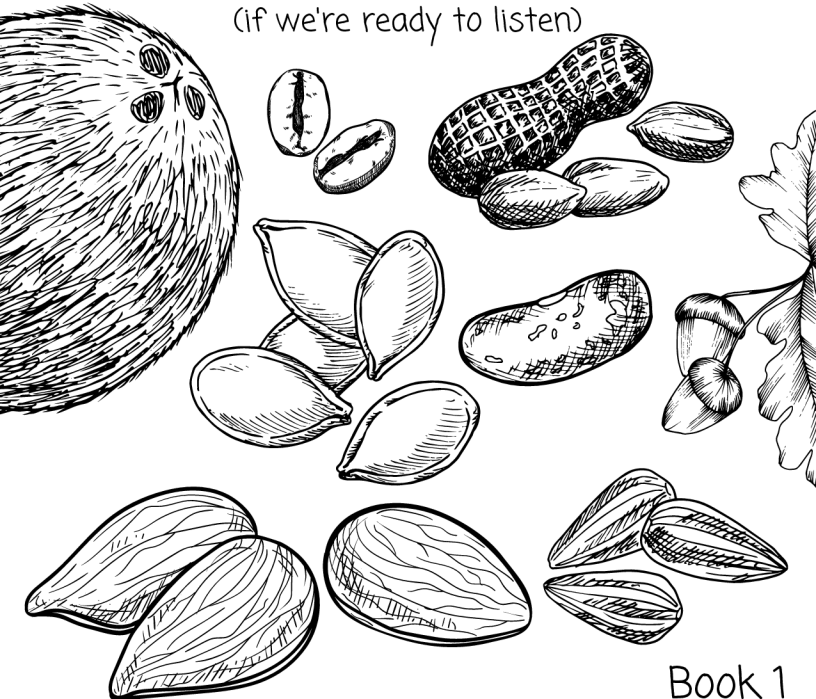


# Seed Stories

the wonderful world of seeds and  
the amazing stories they can tell us  
about the world and ourselves

(if we're ready to listen)



This seedy book  
belongs to



brought to you by:



**WORKING  
FOOD**

# What's in your seed kit?

## 1) A Hand Lens

this is a high powered, folding magnifying glass that you can easily keep in your pocket. Scientists use lenses like this to make up-close observations "in the field" (which is how scientists say not in the laboratory!)

## 2) A Collection Box

this box is divided into 10 cells with labels for each cell. It is a simple way to start a collection and keep track of what you have! We are giving this to you to save seeds in, but you could also use it to save other things you are excited by - like fossils, shells, or rocks.

## 3) Seeds for Saving

some seeds to get your collection started!

## 4) A Collecting Jar

a small jar you can keep in your pocket for when you go collecting seeds "in the field" (you know what that means, now!)

## 2) Seed Jewelry Supplies

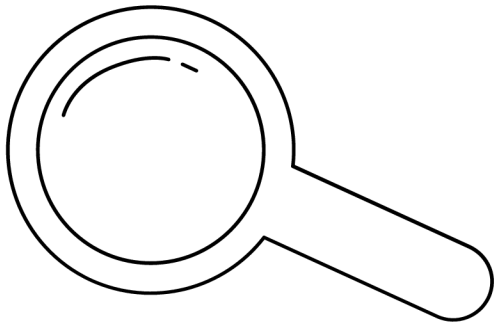
the small bag has three special seeds with holes in them and a piece of string for making a necklace or bracelet to show off that you are a very special seed saver!

# What seed is this?

Take a look at the seeds in your collecting jar. Use your magnifying glass to really look at each seed. What do you see?

