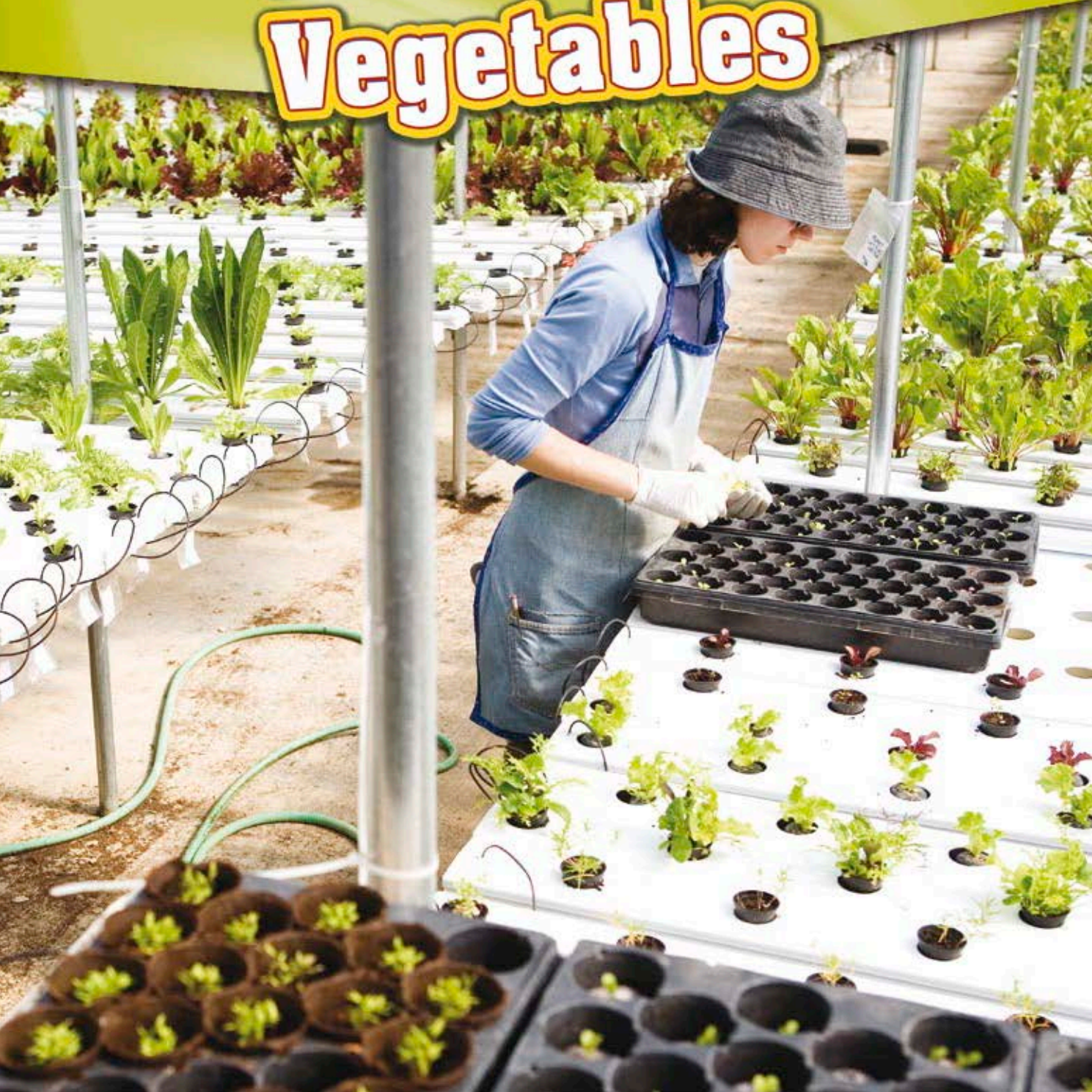


THE TECHNOLOGY OF FARMING

Producing Vegetables



The Technology of Farming

Producing Vegetables

Casey Rand





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Some words appear in the text in bold, **like this**. You can find out what they mean by looking in the glossary.

What are vegetables?

You probably know that brussels sprouts, carrots, and spinach are all types of vegetables. Vegetables are something we eat. They are the part of a plant that we can eat. But what makes a vegetable a vegetable? How do vegetables grow? And how do vegetables get from a farm to your kitchen?

A healthy diet

Vegetables are a major part of a healthy diet. Most vegetables contain a lot of vitamins and minerals. They are very good for you. Doctors recommend that you eat five or more portions of fruit or vegetables a day.

Plant food and energy

Vegetables are parts of plants that are good to eat. Vegetable plants grow in **soil**. Soil is made up of tiny pieces of rock and clay, as well as rotted plant and animal remains. Vegetable plants need many things, such as minerals and water, to grow. These things are called **nutrients**. Vegetable plants absorb many nutrients, including water, from the soil in which they are growing.

Like all plants, vegetables capture and store energy from the Sun. They use this energy to make sugars from **carbon dioxide** and water. This process is called **photosynthesis**. The sugars produced during photosynthesis can be used by the plant for energy and to grow. During this process oxygen is released as a waste product. Humans and other animals need oxygen to breathe. Without plants there would be no oxygen available, and animals and humans could not survive.