

Seeds Per Gram

This listing is made according to alphabetical arrangement of Latin name of medicinal herbs, including also a few medicinal trees and common vegetables. These are average seed counts per gram weight that have been compiled over the last 30 years by seedsman/herbalist Richard A (Richo) Cech. ©2019

Latin Name	Common Name	Av. Seeds Per Gram
<i>Abelmoschus esculentus</i>	Okra	19 seeds per gram
<i>Achillea millefolium</i>	Mountain Yarrow	6,000 seeds per gram
<i>Acmella oleracea</i>	Spilanthes	3,000 seeds per gram
<i>Aconitum carmichaeli</i>	Chinese Aconite	360 seeds per gram
<i>Aconitum napellus</i>	Monkshood Aconite	330 seeds per gram
<i>Acorus calamus</i>	Calamus	190 seeds per gram
<i>Adonis vernalis</i>	Adonis	65 seeds per gram
<i>Aesculus hippocastanum</i>	Horse Chestnut	62 seeds per kilogram
<i>Agastache foeniculum</i>	Licorice Mint	2,800 seeds per gram
<i>Agastache rugosa</i>	Korean Mint	2,500 seeds per gram
<i>Agrimonia eupatoria</i>	Agrimony	60 seeds per gram
<i>Ajuga reptans</i>	Bugle	700 seeds per gram
<i>Alcea rosea</i>	Hollyhock	95 seeds per gram
<i>Alchemilla vulgaris</i>	Lady's Mantle	2,700 seeds per gram
<i>Aletris farinosa</i>	True Unicorn	24,000 seeds per gram
<i>Alkanna orientalis</i>	Oriental Alkanet	220 seeds per gram
<i>Alkanna tinctoria</i>	True Alkanet	250 seeds per gram
<i>Allium cepa</i>	Garden Onion	325 seeds per gram
<i>Allium fistulosum</i>	Welsh Onion	430 seeds per gram
<i>Allium porrum</i>	Leek	370 seeds per gram
<i>Allium schoenoprasum</i>	English Chives	700 seeds per gram
<i>Allium tuberosum</i>	Garlic Chives	215 seeds per gram
<i>Allium ursinum</i>	Bear's Garlic	130 seeds per gram
<i>Aloe arborescens</i>	Krantz Aloe	800 seeds per gram
<i>Aloe ferox</i>	Cape Aloe	360 seeds per gram
<i>Althaea officinalis</i>	Marshmallow	300 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Amaranthus cruentus</i>	Amaranth	1,200 seeds per gram
<i>Ammi visnaga</i>	Khella	1400 seeds per gram
<i>Amomum subulatum</i>	Black Cardamom (Yi-zhi-ren)	70 seeds per gram
<i>Anaphalis margaritacea</i>	Pearly Everlasting	20,000 seeds per gram
<i>Anchusa azurea</i>	Azure Anchusa	40 seeds per gram
<i>Anchusa officinalis</i>	Common Bugloss	200 seeds per gram
<i>Andrographis paniculata</i>	Andrographis (Kalmegh)	600 seeds per gram
<i>Anemone pulsatilla</i> (P. vulgaris)	Pulsatilla	400 seeds per gram
<i>Anemopsis californica</i>	Yerba Mansa	3,000 seeds per gram
<i>Anethum graveolens</i>	Dill	600 seeds per gram
<i>Angelica archangelica</i>	Official Angelica	200 seeds per gram
<i>Angelica dahurica</i>	Chinese Angelica (Bai-zhi)	250 seeds per gram
<i>Angelica keiskei koidzumi</i>	Ashitaba	100 seeds per gram
<i>Angelica sinensis</i>	Dang-gui	300seeds per gram
<i>Anthemis sancti-johannis</i>	Saint John's Chamomile	1,200 seeds per gram
<i>Anthemis tinctoria</i>	Dyer's Chamomile	1,500 seeds per gram
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	1,600 seeds per gram
<i>Anthriscus cerefolium</i>	Chervil	600 seeds per gram
<i>Anthyllis vulneraria</i>	Kidney Vetch	310 seeds per gram
<i>Apium graveolens</i>	Celery	2,000 seeds per gram
<i>Apocynum cannabinum</i>	Indian Hemp	760 seeds per gram
<i>Aralia californica</i>	Western Spikenard	600 seeds per gram
<i>Aralia chinensis</i>	Chinese Angelica Tree	800 seeds per gram
<i>Aralia cordata</i>	Udo	1,200 seeds per gram
<i>Aralia racemosa</i>	Eastern Spikenard	900 seeds per gram
<i>Aralia spinosa</i>	Spiny Aralia	330 seeds per gram
<i>Arctium lappa</i>	Burdock, gobo	105 seeds per gram
<i>Arctostaphylos uva-ursi</i>	Bearberry	80 seeds per gram