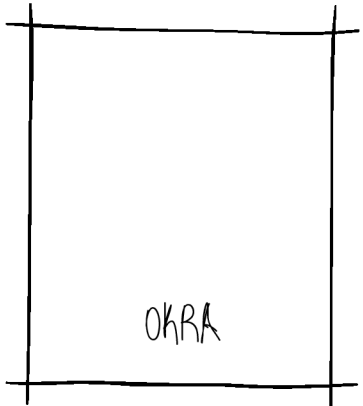
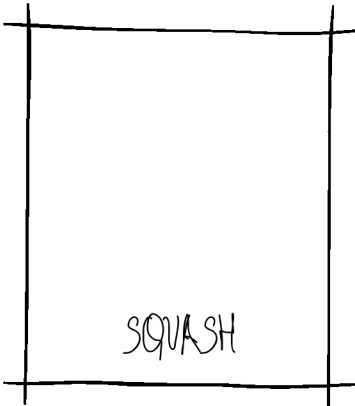
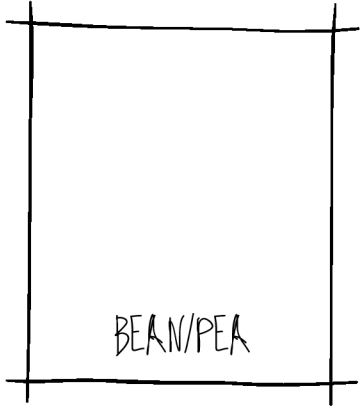
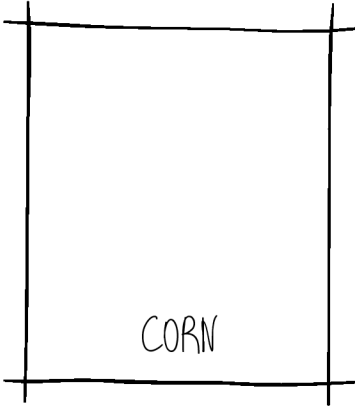
Think of words that describe what the seed looks like - try to think of things like it's size, shape, texture, weight, color. You can also use your other senses - does the seed smell? Feel it with your hands - would you recognize it with your eyes closed? Let's not taste the seeds though! We want to save them for later! ;)

What you are doing right now is observing the seeds - this is a very important activity that scientists do. It just means that you are paying very close attention. You are one step closer to being a seed scientist and seed guardian!



# What seed is this?

Now that you've observed your seeds, what type of plant do you think each seed came from? Try to match them below, by placing the seed in the correct square and then drawing and/or describing it.



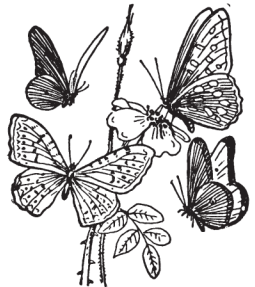
# What is a seed?

A seed is a baby plant with a protective coat and a packed lunch for its first days of life.

How cool!

# Where does a seed come from?

A seed is made after a flower is fertilized with pollen from another flower from the same type of plant. Pollen is moved from one flower to the next by pollinators like bees and butterflies, but also on wind and water (and sometimes people!). Some flowers can even fertilize themselves, and don't need any help at all.



# Becoming a Seed Saver

Why are the seeds here so special? It is because of the journey they made to get to you. The seeds of all the plants that we eat, like the beans/peas, squash, maize, and okra included here, are saved by families, farmers, and gardeners, generation by generation, year after year.

Important food plants, like corn and okra, have been saved by people for thousands of years, traveling over land and oceans, sewn into clothes and braided into hair, held close because these seeds are important.

Seeds are still saved by farmers, gardeners and families. Some are saved in small jars, paper packets or collection boxes, like the one you have here. Some are saved by scientists in an icy vault built in the side of a mountain! Wherever they are saved, we know there is an important reason, and a story.

Here, you have all the materials you need to start saving your own seeds. We'll start with corn, beans, squash, and okra. You can add whatever you like! Maybe seeds from your favorite fruit, acorns from a favorite tree in your neighborhood, seeds from a favorite flower in your yard, or even seeds you find in your kitchen!

# Becoming a Seed Saver

How to save your seeds:



1) Find a seed or set of seeds! Let's start with the seeds that came with your kit.

2) Try to figure out what seeds you have. If they come from a plant you eat or a plant that belongs to your family, you may know what it is. If it's from a wild plant, you may not. If you don't know what it is, try using a guidebook or an app like iNaturalist to find out. You can also email us for help at [kids@workingfood.org](mailto:kids@workingfood.org) (Don't worry if you can't figure it out! You can write your observations in this book and still save it!)

