

Seeds

Plant reproduction

Concentrated energy & nutrients

Seed → Fruit



Image: <http://www.raw-living-food-success.com/glycemic-impact.html>

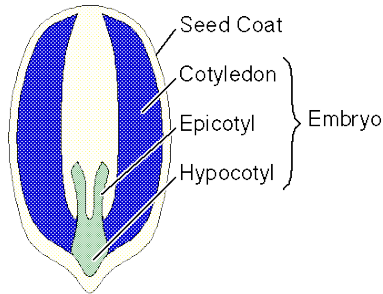


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Seed Structure

True seed = embryo, storage, coat
Monocot vs. Dicot

Dicot Seed Structure



Monocot Seed Structure

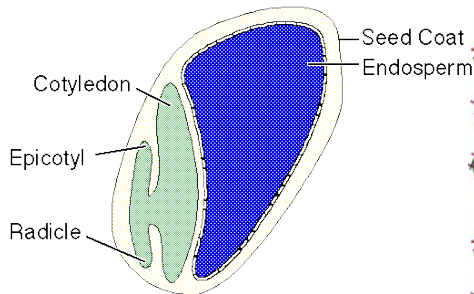
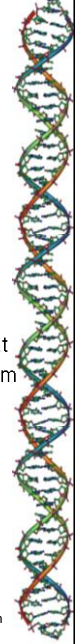


Image: <http://www.cartage.org.lb/en/themes/sciences/botanicalsciences/plantreproduction/PlantPropagation/SeedStructure/SeedStructure.htm>



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Seed structure

Simpler...

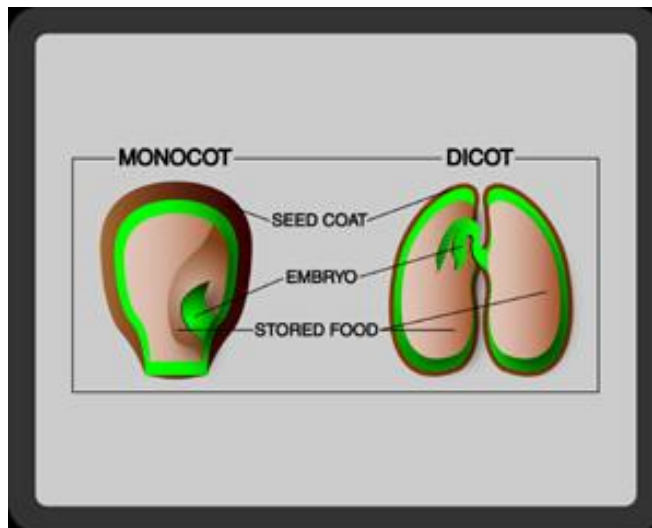
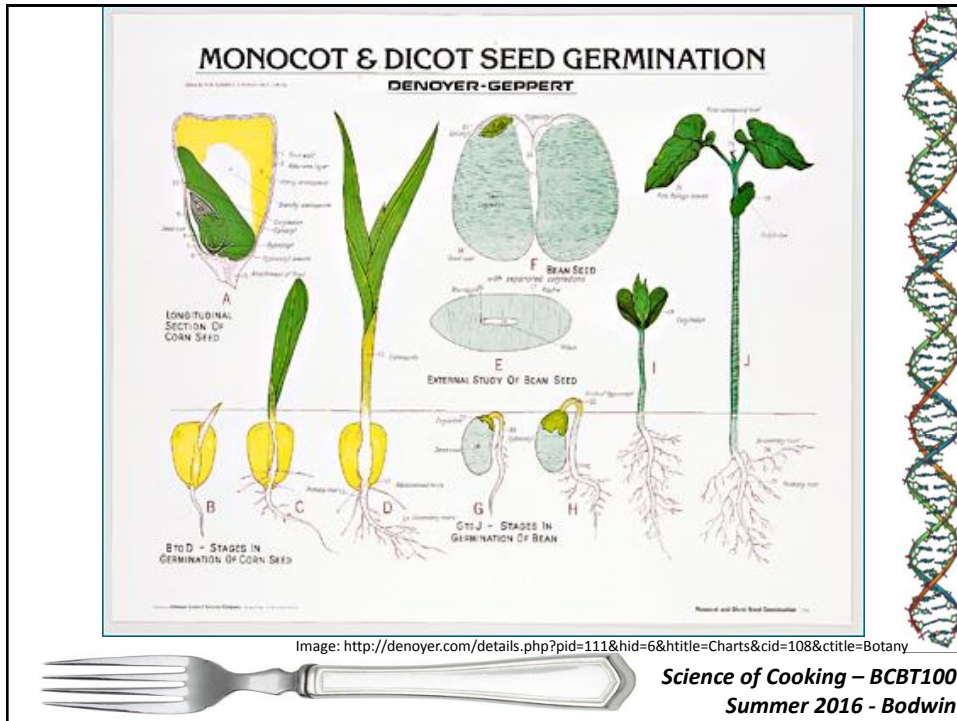


