eating massive amounts of carrots can sometimes cause a person's skin to turn yellowish orange

## Fun Fact:

Apricots are related to peaches and plums

Q: What is King Kong's favourite food?

A: Ape-ricots!

## Fun Fact:

A single orange can provide all the vitamin C you need for a whole day

Q: Why did the apple lose their job at the orange juice factory?

A: They couldn't concentrate!

Q: What do you call a retired vegetable?

A: A has bean

## Fun Fact:

Beans are seeds. Inside each bean is a tiny plant waiting to grow

Q: Why wasn't the strawberry moving in traffic?

A: They were stuck in a jam

## Fun Fact:

A typical strawberry has about 200 seeds

## Fun Fact:

Blueberries are native to North America, Scandinavia and some parts of Asia

Q: What is a ghost's favourite fruit?

A: Boo-berries

## Fun Fact:

It takes the energy of 50 leaves to produce one apple.

Q: How does Granny Smith make phone calls?

A: On her Apple Iphone

