



Edible Seed Tour

1

Araucaria angustifolia, Araucariaceae

This critically endangered evergreen tree which can grow up to 40m tall comes from Southern Brazil. The local people call the edible seeds, which are similar to pine nuts, pinhão.

2

Ginkgo biloba, Ginkgoaceae

Ginkgo can be traced back 270 million years and was cultivated early in human history for medicinal and edible purposes. It is a native tree in China where its seeds are used to make congee, a type of porridge for special occasions. In Japan, the seeds are called ginnan and are used to make a variety of dishes.

3

Corylus maxima, Betulaceae

Cobnuts are the edible seed of this deciduous shrub. They are rich in protein and unsaturated fat. They also contain significant amounts of manganese, copper, vitamin E, thiamine and magnesium.

4

Castanea sativa, Fagaceae

Sweet chestnuts originate from an area spanning Southern Europe to Asia Minor and are traditionally roasted in their husks after removing the spiny cupules in which they grow on the tree.

5

Piper nigrum, Piperaceae

White pepper and black pepper both come from this plant. White pepper is made from only the seed whereas black pepper uses the whole fruit. Ground white pepper has a different flavour to black pepper as it lacks certain compounds present in the outer layer of the drupe.

6

Theobroma cacao, Malvaceae

This small tree from tropical regions in the Americas can grow 4-8m tall. It produces seeds known as cocoa beans which are used to make cocoa solids, cocoa butter and chocolate. Several mixtures of cacao are described in ancient texts for ceremonial, medicinal and culinary purposes.

7

Punica granatum, Lythraceae

Pomegranate has a history of cultivation dating back several millennia. This fruit-bearing shrub originates from the region of modern-day Iran to northern India. Anardana is a spice made from the ground, dried seeds and used particularly in Indian and Pakistani cuisine, especially to flavour chutneys and curries. Pomegranate seeds are a rich source of dietary fibre.

8

Fagus sylvatica 'Dawyck', Fagaceae

Beech nuts can be harvested to eat. The triangular nuts will need to be soaked overnight to help with the removal of their astringent skin

9

Juniperus communis, Cupressaceae

This plant has the largest geographical range of any woody plant. Known as Juniper berries, these seeds are used to flavour meats, sauces and alcoholic beverages including gin.

10

Quercus suber, Fagaceae

Grown for its cork bark, this tree also produces edible acorns which can be boiled and eaten as a snack.