

## Seeds Used For:

### Cooking

1. Almond
2. Amaranth
3. Barley
4. Brazil nut
5. Buckwheat
6. Cashew
7. Chestnut
8. Chickpea (garbanzo)
9. Cocoa
10. Coconut
11. Corn
12. Cowpea (Blackeye pea)
13. Filbert (Hazelnut)
14. Flax
15. Green bean
16. Lentil
17. Lima bean
18. Macadamia
19. Millet
20. Mustard
21. Navy bean
22. Oat
23. Pea
24. Peanut
25. Pecan
26. Pine nut
27. Pinto bean
28. Pistachio
29. Pomegranate
30. Pumpkin
31. Quinoa
32. Rice
33. Rye
34. Sesame
35. Soybean
36. Sorghum / Milo
37. Sunflower
38. Teff (found in Ethiopia)
39. Walnut
40. Wheat
41. Wild Rice
42. White bean

### Oil

1. Coconut
2. Corn
3. Cottonseed
4. Canola oil (a variety of rapeseed oil)
5. Grapeseed
6. Olive
7. Palm
8. Peanut
9. Safflower
10. Sesame
11. Soybean
12. Sunflower

### Spices

1. Anise
2. Caraway
3. Cardamom
4. Cocoa
5. Coriander
6. Cumin
7. Dill
8. Fennel
9. Nutmeg
10. Mustard
11. Vanilla
12. Pimento