3) If the seeds are wet or sticky, rinse them with water and set them on a paper towel or napkin to dry for a few days on a windowsill or counter.

4) Place the seeds in the next available cell in your collection box.

5) Fill out the information in the chart at the end of this book! Use your best observation skills like we practiced at the beginning of this book.

6) Keep saving!

7) You can keep these seeds as a special collection, or try to grow them. Remember, if a seed has been cooked (like roasted sunflower seeds or peanuts, you won't be able to grow it!)

# Growing a Plant from a Seed

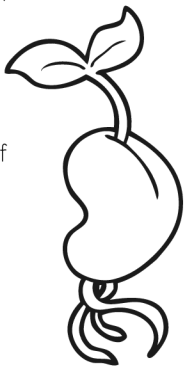
Germination is what happens when a seed sprouts, and a plant begins to grow from it. (A whole plant! From just that little seed! So cool!) Different seeds need different things to germinate. Some need special temperatures, some need a certain amount of daylight, and some even need fire! But many will germinate with just a bit of water. Most vegetable seeds, like the ones you have here, are easy to sprout with just water. If you'd like to watch your seed germinate, here's what you can do:

Materials:

Paper towel, ziplock bag, seed, water (that's all!)

Instructions:

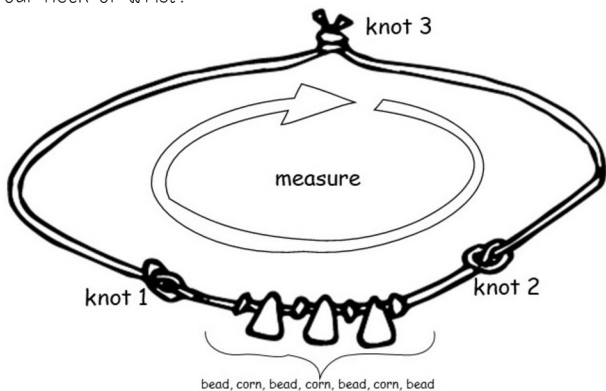
- 1) Take a paper towel and fold it in half.
- 2) Very gently, add some water to the paper towel and then gently wring it out so it's wet, but not dripping wet.
- 3) Slide the flat, folded paper towel into your ziplock bag.
- 4) Keeping the ziplock bag flat, place your seed (or seeds) on top of the paper towel.
- 5) Seal the top of the ziplock bag, and place it in a spot where it won't be disturbed.
- 7) Your paper towel shouldn't need more water if the bag is sealed, but you can check on it to make sure it stays damp. If it starts to dry out, add a small amount of water.
- 8) Check on the seeds everyday! You can record when the seeds start to germinate, and what they look like.
- 9) You can try some simple experiments: place the bag near sunlight - do the germinating seeds (seedlings) change how they grow? Hang your bag up on a wall or window - do the seedlings change how they grow?



# Making Your Seed Jewelry

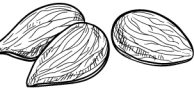
What's in your bag: one piece of string, three corn seeds, and four divider beads. You can get creative with how you use these supplies, or follow the instructions below!

- Decide whether you want a bracelet or necklace and then measure the length of your string on either your wrist or your neck. For a necklace, be sure you leave yourself enough room to take it on and off over your head. Add another inch or two, to leave space for tying knots. Cut the string.
- A little less than half way down the length of the string, tie knot 1.
- String corn and beads one at a time as shown in the picture below.
- Tie knot 2 to keep the beads and corn in place.
- Tie the two end of your string together (knot 3), using a shoelace tie if you want to be able to easily untie. If you are tying a permanent knot, make sure you leave enough space to pull the jewelry on and off your neck or wrist!



