



SEEDS PER GRAM

Crop	Seeds per gram (number of seeds/g)
Aubergine	240 – 390
Basil	560 – 700
Basil, Thai	1,110
Bean, Broad	1 – 2/ 1.3g
Bean, French	2 – 10
Bean, Runner	1 – 2
Beet leaf	50 – 70
Beetroot	40 – 90
Borage	65 – 70
Brussels Sprouts	270
Cabbage	220 – 390
Calabrese, Broccoli	300 – 315
Calendula	66 – 150
Peppers, Chillies	110 – 250
Carrot	400 – 1,200
Cauliflower	255 – 350
Celeriac	3,125
Celery	1,780 – 2,500
Celery Leaf	2,940
Chives	960
Coriander	70 – 110
Cornflower	408
Cosmos	100
Courgette	2 – 11
Cucumber	40
Dill	495 – 900
Endive	900
Fennel	300
French Marigold	4,200



Pea (wrinkled, round, sugar)	2 – 6
Kale	200 – 400
Kohlrabi	220 – 280
Leek	300 – 430
Lettuce	600 – 1,200
Nasturtium	6 – 7
Nigella	360
Maize, Sweetcorn	5 - 10
Onion	250 – 400
Orientals	300 – 800
Parsley	500 – 700
Parsnip	140 – 200
Phacelia	830
Radish	90 - 140
Rocket	500 - 630
Sorrel	1,020
Spinach	60 – 80
Squash, Pumpkin	4 – 15
Sunflower	10 – 20
Tomato	220 – 500
Turnip	300 – 1,200

*Please note: The wide span of seeds per gram within some crops is mainly based on variations of the seed weight of different cultivars. That means, e.g. there are lettuces that will have 600 seeds per gram and lettuces that will have 1,200 seeds per g and everything in between. Please treat the numbers given as approximations.

