

Medicinal Herb Seeds Per Gram

Latin Name	Common Name	Av. Seeds Per Gram
<i>Abelmoschus esculentus</i>	Okra	19 seeds per gram
<i>Achillea millefolium</i>	Yarrow	1,700 seeds per gram
<i>Acmella oleracea</i>	Spilanthes	700 seeds per gram
<i>Agastache foeniculum</i>	Licorice Mint	2,800 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>	Unicorn, True	24,000 seeds per gram
<i>Alkanna orientalis</i>	Alkanet, Oriental	220 seeds per gram
<i>Allium cepa</i>	Onion	325 seeds per gram
<i>Allium fistulosum</i>	Onion, Welsh	430 seeds per gram
<i>Allium schoenoprasum</i>	Chives	700 seeds per gram
<i>Allium ursinum</i>	Bear's Garlic	130 seeds per gram
<i>Aloe ferox</i>	Aloe, Cape	360 seeds per gram
<i>Althaea officinalis</i>	Marshmallow	510 seeds per gram
<i>Amaranthus cruentus</i>	Amaranth	1,200 seeds per gram
<i>Ammi visnaga</i>	Khella	1400 seeds per gram
<i>Andrographis paniculata</i>	Andrographis	600 seeds per gram
<i>Anemone pulsatilla</i>	Pulsatilla	400 seeds per gram
<i>Anethum graveolens</i>	Dill	700 seeds per gram
<i>Angelica archangelica</i>	Angelica, Official	200 seeds per gram
<i>Angelica keiskei koidzumi</i>	Ashitaba	140 seeds per gram
<i>Anthriscus cerefolium</i>	Chervil	600 seeds per gram
<i>Anthyllis vulneraria</i>	Vetch, Kidney	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>Arctium lappa</i>	Burdock, gobo	105 seeds per gram

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<i>Arctostaphylos uva-ursi</i>	Uva-ursi , Bearberry	120 seeds per gram
<i>Aristolochia serpentaria</i>	Virginia Snakeroot	120 seeds per gram
<i>Arnica chamissonis</i>	Arnica, Meadow	2,000 seeds per gram
<i>Arnica montana</i>	Arnica, Mountain	700 seeds per gram
<i>Artemisia absinthium</i>	Wormwood, Absinthe	14,000 seeds per gram
<i>Artemisia annua</i>	Sweet Annie	17,000 seeds per gram
<i>Artemisia scoparia</i>	Wormwood, Redstem	26,000 seeds per gram
<i>Artemisia vulgaris</i>	Mugwort, common	14,000 seeds per gram
<i>Asclepias</i> spp.	Milkweed	200 seeds per gram
<i>Asparagus officinalis</i>	Asparagus	50 seeds per gram
<i>Asparagus racemosus</i>	Shatavari	31 seeds per gram
<i>Astragalus membranaceus</i>	Astragalus, Huang-qi	250 seeds per gram
<i>Atropa belladonna</i>	Belladonna	950 seeds per gram
<i>Avena sativa</i>	Oats	36 seeds per gram
<i>Beta vulgaris</i>	Beet	70 seeds per gram
<i>Borago officinalis</i>	Borage	60 seeds per gram
<i>Brassica oleracea</i>	Cabbage	245 seeds per gram
<i>Brassica oleracea</i>	Collard	270 seeds per gram
<i>Brassica oleracea</i>	Kale	300 seeds per gram
<i>Calendula officinalis</i>	Calendula	120 seeds per gram
<i>Camelina sativa</i>	Camelina	600 seeds per gram
<i>Campanula rapunculus</i>	Rapunzel	48,000 seeds per gram
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	10,000 seeds per gram
<i>Capsicum</i> spp.	Peppers	240 seeds per gram
<i>Carnegiea gigantea</i>	Cactus, Giant Saguaro	700 seeds per gram
<i>Carthamus tinctorius</i>	Safflower	24 seeds per gram
<i>Carum carvi</i>	Caraway	370 seeds per gram
<i>Caulophyllum thalictroides</i>	Blue Cohosh	3 seeds per gram
<i>Centaurea cyanus</i>	Cornflower	250 seeds per gram
<i>Centaureum erythraea</i>	Centauray	80,000 seeds per gram