# Seed Matching

Draw a line to match the  
seed to its name



pumpkin

sunflower

oak (acorn)

peanut

coffee "bean"

coconut

bean

almond



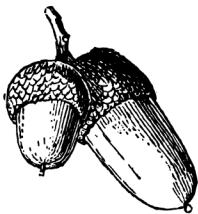
# Seed Bingo



Seeds come in all shapes and sizes. The way a seed looks can tell you a lot about how it moves through the world. Some seeds have a covering like velcro so they stick to animals as they pass by to catch a ride! Some seeds are lightweight with little fluffy hats so that they can fly on the wind. Some seeds have wings so they can soar through the air like little helicopters. Some seeds are nestled in delicious fruits - this is so they get eaten by an animal and pooped out in a new place, ready to grow! Some seeds even have a coating like a life preserver so they can float through the water to a new home.

Seeds not only travel through space, they can travel through time, too! Seeds are a perfect package of everything needed for a plant to grow. And some seeds, if kept dry and cool, can stay alive and ready to grow into a plant for a long, long time. The oldest living seed that was able to grow into a plant was an Arctic campion flower that was 31,800 years old!! (You read that right! - 31,800 years old!)

On the next page, see what types of seeds you can find in your neighborhood, in the school yard, on a walk, or even in your kitchen or pantry. When you find a seed for seed bingo, you can also collect it to keep in your new seed collection.



# Seed Bingo

Find a seed...

with  
wings

that sticks to  
your clothes

inside a  
fruit

with fluff that  
floats on the  
wind

FREE  
SPACE

in a  
seed pod

bigger  
than the tip of  
your finger

smaller than  
the tip of your  
finger

in your  
food!

\*you can use the same seed to fulfill different boxes!

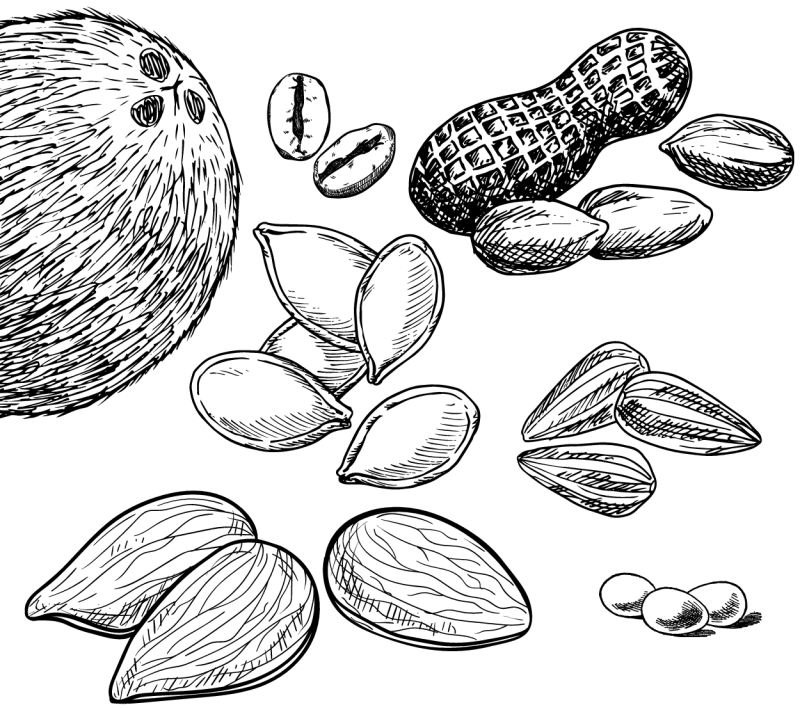
# Seedy Mad Libs

Use garden related words for a serious story, but use any kind of words for a silly story! It's your choice!

\_\_\_\_\_ [name] had a garden in Gainesville, Florida. Every year they saved \_\_\_\_\_ [noun] from their garden so that they could \_\_\_\_\_ [verb] them next year. One day, as \_\_\_\_\_ [same name as above] was walking through their \_\_\_\_\_ [noun], they saw that insects were starting to eat their \_\_\_\_\_ [silly word] plant. They picked off all of the insects using their \_\_\_\_\_ [body part]. Then they fed the plant some \_\_\_\_\_ [adjective] \_\_\_\_\_ [noun]. The plant grew lots of \_\_\_\_\_ [plural noun] for \_\_\_\_\_ [same name as above] so they were all happy.

