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<https://pixabay.com/en/sunflower-seeds-cores-1272747/>

Did You Know?

Sunflower (*Helianthus annuus*) is one of the few crop species that originated in North America. Native Americans likely domesticated the crop around 1000 BC. Approximately 85% of the North American sunflower seed is still produced in North and South Dakota and Minnesota. Sunflowers grow best in locations with full sun. They are remarkably tough and will grow in any kind of soil as long as it is not waterlogged.

Question: Can you name other types of seeds we eat?

Answer: Peas, Pomegranate, Corn, Quinoa, Rice, Pumpkin

Source: <http://fsi.colostate.edu/sunflower-seeds-draft/#key-facts>



<https://pixabay.com/en/hummus-meal-chickpeas-paste-seeds-1057999/>



<https://pixabay.com/en/bread-home-seeds-sunflower-healthy-2010096/>

Ways To Enjoy Sunflower Seeds

- ◆ Plain or roasted
- ◆ Sprinkle over salads
- ◆ Add to muffins or breads
- ◆ Sprinkle over stir-fry or steamed veggies
 - ◆ Add to dried fruit or trail mix
- ◆ Roast nuts at 350°F for 5 minutes for added nut flavor

Source: <http://eatfresh.org/discover-foods/nuts-seeds>



<https://pixabay.com/en/seed-seeds-kernel-nut-nuts-1716/>

Selecting & Storing

Look for:

- ◆ Bulk bins so you can buy the exact amount needed and to ensure freshness

Avoid:

- ◆ Excess salt and artificial flavorings

Storage:

- ◆ Store in a dry, cool place if you'll be eating them soon
- ◆ Store in the refrigerator or freezer to avoid spoiling

Source: <http://eatfresh.org/discover-foods/nuts-seeds>



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Nutritional Benefits

- ◆ Low in Cholesterol
- ◆ Good source of Protein, Iron, Niacin, Folate, and Zinc
- ◆ Excellent source of Magnesium and Vitamin B6

* Amount based on 1/2 cup (23 grams) **seed kernels, dried without salt**

Source: <https://ndb.nal.usda.gov/ndb/foods/show/3626?man=&facet=&count=&max=50&qlookup=sunflower+seeds&offset=&sort=default&format=Abridged&reportfmt=other&rpfrfm=&ndbno=&nutrient1=&nutrient2=&nutrient3=&subset=&totalCount=&measureby=&Qv=73&Q6794=1&Q6795=0.50&Qv=75&Q6794=1&Q6795=0.50>

<https://ndb.nal.usda.gov/ndb/foods/show/3626?man=&facet=&count=&max=50&qlookup=sunflower+seeds&offset=&sort=default&format=Abridged&reportfmt=other&rpfrfm=&ndbno=&nutrient1=&nutrient2=&nutrient3=&subset=&totalCount=&measureby=&Qv=73&Q6794=1&Q6795=0.50&Qv=75&Q6794=1&Q6795=0.50>



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