<i>Arctostaphylos viscida</i>	Whiteleaf Manzanita	40 seeds per gram
<i>Arisaema triphyllum</i>	Jack-in-the-Pulpit	20 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Aristolochia serpentaria</i>	Virginia Snakeroot	120 seeds per gram
<i>Arnica chamissonis</i>	Meadow Arnica	2,000 seeds per gram
<i>Arnica montana</i>	Mountain Arnica	700 seeds per gram
<i>Artemisia absinthium</i>	Absinthe Wormwood	14,000 seeds per gram
<i>Artemisia annua</i>	Sweet Annie	17,000 seeds per gram
<i>Artemisia dracunculus</i>	Russian Tarragon	4,800 seeds per gram
<i>Artemisia ludoviciana</i>	Western Mugwort	8,000 seeds per gram
<i>Artemisia princeps</i>	Yomogi	16,000 seeds per gram
<i>Artemisia scoparia</i>	Redstem Wormwood	26,000 seeds per gram
<i>Artemisia tridentata</i>	Sagebrush	5,500 seeds per gram
<i>Artemisia vulgaris</i>	Common Mugwort	14,000 seeds per gram
<i>Asarum caudatum</i>	Western Wild Ginger	155 seeds per gram
<i>Asclepias</i> spp.	Milkweed	200 seeds per gram
<i>Asparagus officinalis</i>	Garden Asparagus	50 seeds per gram
<i>Asparagus racemosus</i>	Shatavari	31 seeds per gram
<i>Asphodelus</i> spp.	Asphodel	60 seeds per gram
<i>Aster oblongifolius</i>	Aromatic Aster	4,000 seeds per gram
<i>Aster tataricus</i>	Tartarian Aster (Zi-wan)	800 seeds per gram
<i>Astragalus membranaceus</i>	Astragalus (Huang-qi)	250 seeds per gram
<i>Atractylodes macrocephala</i>	Atractylodes (Bai-zhu)	30 seeds per gram
<i>Atriplex hortensis</i>	Orach	250 seeds per gram
<i>Atropa belladonna</i>	Belladonna	950 seeds per gram
<i>Avena sativa</i>	Oats	36 seeds per gram
<i>Bacopa monnieri</i>	Brahmi	18,000 seeds per gram
<i>Balsamorhiza sagittata</i>	Balsam Root	110 seeds per gram
<i>Baptisia tinctoria</i>	Wild Indigo	190 seeds per gram
<i>Barbarea verna</i>	Creasy Greens	300 seeds per gram
<i>Belamcanda chinensis</i>	Leopard Flower (She-gan)	55 seeds per gram
<i>Bellis perennis</i>	Common Daisy	8,000 seeds per gram
<i>Benincasa hispida</i>	Wax Gourd	10 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Beta vulgaris</i>	Beet	70 seeds per gram
<i>Bixa orellana</i>	Annatto	40 seeds per gram
<i>Borago officinalis</i>	Borage	60 seeds per gram
<i>Brassica rapa pekinensis</i>	Chinese Cabbage	575 seeds per gram
<i>Brassica oleracea botrytis</i>	Cauliflower	300 seeds per gram
<i>Brassica oleracea capitata</i>	Cabbage	245 seeds per gram
<i>Brassica oleracea gemmiphera</i>	Brussels Sprouts	270 seeds per gram
<i>Brassica oleracea italica</i>	Broccoli	315 seeds per gram
<i>Brassica oleracea sabellica</i>	Kale	300 seeds per gram
<i>Brassica oleracea viridis</i>	Collard	270 seeds per gram
<i>Brassica rapa niposinica</i>	Mizuna	300 seeds per gram
<i>Bulbine frutescens</i>	Burn Jelly Plant	500 seeds per gram
<i>Bulbine natalensis</i>	Natal Bulbine	2,500 seeds per gram
<i>Bupleurum chinense (falcatum)</i>	Bupleurum (Bei-chai-hu)	1,000 seeds per gram
<i>Cajanus cajan</i>	Pigeon Pea	10 seeds per gram
<i>Calendula arvensis</i>	Wild Calendula	100 seeds per gram
<i>Calendula officinalis</i>	Common Calendula	120 seeds per gram
<i>Calluna vulgaris</i>	Heather	37,000 seeds per gram
<i>Camassia quamash</i>	Camas	200 seeds per gram
<i>Camelina sativa</i>	Camelina	600 seeds per gram
<i>Campanula rapunculus</i>	Rampion	48,000 seeds per gram
<i>Capparis spinosa</i>	Caper	100 seeds per gram
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	10,000 seeds per gram
<i>Capsicum frutescens</i>	Cayenne Pepper	223 seeds per gram
<i>Capsicum spp.</i>	Peppers	240 seeds per gram
<i>Carnegia gigantea</i>	Giant Saguaro Cactus	700 seeds per gram
<i>Carthamus tinctorius</i>	Safflower	24 seeds per gram