---

# Seed Collection



Cell 1

Date collected: \_\_\_\_\_

Name of plant, if known:

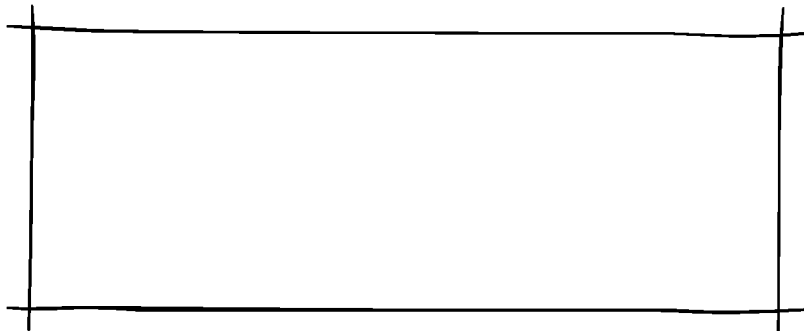
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cell 2

Date collected: \_\_\_\_\_

Name of plant, if known:

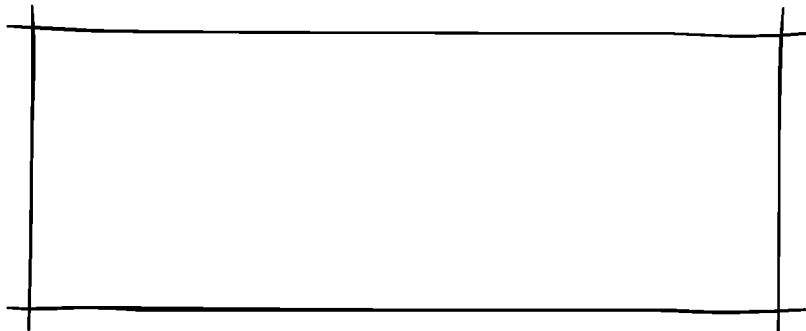
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cell 3

Date collected: \_\_\_\_\_

Name of plant, if known:

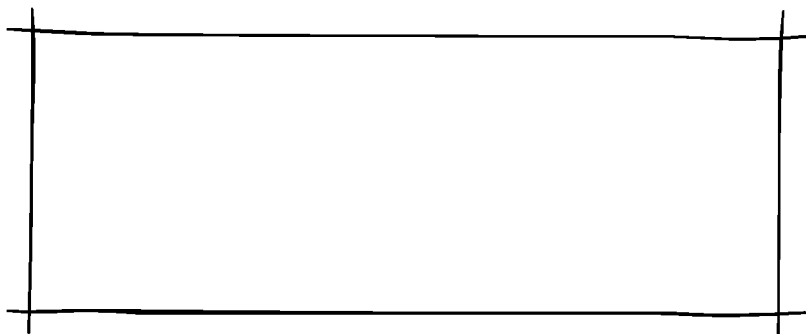
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cell 4

Date collected: \_\_\_\_\_

Name of plant, if known:

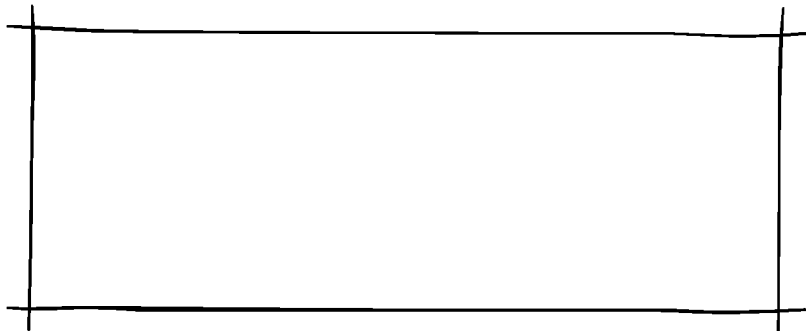
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cell 5

