



BOTANICAL SOCIETY OF AMERICA

Supplemental Materials for the Wonder of Seeds

Additional Reading Materials

J. Shen-Miller et al. 1995. Exceptional seed longevity and robust growth: Ancient sacred lotus from China. *American Journal of Botany* 82(11): 1367–1380.
http://www.botany.org/scientific_inquiry/supportmaterials/AJB-82-11-1367.pdf

Background Materials

A sample of seeds to that are easy to grow for sprout projects (with soaking and sprouting times estimated by Dr. Beverly Brown)

Sprout	Scientific name	Plant Family	Amount to start with	Soaking Time (in hours)	Sprouting Time (in days)
Alfalfa	<i>Medicago sativa</i>	Fabaceae	1 teaspoon	5-10	3-5
Amaranth	<i>Amaranthus cruentus</i>	Amaranthaceae	1 teaspoon		
Adzuki	<i>Vigna angularis</i>	Fabaceae	2 tablespoons	9-12	2-3
Chickpeas	<i>Cicer arietinum</i>	Fabaceae	2 tablespoons	9-12	2-3
Mung	<i>Vigna radiata</i>	Fabaceae	2 teaspoons	9-12	2-3
Soybeans	<i>Glycine max</i>	Fabaceae	2 tablespoons	9-12	2-3
Broccoli	<i>Brassica oleracea</i> var. <i>botrytis</i>	Brassicaceae	1 teaspoon	9-12	2-3
Buckwheat	<i>Fagopyrum esculentum</i>	Polygonaceae	2 tablespoons	10-12	2-3
Clover, red	<i>Trifolium pratense</i>	Fabaceae	1 teaspoon	8-10	3-4
Corn	<i>Zea mays</i>	Poaceae	2 tablespoon	10-15	3-5
Lentils, green	<i>Lens culinaris</i>	Fabaceae	1 tablespoon	10-12	2-3
Lentils, red	<i>Lens culinaris</i>	Fabaceae	1 tablespoon	10-12	2-3
Millet	<i>Pennisetum glaucum</i>	Poaceae	1 teaspoon	8-11	1-2
Oat Groats	<i>Avena sativa</i>	Poaceae	2 tablespoons	8-10	1-2
Quinoa	<i>Chenopodium quinoa</i>	Chenopodiaceae	1 teaspoon	8-10	2-3
Rye	<i>Secale cereale</i>	Poaceae	2 tablespoons	9-12	2-4
Sunflower	<i>Helianthus annus</i>	Asteraceae	2 tablespoons	6-8	2-3
Wheat	<i>Triticum aestivum</i> subsp. <i>aestivum</i> .	Poaceae	2 tablespoons	10 12	7-10