



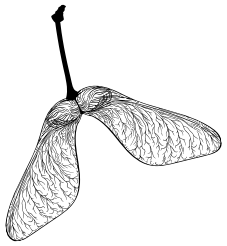
and

Present:

The Wonderful World of Seeds!

an activity book





What are Seeds?



Seeds are amazing things! They are tiny but mighty, containing everything a plant needs to grow in its first few days. Seeds come in many shapes, sizes, and colors, and each one has its own unique characteristics.

To start, let's talk about what seeds need to grow. First, they need **soil**. You can think of **soil** like a bed for the seed, providing a place to rest and grow roots. Second, seeds need **water**. Just like humans and every living being, plants need water to survive. Third, seeds need **sunlight**. Sunlight helps plants make their own food and grow strong. Plants make their own food through a process called **photosynthesis**.

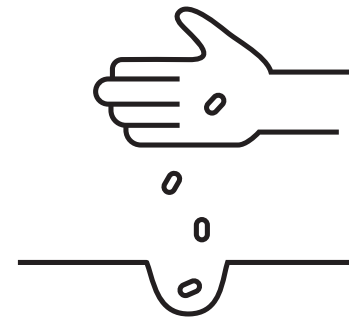
Seeds are important for many reasons. They help us grow food, provide us with oxygen, and make our world a beautiful place. So next time you see a seed, remember how amazing it is and all the wonderful things it can do!

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.

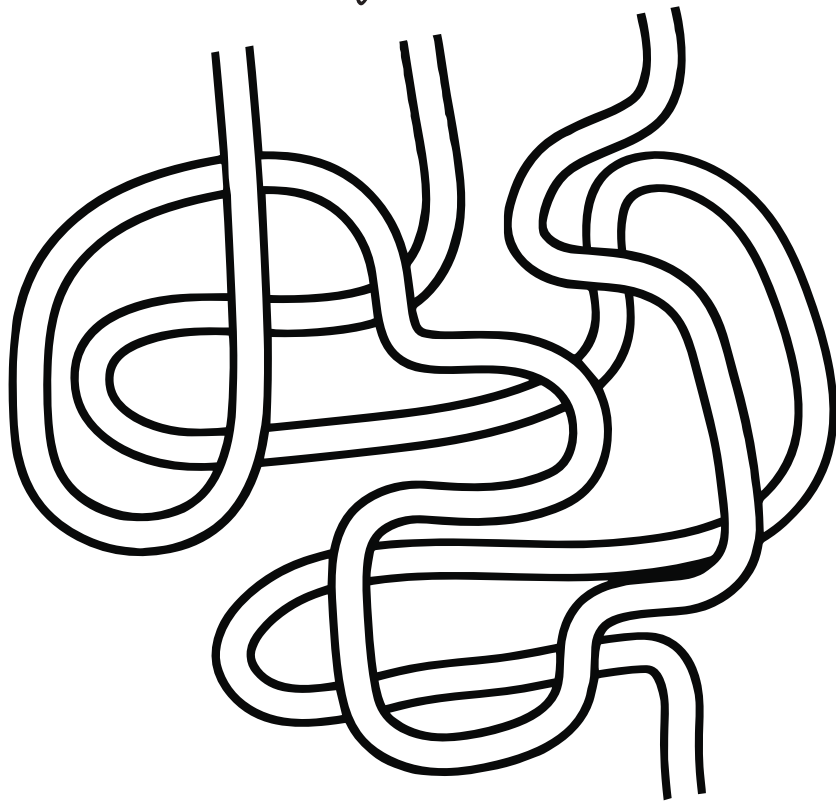
Important food plants, like corn and okra, have been saved by people for thousands of years, traveling over land and oceans, sewn into clothes and braided into hair, held close because these seeds are important.

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.



Maize Maze!

water the corn seed to grow some maize!



Seed Bingo

See if you can find ...

a sticky
seed

a smooth
seed

a seed
that you
can eat

a tiny
seed

Free
Space!

a seed that
can fly

BONUS:
a bug
buddy

a big seed

a seed in a
fruit

Becoming a Seed Saver

How to save your seeds:



1) Find a seed or set of seeds! These can be seeds you find on a plant, in a fruit, or given to you from a friend!

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.

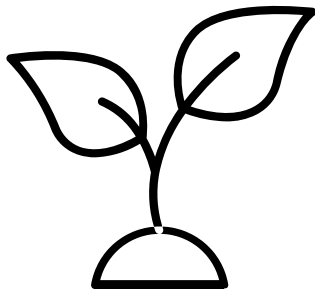
3) If the seeds are wet or sticky, rinse them with water and set them on a paper towel or napkin to dry for a few days on a windowsill or counter.

4) Place the seeds in an envelope or bag once they are dry.

5) Record your seed observations and add to your notes when you get to growing!

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!)



Become a seed scientist!