Date collected: \_\_\_\_\_

Name of plant, if known:

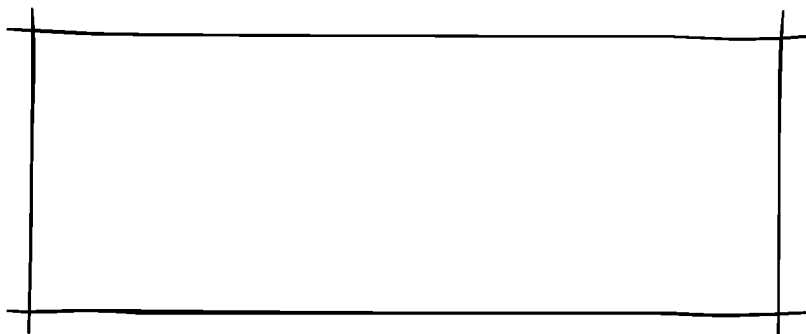
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cell 6

Date collected: \_\_\_\_\_

Name of plant, if known:

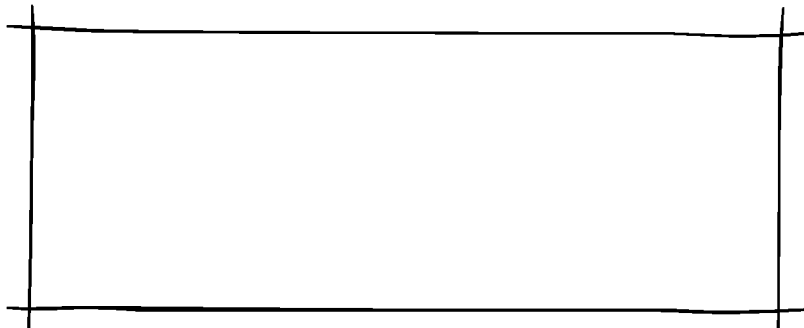
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



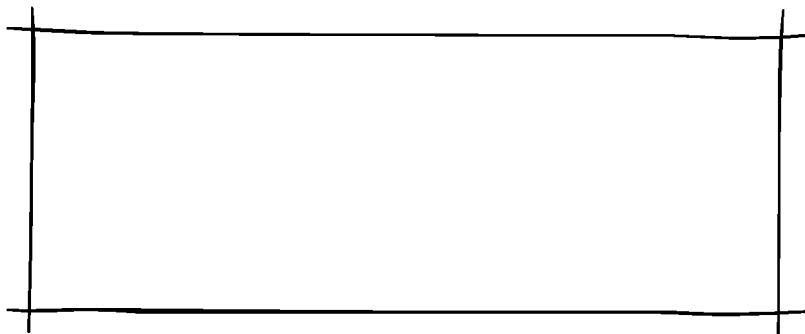
Cell 7

Date collected: \_\_\_\_\_

Name of plant, if known:

\_\_\_\_\_  
Description & drawing of plant and seeds:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Cell 8

Date collected: \_\_\_\_\_

Name of plant, if known:

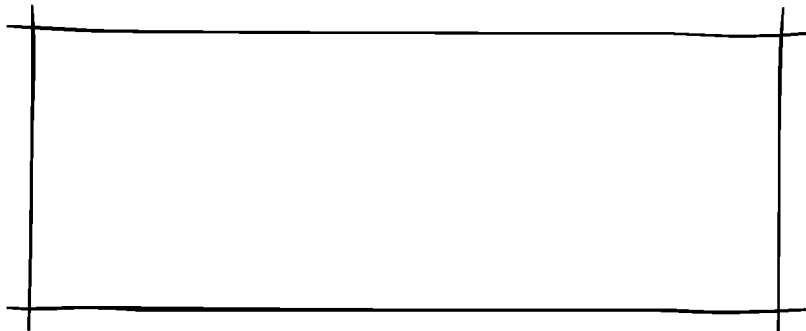
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



