

Some interesting facts about coconuts:

- Coconuts usually grow in the coastal regions. In India, it does not naturally grow in the North for two reasons: they need saline soil to grow, coconut tree is very sensitive to extreme cold in the winters.
- Coconut got its name from Cocos island in the Pacific Ocean, where it is supposed to have come from. Coconuts float in the water and this is how it has travelled long distances in the sea to reach India.
- Coconuts starts to yield naturally after 7-8 years. Flowers are seen throughout the year. Nuts take 9-10 months to come to maturity.
- Do you know what the eyes of the coconut are like? When the seed germinates, the young root and stem emerge through these eyes.
- Coconut water contains several nutrients and the coconut meat is used in many of our dishes.
- The stem of a coconut tree does not expand with age like other trees, but they have blackened scars formed from the leaves that are shed.
- Coconut shells are used for making kitchen utensils.



Some interesting facts about Drumstick:

- Edible part of a drumstick are tender leaves and old leaves, soft tips, flowers, and pod.
- Tender leaves can be eaten directly in a salad, while older leaves should be steamed or cooked.
- There are a lot of medicinal properties: for instance, it helps in fighting diabetes, high blood pressure.
- Drumstick seeds can purify water.
- They are easy to grow (you could try), you just have to plant a sufficiently long stem (1 meter) to the ground.
- Drumstick leaves are nutritious, you should definitely add it to your menu – it has vitamins and proteins to make you strong.



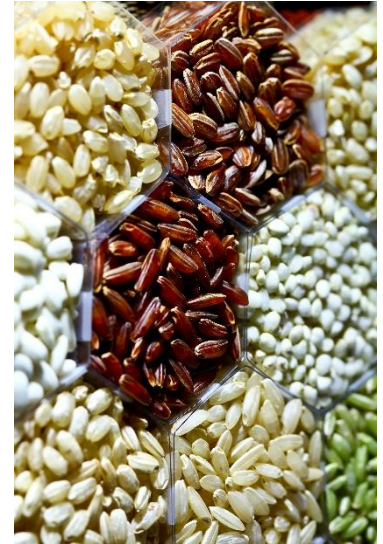
Some interesting facts about Banana:

- Banana trees do not have wood like many other trees.
- Flowers of banana trees are used for cooking and are very tasty.
- Each tree bears fruit only once in its life-time.
- Edible parts of banana are its fruit, stem and flower. Its leaf is used for serving food.
- Juice of banana stem leaves stain on your cloths – but this juice can be used as an antidote for snake bites.



Some interesting facts about Rice:

- Rice is the oldest known food, rice has been feeding us for 5000 years. How old are you??
- Rice provides fast and instant energy.
- Long ago, rice was even used for construction – it was mixed with lime to built walls in a city in China.
- China is the birthplace for rice – in China, a typical greeting instead of ‘How are you’ or ‘Vanakkam’, is ‘Have you had your rice’ or ‘Soru saaptiya?’
- Rice can be found in three types - short, medium and long. A variety of long rice with a special smell called the ‘Basmati’ is cultivated near the Himalayas – remember this when you eat biriyani next time.



Some interesting facts about Chili:

- Birds love eating chilies but they don't feel the burning sensation we feel.
- Chillis have a lot of Vitamin C – which will help you to fight against diseases. However don't eat them right away, you will get yourself hurt.
- Long ago, chili was even used as currency.
- If you have accidentally eaten chili, to get rid of the burning sensation it is advisable to have milk, curd or sugar. Water will not help reduce it.

