



Did you know?

Most people think they know the difference between fruits and vegetables but there are some really surprising facts that you may not know...

Is it a fruit....is it a veggie?

Tomatoes—veggie. Yes? NO! Tomatoes are fruit

Pumpkin—veggie. Yes? NO! Pumpkins are fruit too

Pineapple—fruit? Yes BUT pineapples are actually classified as BERRIES like grapes, blueberries and—surprisingly—EGGPLANT and AVOCADOES!

“Hey Angus—does this mean we’re going to be called the Berry Brothers from now on? “

“Berry funny Eddie, I think we’ll stick with Veggie Boys what do you reckon?!”)

It is interesting to note that STRAWBERRIES are NOT berries despite their name, they are in fact just a fruit.



Bananas are the BERRY of the world’s largest HERB plant!

Some other vegetables that are actually fruit are cucumbers, beans, sunflower seeds and olives.



Broccoli and cauliflower are both vegetables but they’re also actually FLOWERS!

Q: What’s the biggest selling fruit in the world?

A: Apples? Bananas?

Actually MANGOES are the number 1 selling fruit in the world! People in India, China and South America eat lots of mangoes every day the same way we eat apples or bananas.



(At Veggie Boys we sell way more bananas and apples than we do mangoes! Bananas are in fact the most popular fruit in New Zealand and tomatoes are the most popular “vegetable”.)



Fun Facts!

Kiwifruit have twice the amount of Vitamin C as oranges

Eating an apple is a better way of staying awake than drinking coffee! The natural glucose in apples is released in your body during digestion and helps keep your body awake for an hour or two. Apples are much healthier too!

An average strawberry has around 200 seeds

Olive trees can live for more than 1500 years. The oldest olive tree in the world is 5000 years old and is STILL producing fruit!

Pressing a slice of cucumber to the roof of your mouth for 30 seconds can help with bad breath.

Carrots used to be purple, red, yellow and white until the 16th century when Dutch farmers started to develop the orange coloured ones which our modern carrots originate from.

Peanut oil can be utilised to make Nitro-glycerine which is a key component in Dynamite!

In an emergency coconut water can be used instead of blood plasma as coconut water possesses a perfect Ph level and is also sterile.

When you store potatoes, put an apple with them to stop them sprouting. The apple helps extract moisture from the air which stops the potatoes sprouting.

Darker green vegetables contain more Vitamin C than light green ones.

A stick of celery only has 10 calories. It takes the body more calories to eat and digest a stick of celery than the celery has in it which is why many people on diets eat celery sticks as a snack.