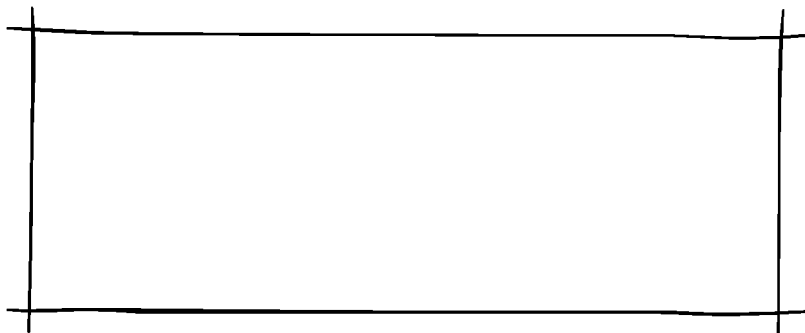
Cell 9

Date collected: \_\_\_\_\_

Name of plant, if known:

\_\_\_\_\_  
Description & drawing of plant and seeds:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Cell 10

Date collected: \_\_\_\_\_

Name of plant, if known:

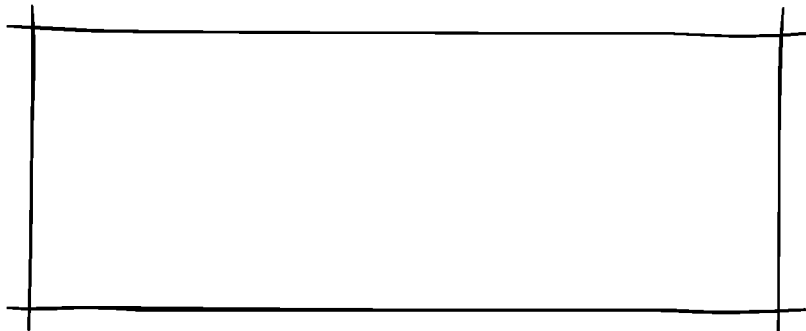
\_\_\_\_\_

Description & drawing of plant and seeds:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

