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 can grow into plants that make pollen to feed bees. Seeds are high in protein. Pumpkin seeds and sunflower seeds make a healthy snack.

Fun Seed Facts!
- You can carve a pumpkin and roast and eat its seeds, or dry the seeds out and save them to plant.
- Sunflowers are also a plant with seeds we can eat or dry out and plant.
- 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 big are seeds? Seeds come in all shapes and sizes. Avocados have one large seed.

Plant Part Salad Recipe
Toss all of these ingredients in a bowl and lightly add your favorite salad dressing!
- 6 1/2 cups leaves, such as lettuce, spinach, chard
- 1 1/4 cup roots, such as beets, carrots, radishes
- 1 3/4 to 2 1/4 cups flowers, such as broccoli, cauliflower
- 3/4 cup stems, such as celery, broccoli stems, chard stems
- 1 1/2 to 2 cups fruit, such as apple, tomato, cucumber
- 1/8 cup seeds, such as sunflower seeds, peas, beans

For a full recipe, go to www.foodhero.org/recipes/plant-part-salad

Recipe Math Challenge
How many cups of salad does your recipe make? ________________________________

Make it your own!
Name your salad recipe: ________________________________________________

Recipe Planning - Read the recipe above for Plant Part Salad. Below, write down the ingredient you would choose for each plant part if you made the recipe.

- Leaf __________________________
- Root __________________________
- Flower _________________________
- Stem __________________________
- Fruit __________________________
- Seed __________________________

Add a dressing: ________________________________________________

Recipe Planning - Read the recipe above for Plant Part Salad. Below, write down the ingredient you would choose for each plant part if you made the recipe.

- Leaf __________________________
- Root __________________________
- Flower _________________________
- Stem __________________________
- Fruit __________________________
- Seed __________________________

Add a dressing: ________________________________________________