Plant parts don't just have an important role in the growth of a plant, they are also part of a healthy diet. Here are some ideas for making a tasty plant part salad.

**Roots** - carrots and radish.

**Stems** - asparagus and celery.

**Leaves** - lettuce, spinach, cabbage and parsley.

**Flowers** - broccoli and cauliflower.

**Fruits** - apples, avocados, cucumbers, green beans, peppers, and tomatoes.

**Seeds** - sunflower seeds, corn and garden peas.