<i>Carum carvi</i>	Caraway	370 seeds per gram
<i>Cassia hebecarpa</i>	Wild Senna	50 seeds per gram
<i>Caulophyllum thalictroides</i>	Blue Cohosh	3 seeds per gram

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<i>Ceanothus americanus</i>	New Jersey Tea	240 seeds per gram
<i>Ceanothus velutinas</i>	Snowbush Ceanothus	260 seeds per gram
<i>Centaurea cyanus</i>	Cornflower	250 seeds per gram
<i>Centaureum erythraea</i>	Centauray	9,000 seeds per gram
<i>Centella (Hydrocotyl) asiatica</i>	Gotu Kola	300 seeds per gram
<i>Centranthus ruber</i>	Red Valerian	400 seeds per gram
<i>Ceratonia siliqua</i>	Carob	7 seeds per gram
<i>Chamaelirium luteum</i>	False Unicorn	1,800 seeds per gram
<i>Chamaemelum nobile</i>	Roman Chamomile	7,200 seeds per gram
<i>Chelidonium majus</i>	Greater Celandine	1,600 seeds per gram
<i>Chelone glabra</i>	Turtlehead	1,400 seeds per gram
<i>Chenopodium ambrosioides</i>	Epazote	3,000 seeds per gram
<i>Chenopodium quinoa</i>	Quinoa	350 seeds per gram
<i>Chenopodium album</i>	Lamb's Quarters	1,350 seeds per gram
<i>Cicer arietinum</i>	Chickpea	4 seeds per gram
<i>Cichorium spp.</i>	Chicory	750 seeds per gram
<i>Cimicifuga (Acteae) racemosa</i>	Black Cohosh	430 seeds per gram
<i>Cineraria maritima</i>	Dusty Miller	2,000 seeds per gram
<i>Cistus incanus tauricus</i>	Tauric Rock Rose	1,000 seeds per gram
<i>Citrullus lanatus</i>	Watermelon	12 seeds per gram
<i>Claytonia perfoliata</i>	Miner's Lettuce	2,000 seeds per gram
<i>Clinopodium grandiflorum</i>	Calamint	3,300 seeds per gram
<i>Clitoria ternatea</i>	Butterfly Pea	20 seeds per gram
<i>Cnicus benedictus</i>	Blessed Thistle	36 seeds per gram
<i>Cnidium monnieri</i>	Snow Parsley (She-chuang-zi)	1,500 seeds per gram
<i>Codonopsis pilosula</i>	Codonopsis (Dang-shen)	2,500 seeds per gram
<i>Coffea arabica</i>	Coffee	4 seeds per gram
<i>Coix lacryma jobi</i>	Job's Tears	3 seeds per gram
<i>Colchicum autumnale</i>	Autumn Crocus	170 seeds per gram
<i>Coptis chinensis</i>	Chinese Coptis (Huang-lian)	500 seeds per gram

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<i>Coriandrum sativum</i>	Cilantro/Coriander	100 seeds per gram
<i>Crambe maritima</i>	Sea Kale	13 seeds per gram
<i>Crataegus laevigata</i>	English Hawthorn	22 seeds per gram
<i>Crataegus monogyna</i>	Wild Hawthorn	8 seeds per gram
<i>Crithmum maritimum</i>	Sea Samphire	300 seeds per gram
<i>Cucumis sativus</i>	Cucumber	40 seeds per gram
<i>Cucurbita maxima</i>	Winter Squash	7 seeds per gram
<i>Cucurbita pepo</i>	Pumpkin	4 seeds per gram
<i>Cucurbita pepo</i>	Summer Squash	10 seeds per gram
<i>Cuminum cyminum</i>	Cumin	300 seeds per gram
<i>Cyclanthera pedata</i>	Caigua	10 seeds per gram
<i>Cymbopogon flexuosus</i>	East Indian Lemongrass	2,200 seeds per gram
<i>Cynara cardunculus</i>	Cardoon	20 seeds per gram
<i>Cynara scolymus</i>	Artichoke	20 seeds per gram
<i>Datura innoxia</i>	Moonflower	60 seeds per gram
<i>Datura stramonium</i>	Jimson Weed	150 seeds per gram
<i>Daucus carota sativus</i>	Garden Carrot	630 seeds per gram
<i>Daucus carota</i>	Queen Anne's Lace	1,000 seeds per gram
<i>Dianthus superbus</i>	Dianthus (Qu-mai)	2,000 seeds per gram
<i>Dictamnus purpureus</i>	Burning Bush	100 seeds per gram
<i>Digitalis lanata</i>	Greek Foxglove	2,000 seeds per gram
<i>Digitalis purpurea</i>	Purple Foxglove	12,000 seeds per gram
<i>Dionaea muscipula</i>	Venus Flytrap	7,000 seeds per gram
<i>Dioscorea villosa</i>	Wild American Yam	80 seeds per gram
<i>Diospyros virginica</i>	American Persimmon	17 seeds per 10 grams
<i>Diplotaxis tenuifolia</i>	Wild Arugula	3,395 seeds per gram
