

All About Seeds



Sunflowers are a plant with seeds we can eat.

A seed contains everything that is needed for a plant to grow except water, healthy soil, air and sunshine. Bees help make seeds. In return, seeds grow into plants that make pollen.



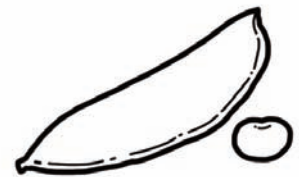
Did you know that strawberries have their seeds on the outside?

A strawberry flower is made of many tiny flowers fused into one big flower. The little dots on the surface of a strawberry are the seeds of each flower.



How come some fruits don't have seeds?

There are two main reasons: Some fruits, like seedless watermelons, have been bred to produce as few tiny seeds as possible. Other plants, like pears, are able to produce fruit without being pollinated. When this happens, the resulting fruit won't have any seeds.

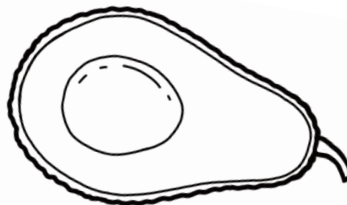


Do you think beans are seeds?

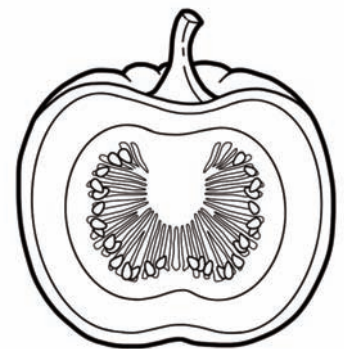
You likely don't think of beans (like kidney, pinto and black beans) as seeds, but they are the seeds of a bean plant. They grow inside a green, fleshy pod. Nutritionally, beans are unique: they are considered both a vegetable and a protein food.



Many plants have seeds we can eat. You can carve a pumpkin and roast and eat its seeds, or dry the seeds out and save them to plant.



How big are seeds? Seeds come in all shapes and sizes. Avocados have one large seed.



Can you think of some other seeds we can eat?

How about sesame and sunflower seeds? Seeds are packed with nutrients our bodies can use because they have those nutrients stored inside them to grow into a plant!