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!

Garbanzo beans are also called chickpeas.

Dried plums are known as prunes.

Honeydew melon is a type of winter melon.

Basil is a common herb used in Italian cooking.

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

Most green beans grow on vines.

The dots on the pineapple are called “eyes”.
Starfruits are ripe when yellow in color.

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

Mung bean sprouts can be eaten raw or cooked.

Water chestnuts grow underwater.

The word “edamame” means “beans on branches.”

Daikon is the yellow pickle found in sushi.

Red peppers are not spicy— they are actually sweet!

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!