<i>Dracocephalum moldavicum</i>	Moldavian Balm	450 seeds per gram
<i>Drosera rotundifolia</i>	Sundew	19,500 seeds per gram
<i>Ecballium elaterium</i>	Squirting Cucumber	66 seeds per gram
<i>Echinacea angustifolia</i>	Narrow-leaved Coneflower	240 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Echinacea atrorubens</i>	Topeka Purple Coneflower	190 seeds per gram
<i>Echinacea laevigata</i>	Smooth Purple Coneflower	250 seeds per gram
<i>Echinacea pallida</i>	Pale-purple Coneflower	200 seeds per gram
<i>Echinacea paradoxa</i>	Yellow Coneflower	160 seeds per gram
<i>Echinacea purpurea</i>	Purple Coneflower	265 seeds per gram
<i>Echinacea sanguinea</i>	Sanguin Purple Coneflower	880 seeds per gram
<i>Echinacea simulata</i>	Glade Purple Coneflower	300 seeds per gram
<i>Echinacea tennesseensis</i>	Tennessee Purple Coneflower	200 seeds per gram
<i>Echium vulgare</i>	Viper's Bugloss	350 seeds per gram
<i>Eclipta alba</i>	Eclipta (Bhringaraj)	4,000 seeds per gram
<i>Eleutherococcus senticosus</i>	Eleuthero (Ci-wu-jia)	142 seeds per gram
<i>Emblica officinalis</i>	Amla	44 seeds per gram
<i>Ephedra equisetina</i>	Bluestem Ephedra	140 seeds per gram
<i>Ephedra nevadensis/viridis</i>	Mormon Tea	40 seeds per gram
<i>Ephedra sinica</i>	Ma-huang	100 seeds per gram
<i>Epilobium angustifolium</i>	Fireweed	1,200 seeds per gram
<i>Eriodictyon californicum</i>	Yerba Santa	3,000 seeds per gram
<i>Eruca vesicaria sativa</i>	Arugula	1,500 seeds per gram
<i>Eryngium maritimum</i>	Sea Eryngo	50 seeds per gram
<i>Eschscholzia californica</i>	California Poppy	900 seeds per gram
<i>Eupatorium (Eutrochium) purp.</i>	Gravel Root	2,200 seeds per gram
<i>Eupatorium perfoliatum</i>	Boneset	9,000 seeds per gram
<i>Euphorbia lathyris</i>	Gopher Spurge	23 seeds per gram
<i>Euphrasia officinalis</i>	Eyebright	5,400 seeds per gram
<i>Fagopyrum cymosum</i>	Tall Buckwheat (Jin-qiao-mai)	22 seeds per gram
<i>Fagopyron esculentum</i>	Buckwheat	42 seeds per gram
<i>Feoniculum vulgare</i>	Fennel	150 seeds per gram
<i>Fragaria vesca</i>	Woodland Strawberry	3,000 seeds per gram
<i>Frasera speciosa</i>	Green Gentian	600 seeds per gram
<i>Galega officinalis</i>	Goat's Rue	140 seeds per gram

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<i>Galium odoratum</i>	Sweet Woodruff	180 seeds per gram
<i>Galium verum</i>	Our Lady's Bedstraw	3,500 seeds per gram
<i>Gaultheria procumbens</i>	Wintergreen	4,000 seeds per gram
<i>Genista tinctoria</i>	Dyer's Broom	230 seeds per gram
<i>Gentiana lutea</i>	Yellow Gentian	900 seeds per gram
<i>Gentiana tibetica</i>	Tibetan Gentian	3,300 seeds per gram
<i>Geranium maculatum</i>	Wild Geranium	188 seeds per gram
<i>Geum urbanum</i>	Avens	400 seeds per gram
<i>Gillenia trifoliata</i>	Bowman's Root	300 seeds per gram
<i>Glechoma hederacea</i>	Alehoof	2,500 seeds per gram
<i>Glycyrrhiza glabra</i>	Licorice	117 seeds per gram
<i>Glycyrrhiza uralensis</i>	Chinese Licorice	130 seeds per gram
<i>Gratiola officinalis</i>	Hedge Hyssop	40,000 seeds per gram
<i>Grindelia</i> spp.	Gumweed	300 seeds per gram
<i>Gynostemma pentaphyllum</i>	Jiao-gu-lan	200 seeds per gram
<i>Heirochloe odorata</i>	Sweetgrass	1,700 seeds per gram
<i>Helianthus annuus</i>	Sunflower	13 seeds per gram
<i>Helichrysum italicum</i>	Helichrusum	14,000 seeds per gram
<i>Helleborus niger</i>	White Christmas Rose	100 seeds per gram
<i>Hibiscus sabdariffa</i>	Roselle	24 seeds per gram
<i>Hippophaea rhamnoides</i>	Sea Buckthorn	90 seeds per gram
<i>Hoodia gordonii</i>	Hoodia	170 seeds per gram
<i>Hordium vulgare</i>	Barley	22 seeds per gram
