Week One
Seeds

Lesson Objectives:

- Students will be able to identify up to 1-5 seeds.
- Students will be able to compare and contrast different types of seeds.
- Students will be able to describe different uses for seeds.

Key Words//Concepts:

- *Seed*: A seed contains a miniature plant, called an embryo, that can develop into a fully grown plant.
- *Sow a seed*: plant a seed (ex. corn and bean)
- *Edible seed*: a seed we eat (ex. sunflower and pumpkin)
- *Seedball*: a marble-shaped compound (ex. clay and peanut butter) that surround seeds that are for planting and/or for eating.

Lesson Activity One: Native/Indigenous Plant Seedball

Activity Materials: ***(potting soil, clay, and compost are combined for F2S partners)***

- potting soil
- clay
- compost
- Monarda fistulosa (w. bergamot) seeds

Activity Steps:

1. Each student will receive 2-5 w. bergamot seeds (very small seeds)
2. Each student will receive a two nickel-sized balls of soil/clay/compost mix
3. Students will roll 2 seeds in each scc ball.
4. Ed staff will collect seed balls and place them on a cookie sheet to dry for a few days.
5. *Coloring seed balls after they have dried is an alternative step.*

Snack: Edible Seedballs

Ingredients:

- Large bowl for mixing the following ingredients:
- sunflower seed butter - 1 cup
- honey, maple syrup, or agave syrup - 3/4 cup
- whole rolled oats - 2 cups
- sesame seeds - 1/4 cup
- candy coated sunflower seeds or m&m's - 1 cup
- hemp seeds - 1/4 cup

Instructions:

1. Place all ingredients in a large mixing bowl.
2. Mix thoroughly! It will be tough. A wooden spoon would be best.
3. Scoop ⅛ cup portions to roll into balls
4. Place balls on cookie sheet (lined with parchment, if possible)
5. Eat, store, then eat more.

Fun Facts (extras):

- The largest seed in the world is the double coconut (Coco de Mer). It can measure up to 1.6 ft around the middle.
- Seeds used for food are often called beans and grains.
- Even if a seed is planted upside down it will always grow right-way up because plants have a great sense of gravity.