

Seeds As Food

➤ Nutritional Benefits of Seeds

Seeds contain varying amounts of vitamins and minerals, and in general, seeds contain:

- ❖ **Protein:** many seeds are high in plant-based protein, and important part of a healthy diet.
- ❖ **Fiber:** Seeds are rich in dietary fiber, supports digestive health and blood sugar levels.
- ❖ **Healthy Fats:** Many seeds contain omega-3 and omega-6 fatty acids, good fats.
- ❖ **Antioxidants:** The antioxidant content in seeds can reduce inflammation and protect against oxidative stress, lowering the risk of chronic diseases.

➤ **Legume family:** includes peas, lentils, peanuts, beans, soybeans. They are easy to grow and an important part of your crop rotation. Legumes fix nitrogen from the air and make it available in the soil in a form plant can use. They are an important source of protein. Use as in main meals (main course ie. baked beans, soups, stews, or side dishes) or desserts (black bean zucchini brownie, bean blondies).

➤ **Sunflower Seeds:** Mild, nutty, and slightly sweet. Use instead of pine nuts in pesto, added to granola, roasted, don't choose an oil seed variety unless you want to make your own sunflower oil.

➤ **Pumpkin or Squash Seeds:** Earthy, nutty, and slightly sweet, especially when roasted. Like sunflower seeds add to homemade granola, snack bars, roasted sweet or savory to add to salads or for snacking

➤ **Coriander Seeds (from Cilantro):** Warm, citrusy, slightly sweet, and spicy floral notes. Toast (or not, toasting is stronger tasting) and grind into spice blend for meats, vegetables, or soups.

➤ **Mustard Seeds:** Pungent, spicy, and slightly bitter when raw; becomes nuttier and milder when cooked or toasted. 3 types white, brown, black, (hottest). Seeds can be used for pickling too

➤ **Nasturtium Seeds:** Peppery, sharp, and spicy, similar to capers. Can be eaten fresh. Green seeds can also be fermented or pickled.

➤ **Parsley Seeds:** bitter, earthy, herbal taste, similar to celery, stronger flavor than fresh leaves. Grind or use whole, food for soups or stews.

Toast pumpkin seeds dry or with a small amount of oil on the stove at medium heat or in the oven at 325 until lightly brown. Season with salt, garlic powder, chili, brown sugar, etc

Spice Mix

3 tbs coriander seeds whole
 1 tsp ground cumin
 1 tsp ground cayenne pepper
 1 tsp ground white pepper
 2 tsp garlic powder
 1 tbs dry oregano
 1 tbs dry thyme
 1 tbs salt

Poor Man's Capers (Fermented)

- 25 grams kosher salt (1.5 tablespoon)
- 500 grams water 2 cups
- Green (not mature) Nasturtium seeds

Combine the water and salt, accurate measurement important when

fermenting. Mix to dissolve. Pour the salt water in a jar and seal loosely with a lid. Place on a plate and leave on the counter to ferment (3 or more days) then place in the fridge where they will continue to ferment. The longer they sit, the better they will taste. Unseal regularly to release and carbon dioxide buildup from the fermentation.

DIY mustard

2-4 T mustard seed, Salt
 Sweetener (optional)
 Vinegar, any type
 Grind with grinder or mortar and pestle, moisten with vinegar, add salt and sweetener to taste, refrigerate after 24 hours

Poor Mans Capers (Pickled)

- 1 cup nasturtium seeds (green not dry)
- 1/3 cup cider vinegar
- 1/3 cup water
- 1 tablespoon sea salt
- 1/2 teaspoon sugar
- 2 sprigs fresh dill

Clean the nasturtium seeds well and place in a clean jar, add the fresh dill to the jar. In a pot, bring the remaining ingredients to a boil on the stove. Pour over the seeds and seal the jar with a clean seal and ring. Leave to pickle in a cool dark spot for one to two weeks and then refrigerate.