<i>Houttuynia cordata</i>	Houttuynia/Fishwort	17,000 seeds per gram
<i>Humulus lupulus</i>	Hops	330 seeds per gram
<i>Hydrastis canadensis</i>	Goldenseal	50 seeds per gram
<i>Hyoscyamus niger</i>	Henbane	1,200 seeds per gram
<i>Hypericum perforatum</i>	Saint John's Wort	8,000 seeds per gram
<i>Hyssopus officinalis</i>	Hyssop	1,100 seeds per gram
<i>Inula helenium</i>	Elecampane	600 seeds per gram

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<i>Iris versicolor</i>	Blue Flag Iris	80 seeds per gram
<i>Isatis tinctoria</i>	Dyer's Woad	500 seeds per gram
<i>Jacaranda mimosifolia</i>	Jacaranda	120 seeds per gram
<i>Juniperus virginiana</i>	Eastern Red Cedar	91 seeds per gram
<i>Lactuca sativa</i>	Lettuce	900 seeds per gram
<i>Lactuca virosa</i>	Wild Lettuce	1,200 seeds per gram
<i>Lagenaria siceraria</i>	Gourd	8 seeds per gram
<i>Lamium purpureum</i>	Red Henbit	1,500 seeds per gram
<i>Lavandula angustifolia</i>	English lavender	1,200 seeds per gram
<i>Lavandula angustifolia</i>	Hidcote Lavender	1,400 seeds per gram
<i>Lavandula angustifolia</i>	Munstead Lavender	1,000 seeds per gram
<i>Lavandula latifolia</i>	Broadleaf Lavender	800 seeds per gram
<i>Lavandula stoechas</i>	French Lavender	1,050 seeds per gram
<i>Leonotis leonurus</i>	Wilde Dagga	300 seeds per gram
<i>Leonotis nepetaefolia</i>	Cordao	400 seeds per gram
<i>Leonurus artemisia</i>	Chinese Motherwort	930 seeds per gram
<i>Leonurus cardiaca</i>	Motherwort	1,200 seeds per gram
<i>Leuzea carthamoides</i>	Maralroot	52 seeds per gram
<i>Levisticum officinale</i>	Lovage	350 seeds per gram
<i>Lewisia rediviva</i>	Bitterroot	1,500 seeds per gram
<i>Liatris spicata</i>	Gayfeather	280 seeds per gram
<i>Ligusticum chuan-xiong</i>	Chuan-xiong	120 seeds per gram
<i>Ligusticum porteri</i>	Osha	300 seeds per gram
<i>Linum usitatissimum</i>	Flax	260 seeds per gram
<i>Lobelia cardinalis</i>	Cardinal Flower	25,000 seeds per gram
<i>Lobelia inflata</i>	Official Lobelia	18,000 seeds per gram
<i>Lobelia siphilitica</i>	Great Blue Lobelia	30,000 seeds per gram
<i>Lomatium dissectum</i>	Lomatium	60 seeds per gram
<i>Lophophora williamsii</i>	Peyote	2,000 seeds per gram
<i>Luffa cylindrical</i>	Luffa	12 seeds per gram

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<i>Lunaria biennis</i>	Moonwort	55 seeds per gram
<i>Lycium barbarum</i>	Goji	1,000 seeds per gram
<i>Lycopersicon esculentum</i>	Tomato	315 seeds per gram
<i>Lycopus europaeus</i>	Gypsywort/Bugleweed	3,500 seeds per gram
<i>Macleaya cordata</i>	Plume Poppy	1,100 seeds per gram
<i>Maclura pomifera</i>	Osage Orange	25 seeds per gram
<i>Mahonia aquifolium</i>	Oregon Grape	90 seeds per gram
<i>Malva sylvestris</i>	High Mallow	120 seeds per gram
<i>Mandragora autumnalis</i>	Autumn Mandrake	150 seeds per gram
<i>Mandragora caulescens</i>	Himalayan Mandrake	500 seeds per gram
<i>Mandragora officinarum</i>	Mandrake	36 seeds per gram
<i>Mandragora turcomanica</i>	Turkmenian Mandrake	30 seeds per gram
<i>Marrubium vulgare</i>	White Horehound	1,100 seeds per gram
<i>Matricaria recutita</i>	German Chamomile	7,500 seeds per gram
<i>Meconopsis betonicifolia</i>	Himalayan Blue Poppy	3,400 seeds per gram
<i>Medicago sativa</i>	Alfalfa	400 seeds per gram
<i>Melissa officinalis</i>	Lemon Balm	2,000 seeds per gram
<i>Mentha longifolia</i>	Arabian Mint	13,000 seeds per gram
<i>Mentha piperita</i>	Peppermint	12,500 seeds per gram
<i>Mentha pulegium</i>	Pennyroyal	12,000 seeds per gram
<i>Mentha requienii</i>	Corsican Mint	27,000 seeds per gram
<i>Mentha spicata</i>	Spearmint	12,500 seeds per gram
<i>Mesembryanthemum crystallinum</i>	Common Iceplant	6,000 seeds per gram
