

# Vegetables

Edible parts of plants that are **not**:

Fruit

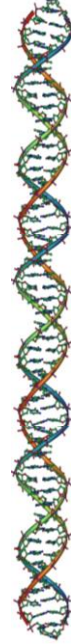
Seed

Vegetables are:

Leaves, stems, roots



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# Plant Toxins

Why do they exist?

Alkaloids – bitter, poisonous

Potato sprouts

Protease inhibitors – block digestion

Soy/kidney/lima beans (undercooked)

Flavors – If some is good, more kills

Oxalates – insoluble crystals, “gout”

Spinach, chard, beets, rhubarb



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# Plant Tissues

## Ground

Most of the cell mass, thin cell walls

## Vascular

Nutrient transport, tough & fibrous

## Dermal

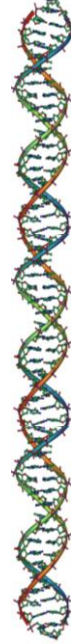
Surface (“skin”), epidermis/periderm

## Secretory

Oozes things...



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# What do we eat?

## Roots

## Stems

## Leaves

## Flowers

## Fruits

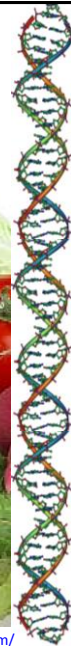
## Seeds



Image: <http://sagharborfoodpantry.com/>



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# Fruit & Veg Allergies

Fruit = Pollen

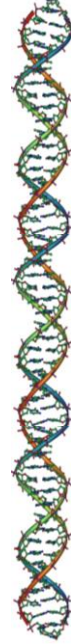
Allergies – reaction to “foreign” bits

Can be severe, deadly

“Oral allergy syndrome”



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# OAS Triggers

**Alder pollen:** almonds, apples, celery, cherries, hazel nuts, peaches, pears, parsley, strawberry, raspberry

**Birch pollen:** almonds, apples, apricots, avocados, bananas, carrots, celery, cherries, chicory, coriander, fennel, fig, hazel nuts, kiwifruit, nectarines, parsley, parsnips, peaches, pears, peppers, plums, potatoes, prunes, soy, strawberries, wheat; Potential: walnuts

**Grass pollen:** fig, melons, tomatoes, oranges

**Mugwort pollen :** carrots, celery, coriander, fennel, parsley, peppers, sunflower

**Ragweed pollen :** banana, cantaloupe, cucumber, green pepper, paprika, sunflower seeds/oil, honeydew, watermelon, zucchini, echinacea, artichoke, dandelions, honey (if bees pollinate from wild flowers), hibiscus or chamomile tea

Possible cross-reactions (to any of the above): berries (strawberries, blueberries, raspberries, etc), citrus (oranges, lemons, etc), grapes, mango, figs, peanut, pineapple, pomegranates, watermelon



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List from: [http://en.wikipedia.org/wiki/Oral\\_allergy\\_syndrome](http://en.wikipedia.org/wiki/Oral_allergy_syndrome)

