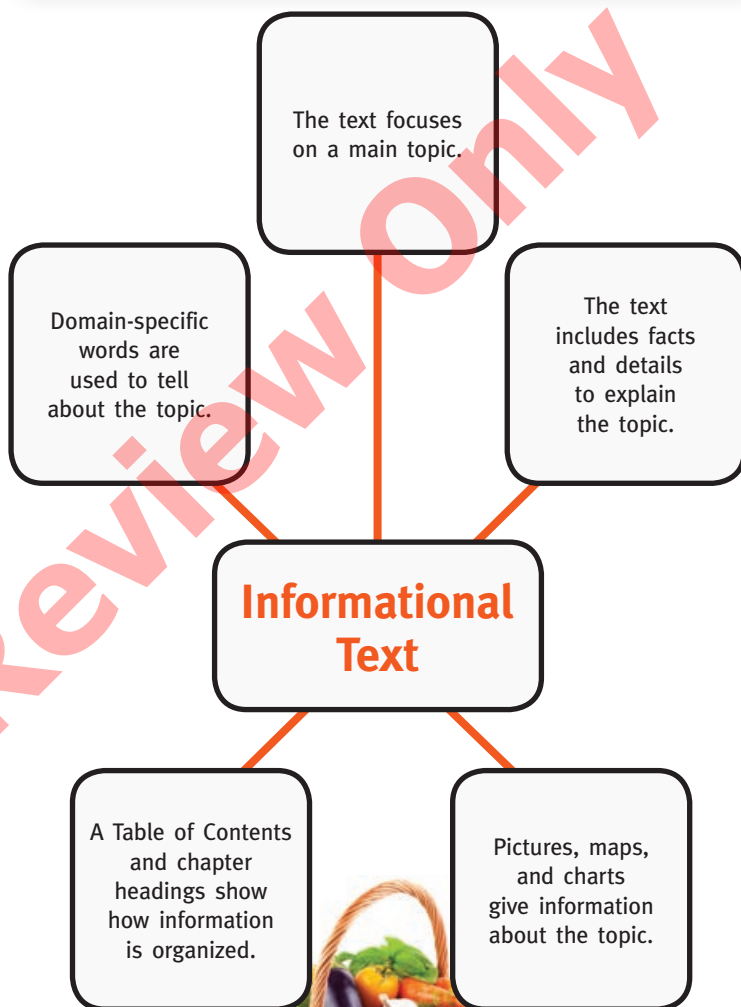


# Delicious Vegetables



## Informational Text

Look for the genre features noted below as you read this book. Use the features to help you understand the text.



© Benchmark Education Company, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system, without permission in writing from the publisher. © Printed in Guangzhou, China. xxxxxxxxxx

LEXILE® is a trademark of MetaMetrics, Inc., and is registered in the United States and abroad.

E-books and additional digital resources available at [benchmarkuniverse.com](http://benchmarkuniverse.com).

ISBN: 978-1-5322-2678-6

Toll-Free 1-877-236-2465  
[www.benchmarkeducation.com](http://www.benchmarkeducation.com)  
[www.benchmarkuniverse.com](http://www.benchmarkuniverse.com)

BENCHMARK EDUCATION COMPANY  
145 Huguenot Street • New Rochelle, NY • 10801



# What Grows Above Ground?

Many kinds of vegetables grow in a vegetable garden. All vegetables come from seeds. To **cultivate** them, first we plant the seeds in **fertile** soil. Fertile soil is good for plants. Seeds also need water and sunlight to grow.



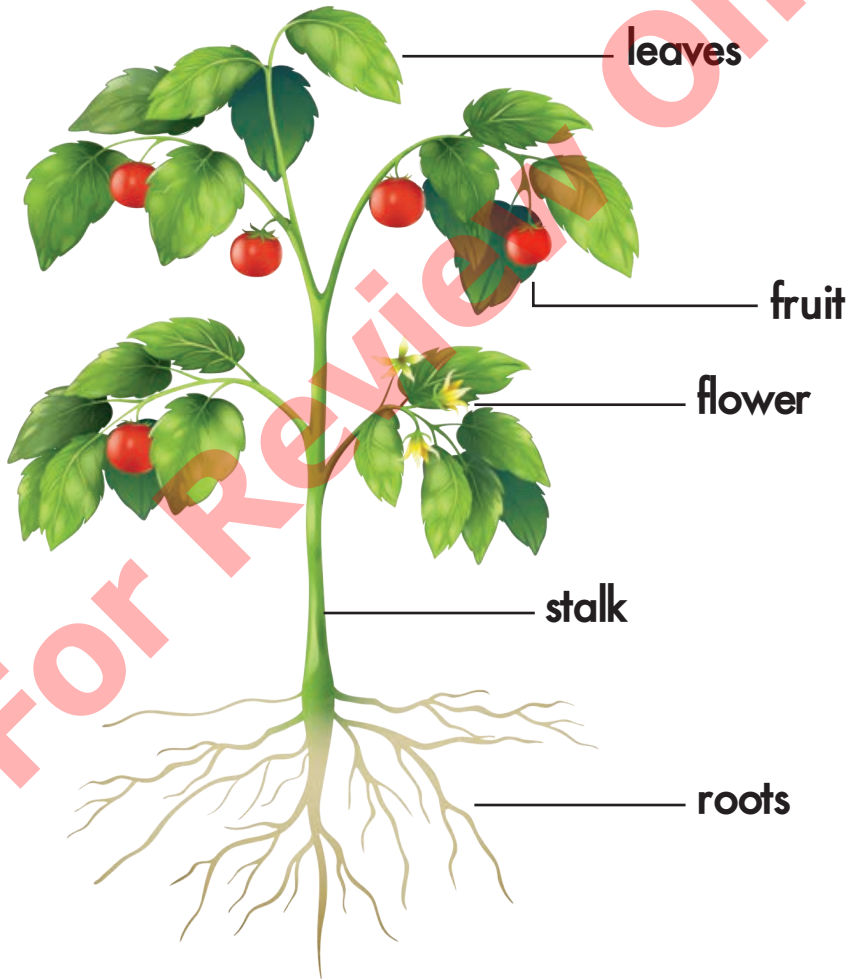
Farmers know the best time  
to plant seeds.



◀ It's important to plant  
seeds at the right time.



Roots and **seedlings** grow from seeds. Seedlings appear above ground. Stalks and leaves grow from the seedlings.



Some vegetables grow on stalks. These vegetables are **edible**. This means they can be eaten.

Chili peppers grow on stalks. They are edible. Chili peppers come in different colors. There are yellow, red, and green chili peppers. Some of them are sweet, but others are spicy hot.

- ▼ Serrano chili peppers grow in Mexico. They are very hot.



Corn also grows on stalks. Corn can be used to make products such as medicine, paper, and even toothpaste!

▼ Corn grows on stalks.



The leaves of some plants are edible. Lettuce and spinach leaves can be eaten **raw** or cooked.

▼ There are different kinds of lettuce.



# What Grows in the Ground?

Sometimes, the edible part of a plant grows in the ground. These plants are called root vegetables. Radishes and turnips are root vegetables.

How do we know what vegetable is growing when we see only its leaves?

If we know what the leaves of each vegetable plant look like, we know what's in the ground.



- ▲ These are red radish leaves. The red radishes grow in the ground.



- ▼ These are purple-and-white turnip leaves. The purple-and-white turnips grow in the ground.