<i>Meum athamanticum</i>	Spignel	120 seeds per gram
<i>Mirabilis jalapa</i>	4 O'Clock	10 seeds per gram
<i>Mirabilis multiflora</i>	Maravilla	17 seeds per gram
<i>Mitchella repens</i>	Partridge Berry	400 seeds per gram
<i>Momordica charantia</i>	Bitter Melon	5 seeds per gram
<i>Momordica grosvenorii</i>	Monk Fruit (Luo-han-guo)	8 seeds per gram
<i>Monarda didyma</i>	Red Bergamot	1,500 seeds per gram

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<i>Monarda fistulosa</i>	Sweetleaf Bergamot	2,300 seeds per gram
<i>Monarda punctata</i>	Yellow Dotted Mint	3,000 seeds per gram
<i>Myrrhis odorata</i>	Sweet Cicely/Garden Myrrh	23 seeds per gram
<i>Nasturtium officinale</i>	Watercress	2,000 seeds per gram
<i>Nepeta cataria</i>	Catnip	2,000 seeds per gram
<i>Nicotiana tabacum</i>	Tobacco	10,000 seeds per gram
<i>Nigella sativa</i>	Black Seed	400 seeds per gram
<i>Ocimum africanum</i>	Temperate Tulsi	1,580 seeds per gram
<i>Ocimum basilicum</i>	Mrihani Basil	800 seeds per gram
<i>Ocimum basilicum</i>	Genovese Basil	660 seeds per gram
<i>Ocimum bailicum</i>	Thai Basil	1,100 seeds per gram
<i>Ocimum minimum</i>	Greek Basil	750 seeds per gram
<i>Ocimum tenuiflorum</i>	Tropical Tulsi	2,200 seeds per gram
<i>Oenothera biennis</i>	Evening primrose	400 seeds per gram
<i>Ononis spinosa</i>	Restharrow	200 seeds per gram
<i>Origanum heracleoticum</i>	Greek Oregano	9,000 seeds per gram
<i>Origanum majorana</i>	Marjoram	5,000 seeds per gram
<i>Origanum syriacum</i>	Zaatar	4,070 seeds per gram
<i>Origanum vulgare</i>	Common Oregano	9,500 seeds per gram
<i>Paeonia lactiflora</i>	Garden Peony	9 seeds per gram
<i>Paeonia obovata</i>	Chinese Red Peony	9 seeds per gram
<i>Panax ginseng</i>	Asian Ginseng (Ren-shen)	24 seeds per gram
<i>Panax quinquefolius</i>	American Ginseng	14 seeds per gram
<i>Papaver rhoeas</i>	Flanders Poppy	10,000 seeds per gram
<i>Papaver somniferum</i>	Poppy	2,000 seeds per gram
<i>Parthenium integrifolium</i>	Wild Quinine	250 seeds per gram
<i>Passiflora incarnata</i>	Passionflower	30 seeds per gram
<i>Pelargonium capitatum</i>	Scented Geranium	330 seeds per gram
<i>Pelargonium sidoides</i>	Umcka Geranium	250 seeds per gram
<i>Perilla frutescens</i>	Shiso	450 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Petasites</i> spp.	Butterbur	3,000 seeds per gram
<i>Petroselinum crispum</i>	Parsley	500 seeds per gram
<i>Peucedanum ostruthium</i>	Masterwort	700 seeds per gram
<i>Phaseolus vulgaris</i>	Bean	6 seeds per gram
<i>Physalis alkekengi</i>	Chinese Lantern	600 seeds per gram
<i>Physalis ixocarpa</i>	Tomatillo	265 seeds per gram
<i>Phytolacca acinosa</i>	Himalayan Poke	95 seeds per gram
<i>Phytolacca americana</i>	American Poke	90 seeds per gram
<i>Pimpinella anisum</i>	Anise	400 seeds per gram
<i>Pisum sativum</i>	Peas	6 seeds per gram
<i>Plantago coronopus</i>	Herba Stella	5,000 seeds per gram
<i>Plantago lanceolata</i>	Narrow-leaved Plantain	500 seeds per gram
<i>Plantago major</i>	Broadleaf Plantain	2,000 seeds per gram
<i>Plantago psyllium</i>	Psyllium	1,000 seeds per gram
<i>Platycodon grandiflorus</i>	Balloonflower (Jie-jeng)	1,000 seeds per gram
<i>Podophyllum hexandrum</i>	Himalayan Mayapple	50 seeds per gram
<i>Podophyllum peltatum</i>	American Mayapple	35 seeds per gram
<i>Polygonatum</i> spp.	Solomon's Seal	38 seeds per gram
<i>Polygonum (Persicaria) orientale</i>	Kiss-Me-Over-the-Garden-Gate	11 seeds per gram
<i>Polygonum bistorta</i>	Bistort	160 seeds per gram
<i>Polygonum multiflorum</i>	He-shou-wu	200 seeds per gram
<i>Polymnia uvedalia</i>	Bearsfoot	5 seeds per gram
