

Vegtember – What counts as a Plant?

Vegetables — 1 plant

Asparagus	Aubergine	Beetroot	Broccoli
Brussels sprouts	Butternut squash	Cabbage	Carrot
Cauliflower	Celeriac	Celery	Courgette
Cucumber	Fennel	French beans	Garlic
Jerusalem artichoke	Kale	Kohlrabi	Leek
Lettuce	Mangetout	Okra	Onion
Pak choi	Parsnip	Peas	Peppers
Potato	Pumpkin	Radish	Rocket
Runner beans	Samphire	Spinach	Spring onion
Swede	Sweet potato	Sweetcorn	Swiss chard
Tomato	Turnip	Watercress	Wild garlic

Fruit — 1 plant

Apple	Apricot	Banana	Blackberry
Blueberry	Cherry	Clementine	Coconut
Cranberry	Date	Fig	Gooseberry

Grape	Grapefruit	Kiwi	Lemon
Lime	Lychee	Mango	Melon
Nectarine	Orange	Passion fruit	Peach
Pear	Persimmon	Pineapple	Plum
Pomegranate	Raspberry	Redcurrant	Satsuma
Strawberry	Watermelon	Raisins	Sultanas
Other dried fruit			

 Beans, peas & lentils — 1 plant

Adzuki beans	Black beans	Black-eyed beans	Borlotti beans
Butter beans	Cannellini beans	Chickpeas	Edamame / soya beans
Green lentils	Puy lentils	Red lentils	Brown lentils
Kidney beans	Mung beans	Pinto beans	Split peas
Yellow split peas			

 Wholegrains — 1 plant

Amaranth	Barley	Buckwheat	Bulgur
Brown rice	Wild rice	Millet	Oats
Quinoa	Rye	Sorghum	Spelt

Teff	Wholewheat	Wholegrain bread	Wholegrain pasta
Wholegrain couscous	Other wholegrains		

Note: For a more scientifically consistent approach, count the **grain itself** rather than counting every product made from it. For example, wholewheat bread and wholewheat pasta are both **wheat**, so together they count as one plant.

 Nuts — 1 plant

Almonds	Brazil nuts	Cashews	Chestnuts
Hazelnuts	Macadamias	Pecans	Pine nuts
Pistachios	Walnuts	Peanuts	Chia seeds

 Seeds — 1 plant

Flax / linseed	Hemp seeds	Poppy seeds	Pumpkin seeds
Sesame seeds	Sunflower seeds		

 Herbs — ¼ plant

Basil	Bay	Chives	Coriander
Dill	Fennel leaves	Lemon balm	Lemongrass
Mint	Oregano	Parsley	Rosemary
Sage	Tarragon	Thyme	

Why ¼? Herbs can contribute useful plant compounds and dietary variety, but they're usually eaten in much smaller quantities than vegetables, fruit, pulses, grains, nuts and seeds.

 Spices — ¼ plant

Allspice	Cardamom	Chilli	Cinnamon
Cloves	Cumin	Fennel seed	Ginger
Nutmeg	Paprika	Black pepper	White pepper
Star anise	Turmeric	Mustard seed	

Other items

Mushrooms	1 plant point
Coffee	¼ plant point
Black tea	¼ plant point
Green tea	¼ plant point
Herbal tea	¼ plant point

Dark chocolate (70%+ cocoa)	¼ plant point
Extra-virgin olive oil	

Some approaches to the 30-plants challenge count coffee, tea, extra-virgin olive oil and dark chocolate because they contain plant compounds. Others don't count them, or give them a fractional point. Mushrooms aren't botanically plants — they're fungi — but they're commonly included in plant-diversity challenges because they're an important source of fibre and other compounds.