

# PARTS OF A SEED

**Seeds are small, but mighty!** They provide us with lots of nutrients in a small package. Many seeds help heart health because they contain fiber, magnesium, and beta-glucan (oatmeal) which helps lower cholesterol and lowers the risk of heart disease.

## Seeds We Eat:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



GrowIt Green Morristown is a non-profit organization working to build a healthier, greener community. We manage three sites -The Urban Farm at Lafayette Learning Center, Early Street Community Garden, and the Greenhouse at the College of Saint Elizabeth. For more information about our programs and ways you can help support local food access and education, visit our website: [www.growitgreenmorristown.org](http://www.growitgreenmorristown.org)

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