

WHAT IS FRUIT?

Fruit grows on trees and bushes and is generally eaten as a snack. Fruit is usually much sweeter than vegetables. The main fruits that grow in Ireland are **apples, strawberries, raspberries, blackberries** and **gooseberries**. Oranges and bananas are also very popular in Ireland but are not grown here as our climate does not suit their growth. However, the use of plastic tunnels and **greenhouses**, to control the temperature, makes it possible to grow many different fruit and vegetables in most countries.

TYPES OF FRUIT

PIP FRUITS

The **pips** inside these fruits are the seeds. They are stored inside the core and can be found inside fruits such as apples, grapes and pears.

BERRIES

These are grown on plants or bushes and include fruit such as strawberries, raspberries and gooseberries.



CITRUS FRUITS

Citrus fruits are juicy and have a thick **rind** e.g. oranges, grapefruits lemons, limes and mandarins. Citrus plants can be grown in Ireland but they will not produce fruit as their growth depends on a warmer climate.

STONE FRUITS

Stone fruits have a large seed inside called a stone and include fruits such as cherries, peaches and apricots.



EXOTIC FRUITS

Exotic fruits are only grown in certain parts of the world e.g. kiwis in New Zealand and bananas in countries like Asia and South America.



APPLES

Apples are pip fruits and are one of the main fruits grown in Ireland. They grow on trees and are picked when they are ripe. The **stalk**, (which sticks out of the top of the apple) attaches them to the tree. Apples come in many different colours e.g. red, yellow and green and have a tough outer skin. The inner part of the apple, which we do not eat, is called the core. The core contains the apple's **seeds** which we often call pips. Apples are used in many different ways. For example, deserts, drinks, vinegar and sauces.

