

# Seeds Galore!



Illustration for The Banner by Anita Barghigiani



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**DID YOU KNOW** that seeds are all around us? If you take a quick stroll outside, it won't be long before you come across a seed that will grow into something great!

## How Do Seeds Grow?

Once a dry seed is planted in soil and watered, the seed starts to grow tiny roots. Next, a green shoot begins to grow upward until it peeks through the soil. Over time, tiny seeds grow into plants like apple trees and pumpkin vines!

## How Do Seeds Scatter?

Seeds not only grow into plants for us to enjoy, but those plants make even more seeds! These seeds get scattered across the ground to make even more plants grow. Here are some of the cool ways seeds travel:

- » Wind: The wind blows seeds around, carrying them from place to place.
- » Animals: When animals eat fruit, they often spread the seeds in their droppings.
- » People: If you have ever blown the fuzz off a dandelion, then you've helped scatter dandelion seeds.
- » Explosion: Some plants, such as peas, have seeds that grow in pods. When the seeds are ready to come out, the pod "explodes," splitting open and releasing the seeds. Seeds from gorse bushes even make a popping sound when they come out of their pods.

## Really Cool Seeds!

Have you seen these seeds in your neighborhood?

- » Burrs: Ragweed and burdock plants have seeds called burrs that have spines or hooks. These spiky seeds can easily attach themselves to animal fur—or to your favorite sweater.
- » Helicopter seeds: Have you ever seen helicopter seeds twirling in the

air? These seeds are called samaras but are sometimes called "helicopters," "twisters," or "whirligigs" because they spin as they fall from the sky. These cool little seeds grow into huge maple trees!

- » Acorns: Did you know that acorns are the fruit (a nut) of an oak tree? Animals such as birds and squirrels enjoy feasting on them. Inside each acorn is a tiny seed that can grow into a big oak tree.

## Tasty Seeds

Some seeds make a delicious afternoon snack!

- » Pumpkin seeds: During the fall, many people enjoy roasted pumpkin seeds. Pumpkin seeds are a good source of fiber and zinc. Zinc helps your body fight off sickness.
- » Sunflower seeds: Sunflower seeds also taste great anytime of the year. Sunflower seeds have vitamin E, which helps keep your body strong.
- » Sesame seeds: Sesame seeds are also fun to eat and taste great on bread. Sesame seeds are a good source of fiber, which is good for your digestive system.
- » Popcorn: A popcorn kernel is a corn seed with a mixture of starch and water inside. When a popcorn kernel is heated, the pressure from the hot water inside causes the kernel to pop, turning the kernel inside out!

## Mustard Seed Faith

Did you know that we can have "mustard seed faith"? In Matthew 13:31-32, Jesus tells a parable about how God's kingdom is like a mustard seed. A mustard seed is tiny but grows into a huge tree that gives shade and shelter to God's creatures. In the same way, when we put our faith in God, even a small amount of faith can make a big difference! **B**