

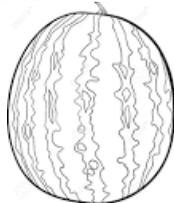
Seed Trivia

- An ear of corn averages 800 kernels in 16 rows.
- During the Civil War, soybeans were used in place of coffee because real coffee was scarce.
- The three seed crops grown most in the United States are corn, soybeans, and wheat.
- If all the strawberries produced in California this year were laid berry to berry, they'd wrap around the world 15 times.
- A teaspoon can hold about 2000 carrot seeds.



Did You Know...?

Seedless grapes were invented in 1876. Seedless watermelons were invented in 1951. These fruits have few or no mature seeds. Sometimes, people see the **white seed coats** where a seed did not mature and think these are seeds, but they are not. They are perfectly safe to swallow while eating, and don't worry – no seeds will grow in your stomach!



Joke Time

1. What do you call an ear of corn with only one kernel?
2. How many soybeans can you put in an empty bag?



Joke Answer:

1. A unicorn
2. One. After that, the bag is no longer empty.



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Links to Agriculture Seeds, Seeds, Seeds!



What Are Seeds?

A seed is a miniature plant. Most seeds have a built-in food supply that when combined with sunlight, soil and water will produce a plant. Seeds are a source of food for people and animals. You may not realize it, but you eat seeds all the time. Sometimes you eat whole seeds, sometimes you eat ground up seeds, and sometimes you eat the oil that comes from seeds.

Whole Seeds

Seeds from pumpkins and sunflowers can be eaten as a snack. Some seeds like peas, lima beans, and green beans are eaten as a vegetable or put into soup. Kidney beans are an ingredient in chili and baked beans are served with hot dogs. Don't forget that you are eating seeds when you have corn on the cob. It could be called "seeds" on the cob!

Salad ingredients like tomatoes and cucumbers are full of seeds you eat. While you don't eat the seeds from apples and peaches, there is one fruit that is covered with seeds you eat. Strawberries are the only fruit that has its seeds on the outside. One strawberry may have as many as 200 seeds!



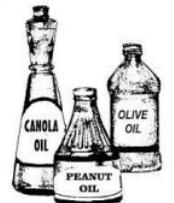
Ground Up Seeds

Seeds can be ground into a powder known as flour. Flour is used to make bread, cake, cookies, and even pancakes. Wheat is the most used seed for making flour, but corn, rice, quinoa, and other types of seeds can also be ground into flour. Many spices used in cooking are also ground up seeds.



Oil from Seeds

Some seeds provide both food and oil. We get corn oil and soybean oil from corn and soybean seeds. Check out the margarine in the refrigerator or the bottle of oil used to make salad dressing and you will most likely see that it contains either corn or soybean oil. An amazing use of soybean oil is soy lecithin which is used in chocolate candy to keep the cocoa and cocoa butter from separating.



Check out your meals and snacks and see how many times a day you eat seeds!

How Well Did You Read?

Choose the best answer.

1. What does a seed need to become a plant?

- seeds on the outside
- sunlight, soil, and water
- oil from corn and soybeans

2. Seeds are a source of food for

- fruits and vegetables
- salads
- people and animals

3. What are the ways we eat seeds?

- whole
- ground
- in oil
- all of the above

4. Which seed is most often used to make flour?

- pumpkin
- rice
- wheat

5. Where can you find soy lecithin?

- in corn
- in chocolate candy
- in vegetables

6. What are your favorite seeds to eat? Why do you like these seeds?



Germinating Beans

Materials:

- 1 pinto bean
- 1 ziploc bag
- 1 paper towel
- Spray water bottle

Instructions:

1. Dampen paper towel with spray bottle.
2. Place wet paper towel in Ziploc Bag.
3. Place bean on top of wet paper towel.
4. Close ziploc bag.
5. Place ziploc bag in a warm, sunny spot.
6. Add water to paper towel when it dries out.
7. Observe your plant growing in 3-5 days!

How it Works:

What's going on? Germination! That means the plant is sprouting its roots. You can't see the roots sprout when the seed is under soil, but since there is no soil in this experiment you can see the whole process!

Additional Experiments:

Option 1: Prepare two bean plants but put one in a sunny area and one in a dark area. Observe their similarities and differences. Chart your bean plant's growth each day using a ruler.

After 2 weeks, move your bean plant to some soil. Remember to water it and give it some sun!

Option 2: Try the experiment above with 2 seeds. Place the seeds in opposite directions on the paper towel. After 3-5 days, observe the growth of the roots and sprout.

Did the roots grow in different directions or the same direction? Why do you think this is?

