

and the second sec

Author's Note
Acknowledgments
Preface: "Heed!"

INTRODUCTION The Fierce Energy

Seeds Nourish		
CHAPTER ONE	Seed for a Day	
CHAPTER TWO	The Staff of Life	19
CHAPTER THREE	Sometimes You Feel Like a Nut	39

Seeds Unite_

xI

xv

XXI

55

70

83

96

CHAPTER FOUR

What the Spike Moss Knows

CHAPTER FIVE

Mendel's Spores

Seeds Endure_

CHAPTER SIX

CHAPTER SEVEN

Methuselah Take It to the Bank

vii

2

Contents

viii

Seeds Defend		
CHAPTER EIGHT	By Tooth, Beak, and Gnaw	113
CHAPTER NINE	The Riches of Taste	128
CHAPTER TEN	The Cheeriest Beans	143
CHAPTER ELEVEN	Death by Umbrella	161

C 1	T	1
Seeds	Trave	-
Ullus	Aruce	

CHAPTER TWELVE	
CHAPTER THIRTEEN	

Irresistible Flesh By Wind and Wave

179 193

211

CONCLUSION

The Future of Seeds

Appendix A: Common and Scientific Names Appendix B: Seed Conservation Notes Glossary Bibliography well southerd Index stal to had sall

OWT SHI

