

# List of edible seeds

This **list of edible seeds** includes seeds that are directly foodstuffs, rather than yielding derived products.



*Quinoa, a pseudocereal*

A variety of species can provide **edible seeds**. Of the six major plant parts, seeds are the dominant source of human calories and protein.<sup>[1]</sup> The other five major plant parts are roots, stems, leaves, flowers, and fruits. Most edible seeds are angiosperms, but a few are gymnosperms. The most important global seed food source, by weight, is cereals, followed by legumes, and nuts.<sup>[2]</sup>

The list is divided into the following categories:

- **Cereals** (or **grains**) are grass-like crops that are harvested for their dry seeds. These seeds are often ground to make flour. Cereals provide almost half of all calories consumed in the world.<sup>[3]</sup> Botanically, true cereals are members of the Poaceae, the true grass family.
  - **Pseudocereals** are cereal crops that are not grasses.
- **Legumes** including **beans** and other protein-rich soft seeds.
- **Nuts** are botanically a specific type of fruit, but the term is also applied to many edible seeds that are not nuts in a botanical sense.
  - **Gymnosperms** produce nut-like seeds but neither flowers nor fruits.

## 1 Cereals

See also: Category:Cereals

True cereals are the seeds of certain species of grass.



*Maize*



*A mixture of rices, including brown, white, red indica and wild rice (Zizania species)*

Maize, wheat, and rice account for about half of the calories consumed by people every year.<sup>[3]</sup> Grains can be ground into flour for bread, cake, noodles, and other food products. They can also be boiled or steamed, either whole or ground, and eaten as is. Many cereals are present or past staple foods, providing a large fraction of the calories in the places that they are eaten. Cereals include:

- Barley
- Fonio
- Maize

- Oats
- Palmer's grass
- Pearl millet
- Rice
- Rye
- Sorghum
- Spelt
- Teff
- Triticale
- Wheat
- Wild rice

Other grasses with edible seeds include:

- *Astrebla pectinata* – barley Mitchell grass
- *Brachiaria piligera* – wattle signalgrass
- *Eragrostis eriopoda* – woollybutt grass
- *Panicum* species, such as native millet (*Panicum decompositum*) and hairy panic (*P. effusum*)
- *Themeda triandra* – kangaroo grass
- *Yakirra australiensis* – bunch panic

### 1.1 Pseudocereals

See also: Pseudocereals



*Cooked buckwheat*

- Breadnut
- Buckwheat

- Cattail
- Chia
- Flax
- Grain amaranth
- Hanza
- Kañiwa
- Pitseed goosefoot
- Quinoa
- Sesame

## 2 Legumes

See also: Category:Edible legumes and Bush bread  
Beans and other legumes, or pulses, include:<sup>[4]</sup>



*Lentils*



*Beans at a market*

- Bambara groundnut
- Chickpea
- Cowpeas
  - Black-eyed pea
- Dry beans, including



Freshly dug peanuts

- Common bean
- Several species of *Vigna*, such as the lentil
- Fava or broad bean
- Hyacinth bean
- Lupin
- Moringa
- Pea
- Peanut, also known as groundnut
- Pigeon pea
- Soybean
- *Sterculia* species
- Velvet bean
- Winged bean
- Yam beans

Although some beans can be consumed raw, some need to be heated before consumption. In certain cultures, beans that need heating are initially prepared as a seed cake. Beans that need heating include:<sup>[5]</sup>

- *Acacia* species (wattleseed), such as mulga (*Acacia aneura*), Halls Creek wattle (*A. cowleana*), southern ironwood (*A. estrophiolata*), umbrella bush (*A. ligulata*), Murray's wattle (*A. murrayana*), curara (*A. tetragonophylla*), witchetty bush (*A. kempeana*), wiry wattle (*A. coriacea*), mallee golden wattle (*A. notabilis*), ranji bush (*A. pyrifolia*), bardi bush (*A. victoriae*), coastal wattle (*A. sophorae*), shoestring acacia (*A. stenophylla*), and pindan wattle (*A. tumida*).
- *Atriplex nummularia* – old man saltbush