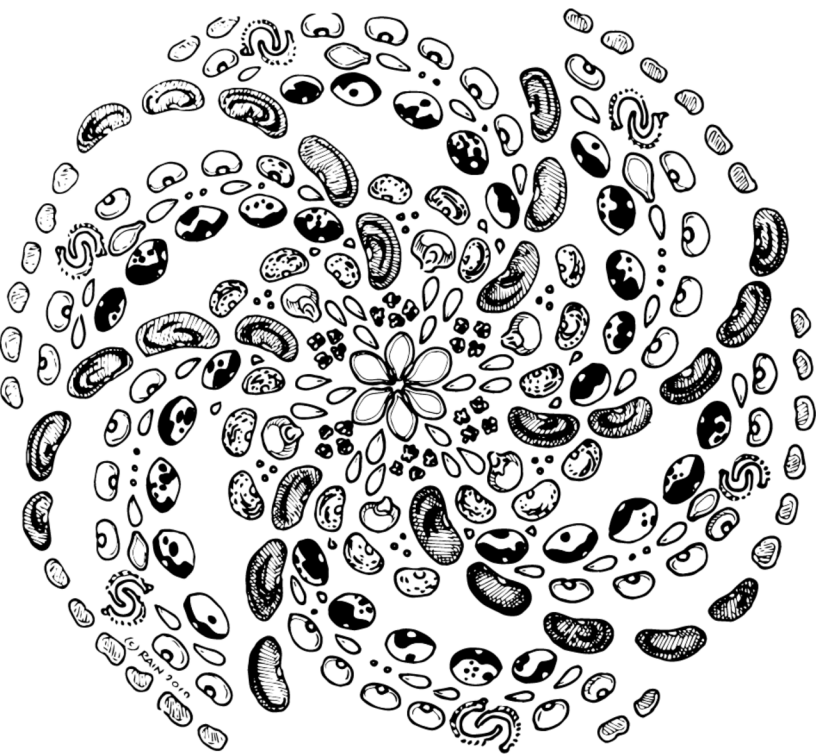




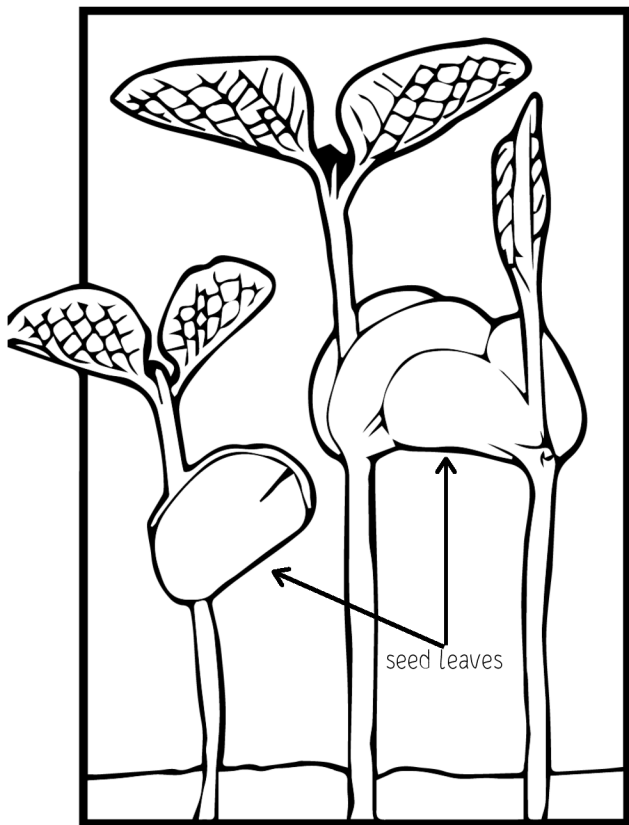




When you color this beautiful seed pattern, you can be realistic in your seed color choices, or creative. Even real seeds are sometimes bright colors like purple, red, and yellow!



Once you have more seeds in your collection, you can make your own beautiful seed art, and either draw or photograph your creations. If you do, we'd love to see what you make!



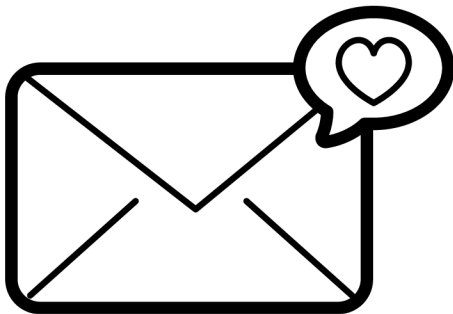
When beans germinate, like in this picture for you to color, the seeds become "seed leaves" and are part of the baby plant. If you germinate your seeds, pay attention to what happens to the seed. Is it the same with your bean and corn seeds?

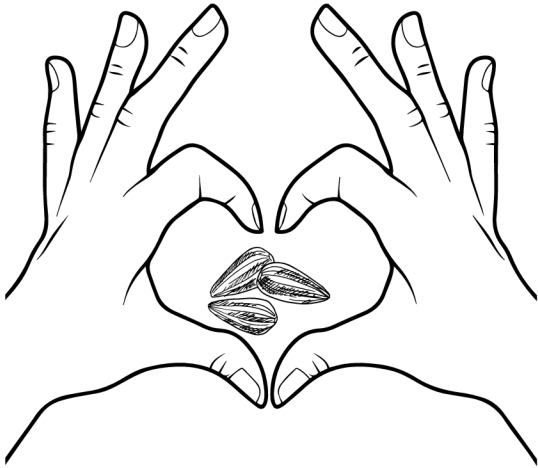
We'd love to know how your seed saving is going or answer any of your questions.

If you send us an update about your seed collection and your address (be sure to ask your parent or guardian if it's okay!), we'll send you a very special set of seeds, more activities, and a sticker in the mail! You'll be an official seed saver!

Email

[kids@workingfood.org](mailto:kids@workingfood.org)





“A seed makes itself. But it needs help. Sometimes it needs a moth or a wasp or a gust of wind. Sometimes it needs a farm and it needs a farmer. It needs a garden and a gardener. It needs you.”

- Janisse Ray