St1903a Botany – Edible Plants

(music)

Joan Cartan-Hansen, Host: THE EARTH HAS MORE THAN 80,000 SPECIES OF EDIBLE PLANTS BUT HUMANS ONLY USE ABOUT 2000 PLANTS TO MAKE FOOD.

OF THAT, ABOUT 90 PERCENT OF THE FOOD WE EAT COME FROM ABOUT 30 PLANTS.

AND JUST THREE PLANTS PROVIDE US WITH A LOT OF THE CALORIES WE EAT EVERY DAY.

THEY ARE: RICE, MAIZE, AND WHEAT.

THINKING OF EXPANDING YOUR DIET?

WELL, BE CAREFUL OF PESTICIDES AND CHECK BEFORE EATING SOMETHING IN THE WILD.

BUT HERE ARE a few IDEAS…

SOME TULIP BULBS CAN BE SUBSTITUTED FOR ONIONS IN A RECIPE.

CAT TAILS ARE MOSTLY EDIBLE.

AND YOU CAN USE ALL The PARTS OF THE DANDELION PLANT.

THE FLOWERS CAN MAKE WINE, THE LEAVES ARE A GOOD SOURCE OF VITAMIN K AND THE ROOTS MAKE A DRINK THAT TASTES A BIT LIKE COFFEE.

CHECK OUT THE SCIENCE TREK WEBSITE FOR MORE INFORMATION ABOUT THIS AND ALL OUR SCIENCE TOPICS FOR KIDS.

YOU’LL FIND IT AT IDAHOPTV.ORG/SCIENCE TREK

(Music)