- *Brachychiton* species, such as kurrajong (*Brachychiton populneus*), northern kurrajong (*B. diversifolius*), desert kurrajong (*B. gregorii*), and red-flowered kurrajong (*B. paradoxus*).
- *Bruguiera gymnorhiza* – black mangrove
- *Calandrinia balonensis* – parakeelya
- *Canarium australianum* – mango bark
- *Canavalia rosea* – beach bean
- *Entada phaseoloides* – St. Thomas bean
- *Eucalyptus* species, such as tammin mallee (*Eucalyptus leptopoda*) and coolibah (*E. microtheca*)
- *Marsilea drummondii* – nardoo
- *Portulaca* species, such as common purslane (*Portulaca oleracea*) and large pigweed (*P. intraterranea*)
- *Nymphaea gigantea* – giant waterlily
- *Rhyncharrhena linearis* – purple pentatrop

### 3 Nuts

See also: List of edible nuts

According to the botanical definition, nuts are a partic-



Brazil nuts

ular kind of seed.<sup>[6]</sup> Chestnuts, hazelnuts, and acorns are examples of nuts under this definition. In culinary terms, however, the term is used more broadly to include fruits that are not botanically qualified as nuts, but that have a similar appearance and culinary role. Examples of culinary nuts include almonds, coconuts, and cashews.<sup>[7][8]</sup>

- Acorn
- Almond
- Beech
- Brazil nut



*Roasted and salted cashew nuts*



*Roasted pistachios*



*A whole walnut kernel*

- Candlenut
- Cashew
- Chestnuts, including:
  - Chinese chestnut

- Japanese chestnut
- Sweet chestnut
- Chilean hazel
- Egusi and other melon seeds, including:
  - Colocynth
  - Malabar gourd
  - Pepita
  - Ugu
- Hazelnuts, including:
  - Filbert
- Hickory, including:
  - Pecan
  - Shagbark hickory
- Indian beech
- Kola nut
- Macadamia
- Malabar almond
- Malabar chestnut
- Mamoncillo
- Mongongo
- Ogbono
- Paradise nut
- Pili
- Pistachio
- Walnuts, including:
  - Black walnut
- Water chestnut

### 3.1 Nut-like gymnosperm seeds

See also: Gymnosperm

- Cycads
- Ginkgo
- Gnetum
- Juniper
- Monkey-puzzle
- Pine nuts, including



*Pine nuts*

- Pinhão
  - Chilgoza pine
  - Korean pine
  - Mexican pinyon
  - Piñon pine
  - Single-leaf pinyon
  - Stone pine
- Podocarps

## 4 Other

- Cempedak
- Cocoa bean
- Coffee bean
- Durian
- Fox nut
- Hemp
- Jackfruit
- Lotus seed
- Poppy seed
- Pomegranate
- Sunflower seed
- Pumpkin seed
- Watermelon seed

## 5 See also

- Eastern Agricultural Complex
- List of almond dishes
- List of culinary nuts
- List of dried foods
- List of food origins
- List of foods
- List of maize dishes
- List of rice dishes
- List of vegetable oils
- List of seed-based snacks

## 6 References

- [1] "Human Appropriation of the World's Food Supply". *Global Change Curriculum*. University of Michigan. 2006-01-04.
- [2] Desai, Babasaheb (2000). *Handbook of Nutrition and Diet*. CRC Press. p. 196.
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- [4] "Pulses and derived products". *Definition and Classification of Commodities*. Food and Agriculture Organization of the United Nations. 1994. Retrieved 2006-12-26.
- [5] Isaacs, Jennifer. *Bush food: Aboriginal food and herbal medicine*.
- [6] "Nut". *Biology Online Dictionary*. October 3, 2005. Retrieved 2006-12-26.
- [7] "Nut". *The Columbia Online Encyclopedia*. 2003. Retrieved 2006-12-26.
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## 7 Further reading

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