

# Seeds and Things

Jesus says that faith the size of a mustard seed is enough to help God. Real seeds are beautiful and complex, just like faith. What do you know about seeds?

*Some orchid seed-pods hold 3 million seeds.*

*Some seeds were found in frozen soil in Canada that were supposed to be more than 10,000 years old...and they still grew flowers!*

*Most oak trees don't grow their own seeds, or acorns, until they are at least 50 years old.*

*You probably eat seeds every day! Sunflower seeds on your salad, peanuts for a snack, beans with your dinner... seeds are everywhere in our food!*

*The outside of a seed is called a seed coat. It keeps the seeds protected and healthy until they're ready to grow!*

*The inside meat of a seed is called cotyledon. It provides the seed with food while it's growing.*

*The third piece of a seed is called the embryo. This is where the actual plant starts growing from!*