<i>Porophyllum ruderales</i>	Quilquina (Papalo)	500 seeds per gram
<i>Portulacca oleracea</i>	Purslane	2,600 seeds per gram
<i>Potentilla tormentilla</i>	Cinquefoil	800 seeds per gram
<i>Primula veris</i>	Cowslip	1,200 seeds per gram
<i>Prunella vulgaris</i>	Self Heal	1,400 seeds per gram
<i>Prunus virginiana</i>	Wild Virginia Chokecherry	8 seeds per gram
<i>Pulmonaria officinalis</i>	Lungwort	100 seeds per gram
<i>Pycnanthemum virginianun</i>	Mountain Mint	7,000 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Raphanus sativus longipinnatus</i>	Daikon Radish	172 seeds per gram
<i>Raphanus sativus</i>	Radish	115 seeds per gram
<i>Rehmannia glutinosa</i>	Rehmannia (Sheng-di-huang)	15,000 seeds per gram
<i>Rheum officinale</i>	Chinese Rhubarb	75 seeds per gram
<i>Rheum officinarum</i>	Official Rhubarb	135 seeds per gram
<i>Rheum palmatum</i>	Turkey Rhubarb	60 seeds per gram
<i>Rheum rhabarbarum</i>	Garden Rhubarb	80 seeds per gram
<i>Rhodiola rosea</i>	Rhodiola/Rose Root	7,500 seeds per gram
<i>Ricinus communis</i>	Castor	2 seeds per gram
<i>Rosmarinus officinalis</i>	Rosemary	900 seeds per gram
<i>Rubia tinctorum</i>	Madder	60 seeds per gram
<i>Rumex acetosa</i>	Garden Sorrel	1,000 seeds per gram
<i>Rumex acetosella</i>	Sheep Sorrel	900 seeds per gram
<i>Rumex crispus</i>	Yellow Dock	340 seeds per gram
<i>Rumex scutatus</i>	French Sorrel	1,100 seeds per gram
<i>Ruta graveolens</i>	Rue	500 seeds per gram
<i>Salvia apiana</i>	White Sage	600 seeds per gram
<i>Salvia columbariae</i>	Desert Golden Chia	1,200 seeds per gram
<i>Salvia hispanica</i>	Mexican Chia	1,000 seeds per gram
<i>Salvia miltiorrhiza</i>	Chinese Red Sage (Dan-shen)	540 seeds per gram
<i>Salvia officinalis</i>	Garden Sage	95 seeds per gram
<i>Salvia przewalskii</i>	Gansu Sage (Dan-shen-gansu)	160 seeds per gram
<i>Salvia sclarea</i>	Clary Sage	200 seeds per gram
<i>Salvia spathacea</i>	Pitcher Sage	40 seeds per gram
<i>Sanguinaria canadensis</i>	Bloodroot	70 seeds per gram
<i>Sanicula europaeae</i>	Sanicle	250 seeds per gram
<i>Santolina chamaecyparissus</i>	Santolina	3,000 seeds per gram
<i>Saponaria officinalis</i>	Soapwort	600 seeds per gram
<i>Saposhnikovia divaricata</i>	Siler (Fang-feng)	250 seeds per gram
<i>Satureja hortensis</i>	Summer Savory	2,000 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Satureja montana</i>	Winter Savory	2,100 seeds per gram
<i>Saussurea costus</i>	Costus (Mu-xiang)	40 seeds per gram
<i>Schisandra chinensis</i>	Schisandra (Wu-wei-zi)	50 seeds per gram
<i>Scrophularia nodosa</i>	Figwort	11,000 seeds per gram
<i>Scutellaria baicalensis</i>	Baical Skullcap	560 seeds per gram
<i>Scutellaria lateriflora</i>	Official Skullcap	2,500 seeds per gram
<i>Secale cereal</i>	Winter Rye	46 seeds per gram
<i>Sedum reflexum</i>	Stone Orpine	1,100 seeds per gram
<i>Selenicereus grandiflorus</i>	Cactus Grandiflorus	600 seeds per gram
<i>Sempervivum tectorum</i>	Hen and Chicks	15,000 seeds per gram
<i>Sideritis syriaca</i>	South Greek Mountain Tea	600 seeds per gram
<i>Siegesbeckia pubescens</i>	St Paul's Wort (Xi-xiang-cao)	450 seeds per gram
<i>Silene vulgaris</i>	Maiden's Tears	1,450 seeds per gram
<i>Silphium laciniatum</i>	Compass Plant	23 seeds per gram
<i>Silybum marianum</i>	Milk Thistle	50 seeds per gram
<i>Simmondsia chinensis</i>	Joboba	16 seeds per 10 grams
<i>Sinapis alba</i>	White Mustard	170 seeds per gram
<i>Smyrnum olusatrum</i>	Alexanders	25 seeds per gram
<i>Solanum dulcamara</i>	Bittersweet Nightshade	700 seeds per gram
<i>Solidago canadensis</i>	Goldenrod	2,000 seeds per gram
