

Seeds We Can Eat



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Seeds are not only for planting. Some seeds are for snacks, too. Yum!

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Sunflowers can grow very tall.
Sunflowers can grow to be five or six
feet tall.

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The seeds of the sunflower can be kept
to plant next summer. But you can also
bake the sunflower seeds. You can have
the baked seeds for a snack.