Seed Viewer Activity

Materials

- Clear plastic cups (can be washed and reused)
- Paper towels
- Dried beans (available in the grocery store soup aisle)
- Water

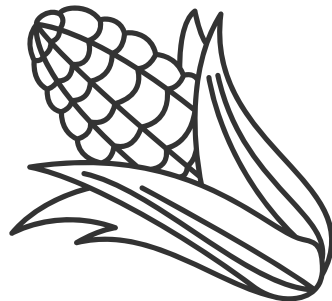
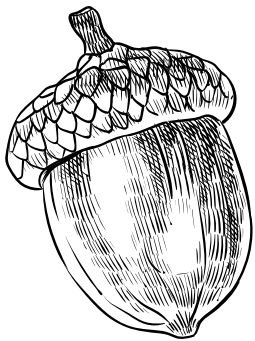
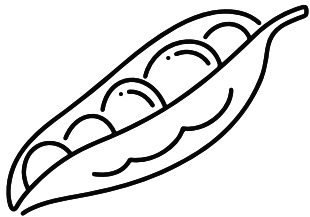
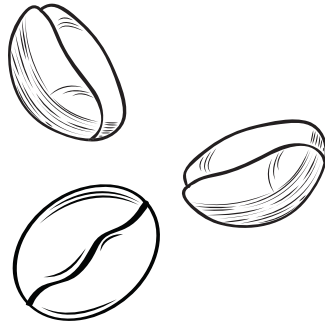
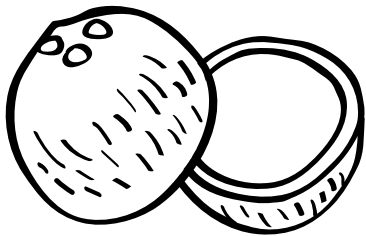
Instructions:

- Ball up a few pieces of paper towels and place them inside the construction paper liner until the cup is full.
- Pick out 3 to 4 dried beans (avoid using any beans that are split) and place them in the cup between the side of the cup and the paper.
- Gently water the paper towels in the center until saturated.
- Place in a sunny window and wait a few days to see your baby bean plant emerge!



Common Seeds you might know

try to name them!



Key (not in order): coffee, acorn, peanut, coconut,
bean pod, corn

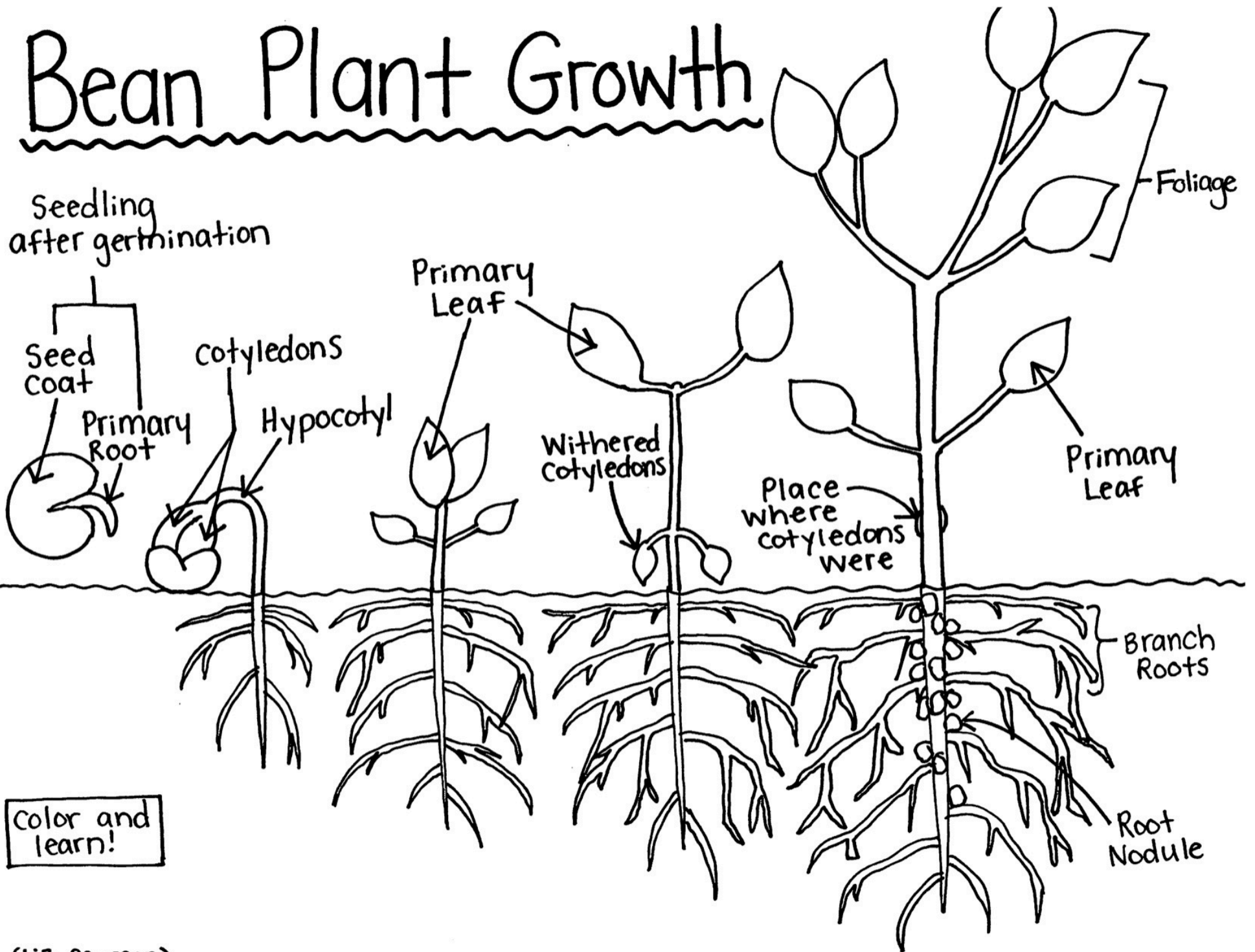
How do seeds grow?

When a seed is planted in soil, it starts to absorb **water** like a sponge. As the seed absorbs water, it begins to swell and eventually cracks open. This is called **germination**. Once the seed has germinated, a tiny plant called a **seedling** begins to grow. The seedling will continue to grow and eventually turn into a full-grown plant. When the plant is old enough, it will start to **flower** and make **seeds**, starting the cycle over again!



Bean Plant Growth

Seedling
after germination



Color and learn!