<i>Solidago virgaurea</i>	European Goldenrod	2,000 seeds per gram
<i>Sphaeralcea coccinea</i>	Scarlet Globe Mallow	400 seeds per gram
<i>Spinacea oleracea</i>	Spinach	80 seeds per gram
<i>Spireae (Filipendula) ulmaria</i>	Meadowsweet	1,500 seeds per gram
<i>Stachys byzantine</i>	Lamb's Ears	500 seeds per gram
<i>Stachys officinalis</i>	Wood Betony	1,000 seeds per gram
<i>Stellaria media</i>	Chickweed	1,100 seeds per gram
<i>Stevia rebaudiana</i>	Stevia	2,500 seeds per gram
<i>Stillingia sylvatica</i>	Stillingia/Queen's Delight	40 seeds per gram
<i>Symphytum officinalis</i>	True Comfrey	90 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Syphomandra betacea</i>	Tree Tomato	250 seeds per gram
<i>Tagates erecta</i>	African Marigold	460 seeds per gram
<i>Tagates lucida</i>	Mexican Tarragon	1,200 seeds per gram
<i>Tagates minuta</i>	Mexican Marigold	1,300 seeds per gram
<i>Talinum paniculatum</i>	Fame Flower (Tu-ren-shen)	3,000 seeds per gram
<i>Tamarindus indicus</i>	Tamarind (Mkwaju)	7 seeds per 10 grams
<i>Tanacetum balsamita</i>	Costmary	3,500 seeds per gram
<i>Tanacetum parthenium</i>	Feverfew	7,000 seeds per gram
<i>Tanacetum vulgare</i>	Tansy	8,000 seeds per gram
<i>Taraxacum officinale</i>	Dandelion	2,000 seeds per gram
<i>Tetragonia tetragonioides</i>	New Zealand Spinach	20 seeds per gram
<i>Thelesperma</i> spp.	Navajo Tea	350 seeds per gram
<i>Thymus mastichina</i>	Mastic Thyme	3,500 seeds per gram
<i>Thymus pulegioides</i>	Greater Wild Thyme	6,000 seeds per gram
<i>Thymus serpyllum</i>	Creeping Thyme	7,000 seeds per gram
<i>Thymus vulgaris</i>	Common Thyme	3,800 seeds per gram
<i>Tradescantia occidentalis</i>	Western Spiderwort	250 seeds per gram
<i>Trichosanthes kirilowii</i>	Snake Gourd	5 seeds per gram
<i>Triconella foenum-graecum</i>	Fenugreek	60 seeds per gram
<i>Trifolium incarnatum</i>	Crimson Clover	265 seeds per gram
<i>Trifolium pratense</i>	Red Clover	1,400 seeds per gram
<i>Trillium</i> spp.	Trillium	180 seeds per gram
<i>Tropaeolum majus</i>	Nasturium	7 seeds per gram
<i>Tussilago farfara</i>	Coltsfoot	4,000 seeds per gram
<i>Ulmus rubra</i>	Slippery Elm	105 seeds per gram
<i>Urtica dioica</i>	Stinging Nettles	7,000 seeds per gram
<i>Vaccinium myrtillus</i>	Bilberry	4,000 seeds per gram
<i>Valeriana officinalis</i>	Valerian	1,200 seeds per gram
<i>Valerianella locusta</i>	Mache	450 seeds per gram
<i>Veratrum californicum</i>	Corn Lily	190 seeds per gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Verbascum olympicum</i>	Greek Mullein	8,000 seeds per gram
<i>Verbascum thapsus</i>	Common Mullein	1,300 seeds per gram
<i>Verbena hastata</i>	Blue Vervain	3,500 seeds per gram
<i>Verbena officinalis</i>	European Vervain	2,800 seeds per gram
<i>Veronica officinalis</i>	Speedwell	7,500 seeds per gram
<i>Veronicastrum virginicum</i>	Culver's Root	15,000 seeds per gram
<i>Vicia faba</i>	Fava Bean (Windsor)	4 seeds per 10 grams
<i>Viola odorata</i>	Sweet Violet	300 seeds per gram
<i>Viola tricolor</i>	Heartsease Violet	1,200 seeds per gram
<i>Vitex agnus castus</i>	Chaste Tree	25 seeds per gram
<i>Vitex negundo</i>	Nirgundi	160 seeds per gram
<i>Wasabia japonica</i>	Wasabi	176 seeds per gram
<i>Withania somnifera</i>	Ashwagandha	700 seeds per gram
<i>Wyethia amplexicaulis</i>	Mule's Ears	50 seeds per gram
<i>Xerophyllum tenax</i>	Bear Grass	500 seeds per gram
<i>Yucca brevifolia</i>	Joshua Tree	8 seeds per gram
<i>Yucca filamentosa</i>	Common Yucca	80 seeds per gram
<i>Yucca glauca</i>	Soapweed Yucca	40 seeds per gram
<i>Zanthoxylum bungeanum</i>	Szechuan Pepper	58 seeds per gram
<i>Zea mays</i>	Corn	5 seeds per gram