

Veggie likes and dislikes. A modest survey.

December 2024

I asked my Facebook friends:

What's your least liked veggie and why?

What's your most favorite veggie and why?

Here's what they said with comments from me also.

Eggplant was the clear winner. Given the spread to get five likes and no dislikes is pretty good. It's also my favourite for its versatility and flavour. A good smoky Baba Ghanoush is one of great spreads. I make a good jam of it and love eggplant tagine

One of my most favourite is Eggplant. You can bake, boil, BBQ; you can stuff, mash, cube, slice, season or combine with anything; you can put in soups, you can serve as a main course, you can use in a salad; it is featured in various ways across almost every cultural cuisine; it looks good; it has a beautiful colour and looks great on the kitchen table; it is big on umami ; it feels good in the mouth; it is featured in many legends and folk tales; and, it has medicinal and magical uses.

What's not to like.

I love eggplant baked so it's crispy on the outside and creamy inside. It's so comforting and feels so good in the mouth.

Best is eggplant...yummy and versatile!!

Most favourite is eggplant or avocados

I'm another vote for eggplant, so many ways to use it and such great flavours.

Okra was the most controversial. Me, I grew up eating them fried then curried and love the mucilaginous feel.

I love okra because it changes so much as you cook it and it has the most intriguing flavour and texture.

I love okra.

Ladies' fingers - okra. Slimy and force fed at mealtimes at boarding school.

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Probably least favourite are those that slime when cooked like okra.

Cucumber was mostly disliked. Me I like a cucumber and yoghurt raita or cucumber sandwiches made with the whitest of white breads crust cut off.

Cucumber...don't like the taste or smell & it repeats on me for hours.

I really like all vegetables, but cucumber is my least favourite, I like it more if the texture is disrupted in some way.

I have cucumber pretty much every day so that's my favourite cold vegetable.

Least - cucumber, repeats on me every time.

Cucumber...don't like the taste or smell & it repeats on me for hours.

My least favourite is also cucumber - skin off makes it tolerable. I do have a Mexican recipe

for cucumber soup which was nice though. I never buy it but my co-householder does so I eat it quite frequently

I love almost all veggies but especially cauliflower and cucumber.

Pumpkin got a good rap. I like it as a curry with the skin on to hold it all together. Or baked whole with the insides scooped out and meltable cheese and cinnamon toast filling the hole.

Favourite hot veg. is pumpkin, roasted, oh god this is so hard because I like anything roasted..
Like all but maybe roasted pumpkin and fresh peas are favourites
Roast pumpkin is divine and useful for so many delicious dishes: cold or warm.
Pumpkin is second.

Potatoes were liked but also disliked.

Not keen on sprouts; love spuds.

I dislike the insipid watery WA potatoes which are a travesty of nature and should be banned.
My least favourite is probably the humble kestrel potato.

Spinach got some likes.

Most - spinach, love growing it, eating it, adding it, I could eat it every meal

Least favourite is silverbeet (was forced to eat it as a kid). I do enjoy English spinach though.

Mushrooms also got the thumbs up. (Two thumbs up from me)

Most favourite, mushrooms, so versatile!

As a vegetarian, mushrooms add umami to a lot of dishes.

Others that got a good rap.

Most liked ...carrots , sweet raw or cooked . Love carrot soup.

Favorite - carrots Least favorite - radishes (they bore me and but for a tiny amount of Vit C have nothing useful).

Ooh celeriac! It's the most versatile vegetable. Raw it's great, baked it's great, mashed it's amazing. (Celeriac is also a favourite with me with celeriac and leek soup up there with fave dishes)

Love roasted sweet potato in a soup or salad or hot out of the oven with a baked dinner.

I love baked crispy Brussel sprouts, how good are they baked rather than boiled.

Broccolini is both tasty and versatile – great in stir-frys, excellent steamed, and very good carefully barbecued or cooked with garlic in a grill pan. I also have to add that I don't think I would survive without garlic.

Are we pretending tomatoes aren't a vegetable? I can't see them as a fruit. They are my absolute favourite and must be eaten every day

Favourite is cauliflower- delicious baked, steamed, raw, puréed or curried. It takes on flavours without losing its identity. (Love a baked whole cauliflower covered in a parmesan white sauce).

Oh the humble choko! What a subtle creamy flavour! Some argue it is a fruit, well I could eat it for dessert. There are no vegetables I dislike so I will also say I love capers. (Totally agree re choko)

And some that were least liked.

Least favorite - radishes (*they bore me and but for a tiny amount of Vit C have nothing useful*).

I love French radish slices in a salad.

Least favourite - Brussels sprouts. (I love, em)

Zucchini is tasteless and soggy and nutritiously bereft! Yuck! (A stuffed zucchini is a thing of joy for me)

Least favourite green capsicum. (Nice smashed and mixed with avocado, tomato, onion, and coriander in guacamole)

I don't like parsnips.

Least Coriander , tastes like chemicals.

Missing in action are beans, beetroot, lettuce and peas. Beans perhaps take too much effort to string. Perhaps there is a feeling that beetroot only belong in a hamburger. I suspect the lettuce brings back too many memories of a wilted lettuce, vinegar dressed and something salad. Peas are pretty tedious to shell and I have to admit I use the frozen ones.