

## Edible Seeds

The 42 Seeds hidden here are great as spices or side dishes or munchies.



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ALFALFA	FENNEL	PECAN
AMARANTH	FENUGREEK	PINTO BEAN
ANISE	FLAX	POPPY
BARLEY	GINGKO	PUMPKIN
BREADNUT	JACKFRUIT	QUINOA
BROAD BEAN	JUNIPER	RICE
BUCKWHEAT	LENTIL	RYE
CARDAMOM	MACE	SESAME
CHICKPEA	MILLET	SORGHUM
CORIANDER	MONKEY-PUZZLE	SOYBEAN
CORN	MUSTARD	SPLIT PEA
COWPEA	NUTMEG	SUNFLOWER
CUMIN	OATS	VANILLA
DILL	PEA	WHEAT

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