

Roasting Seeds

Ingredients

- 2 cups unwashed sunflower seeds (or pumpkin seeds)
- 1/2 tsp Worcestershire sauce
- 1 1/2 Tbsp melted butter (or oil)
- 1 1/4 tsp salt

Instructions

1. Preheat oven to 250 degrees.
2. Mix together seeds, Worcestershire sauce, melted butter, and salt.
3. Spread coated seeds in a large shallow pan.
4. Place in oven and leave about 20 minutes, stirring occasionally, until seeds are dry, crisp, and golden in color.

****Note:**** This recipe is equally good when done with pumpkin seeds.

Harvesting and Storing Sunflower Seeds

1. When the sunflower heads are yellow, petals turn brown and dry, and leaves are ragged and brown, they're ready to harvest.
2. Cut the heads off a few inches down the stem.
3. Hang them to dry in a well ventilated place. You may want to tie a cloth bag (such as cheesecloth) around the head to catch seeds dropping off while drying.
4. When most of the seeds are loose, remove the rest from the pod with a stiff wire brush.
5. Seeds that seem a little moist should be spread out on a flat surface to dry completely.
6. Store seeds in small containers. They tend to heat up and spoil in larger bins.
7. Stir seeds a couple times a week to prevent mustiness.
8. Eat them either raw or roasted.

ROASTING SEEDS

2 cups unwashed sunflower seeds (or pumpkin seeds)

$\frac{1}{2}$ teaspoon Worcestershire sauce

$1\frac{1}{2}$ tablespoons melted butter (or oil)

$1\frac{1}{4}$ teaspoons salt

Sunflower

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