Image: <http://www2.yk.psu.edu/~sg3/ist311/games/team3/>



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Types of Seeds

Grains (monocots)

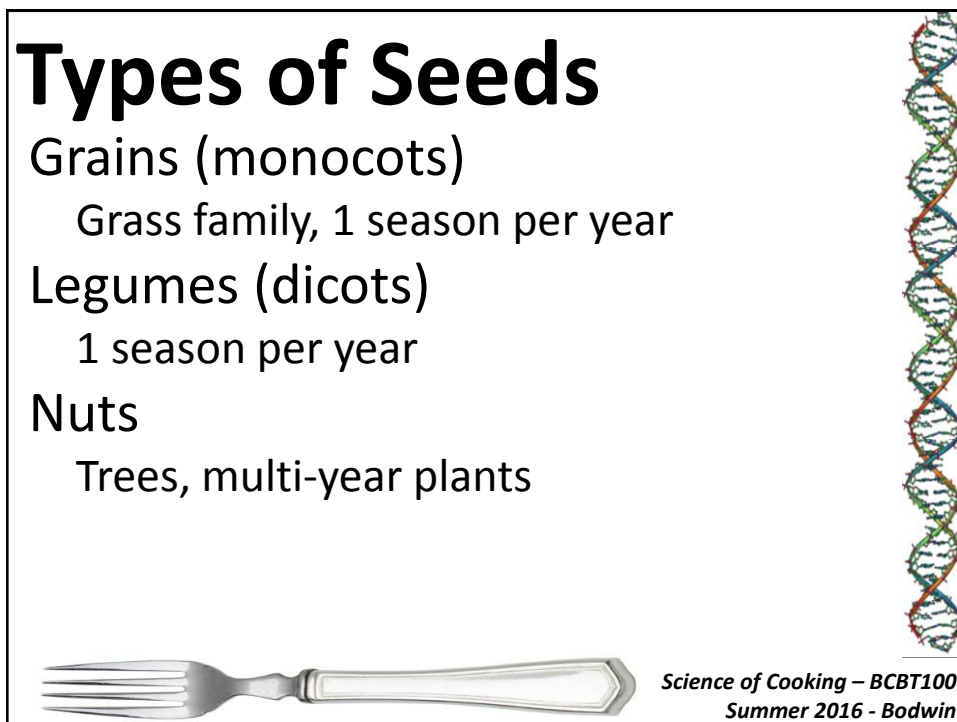
Grass family, 1 season per year

Legumes (dicots)

1 season per year

Nuts

Trees, multi-year plants



Grains

Modified grasses

Wheat, corn, barley, rice, sorghum

Carbohydrate rich (starch, etc)

Some protein, little fat



Image: <http://www.foodsubs.com/FGGrains.html>



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Legume

Often multiple seeds in a “pod”

Beans, peas, peanuts

More fat & protein

than “grains”



Image: <https://www.eclipsewholefoods.com.au/topic/32-legumes.aspx>



Image: <http://www.glucocardyouchoose.com/kitchen/little-legumes-and-tiny-nuts-pack-in-the-fiber/#.UKJoGle7PFI>



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Nuts

True nut

hard shell, 1 seed, no seam

Acorn, hazelnut

Culinary nut

Dry fruit with an edible kernel in a hard or leathery covering

Cashew, almond, walnut

Higher fat



Image: [http://en.wikipedia.org/wiki/Nut_\(fruit\)](http://en.wikipedia.org/wiki/Nut_(fruit))



Image: <http://ecosalon.com/high-in-protein-and-omega-3s-test-your-nut-knowledge/>



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