

Strawberries do not ripen after harvesting

Apple bananas are a smaller type of banana

Papayas grow in Hawaii, as well as Mexico and other countries in Central America

Avocados go great in sandwiches, on toast, or with scrambled eggs

The peak mango season in Hawaii is between March and November

Poi is made by pounding together taro and water

Beets are a vegetable that grows underground

Even if your garlic sprouts, it is still usable!

Basil is a common herb used in Italian cooking

Garbanzo beans are also called chickpeas

White onions give off a gas when cut that makes us cry

Dried plums are known as prunes

Most green beans grow on vines

Honeydew melon is a type of winter melon

The dots on the pineapple are called "eyes"

Starfruits are ripe  
when yellow in color

The word  
"edamame" means  
"beans on branches"

Baby corn can be  
eaten whole- not like  
corn-on-the-cob

Daikon is the yellow  
pickle found in sushi

Mung bean sprouts  
can be eaten raw or  
cooked

Red peppers are not  
spicy- they are  
actually sweet!

Water chestnuts  
grow underwater

Yams are a type of  
sweet potato

Kabocha is called  
Japanese pumpkin

Oranges are a  
source of Vitamin C

It's ok to eat the  
seeds in a guava  
fruit. They're  
edible!