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<i>Ceratonia siliqua</i>	Carob	7 seeds per gram
<i>Chamaelirium luteum</i>	Unicorn, False	1,800 seeds per gram
<i>Chamaemelum nobile</i>	Chamomile, Roman	7,200 seeds per gram
<i>Chelidonium majus</i>	Celandine, Greater	1,600 seeds per gram
<i>Chenopodium album</i>	Lamb's Quarters	1,350 seeds per gram
<i>Chenopodium quinoa</i>	Quinoa	350 seeds per gram
<i>Cichorium spp.</i>	Chicory	900 seeds per gram
<i>Cimicifuga (Acteae) racemosa</i>	Black Cohosh	450 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>Clinopodium grandiflorum</i>	Catmint	3,300 seeds per gram
<i>Cnicus benedictus</i>	Thistle, Blessed	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>Colchicum autumnale</i>	Colchicum	170 seeds per gram
<i>Coriandrum sativum</i>	Cilantro, Corriander	100 seeds per gram
<i>Cucumis sativus</i>	Cucumber	40 seeds per gram
<i>Cucurbita maxima</i>	Squash, Winter	7 seeds per gram
<i>Cucurbita pepo</i>	Pumpkin	4 seeds per gram
<i>Cucurbita pepo</i>	Squash, Summer	10 seeds per gram
<i>Cuminum cyminum</i>	Cumin	300 seeds per gram
<i>Cynara scolymus</i>	Artichoke	20 seeds per gram
<i>Daucus carota</i>	Carrot, Garden	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 purpurea</i>	Foxglove, Purple	12,500 seeds per gram
<i>Dionaea muscipula</i>	Venus Flytrap	7,000 seeds per gram
<i>Dioscorea villosa</i>	Yam, Wild American	80 seeds per gram
<i>Diplotaxis tenuifolia</i>	Arugula, Wild	3,395 seeds per gram

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<i>Dracocephalum moldavicum</i>	Balm, Moldavian	450 seeds per gram
<i>Drosera</i> spp.	Sundew	19,500 seeds per gram
<i>Echinacea angustifolia</i>	Narrow-leaved Coneflower	300 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>Echium vulgare</i>	Viper's Bugloss	400 seeds per gram
<i>Embllica officinalis</i>	Amla	44 seeds per gram
<i>Epilobium angustifolium</i>	Fireweed	1,200 seeds per gram
<i>Eruca sativa</i>	Arugula	1,500 seeds per gram
<i>Eschscholzia californica</i>	Poppy, California	900 seeds per gram
<i>Euphorbia lathyris</i>	Gopher Spurge	23 seeds per gram
<i>Fagopyron esculentum</i>	Buckwheat	42 seeds per gram
<i>Feoniculum vulgare</i>	Fennel	300 seeds per gram
<i>Galium odoratum</i>	Woodruff, Sweet	180 seeds per gram
<i>Galium verum</i>	My Ladie's Bedstraw	3,500 seeds per gram
<i>Gentiana lutea</i>	Gentian, Yellow	900 seeds per gram
<i>Glycyrrhiza uralensis</i>	Licorice, Chinese	130 seeds per gram
<i>Glycyrrhiza glabra</i>	Licorice	117 seeds per gram
<i>Grindelia</i> sp.	Gumweed	300 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>Hippophaea rhamnoides</i>	Sea Buckthorn	90 seeds per gram
<i>Humulus lupulus</i>	Hops	270 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>	Iris, Blue Flag	80 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 virosa</i>	Lettuce, Wild	1,200 seeds per gram
<i>Lagenaria siceraria</i>	Gourd	8 seeds per gram
<i>Lavandula angustifolia</i>	Lavender, English	1,200 seeds per gram
<i>Levisticum officinale</i>	Lovage	350 seeds per gram
<i>Ligusticum porteri</i>	Osha	300 seeds per gram
<i>Linum usitatissimum</i>	Flax	260 seeds per gram
<i>Lobelia inflata</i>	Lobelia, Official	18,000 seeds per gram
<i>Lomatium</i>	<i>Lomatium dissectum</i>	60 seeds per gram
<i>Lophophora williamsii</i>	Peyote	2,000 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>Maclura pomifera</i>	Osage Orange	25 seeds per gram
<i>Malva sylvestris</i>	Mallow, High	120 seeds per gram
<i>Mandragora autumnalis</i>	Mandrake, Autumn	150 seeds per gram
<i>Mandragora officinalis</i>	Mandrake, Official	36 seeds per gram
<i>Marrubium vulgare</i>	Horehound, White	1,100 seeds per gram
<i>Matricaria recutita</i>	Chamomile, German	7,500 seeds per gram
<i>Medicago sativa</i>	Alfalfa	1,700 seeds per gram
<i>Melissa officinalis</i>	Lemon Balm	2,000 seeds per gram
<i>Mentha piperita</i>	Mint, Peppermint	12,500 seeds per gram
<i>Mentha pulegium</i>	Pennyroyal	12,000 seeds per gram
<i>Mentha requienii</i>	Mint, Corsican	27,000 seeds per gram
<i>Mentha spicata</i>	Mint, Spearmint	12,500 seeds per gram
<i>Monarda</i> spp.	Bergamot	2,300 seeds per gram
<i>Myrrhis odorata</i>	Sweet Cicily, Garden Myrrh	23 seeds per gram
<i>Nasturtium officinale</i>	Watercress	2,000 seeds per gram

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<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>	Tulsi, Temperate	1,580 seeds per gram
<i>Ocimum bailicum</i>	Basil, Thai	1,100 seeds per gram
<i>Ocimum basilicum</i>	Basil, Genovese	660 seeds per gram
<i>Ocimum minimum</i>	Basil, Greek	750 seeds per gram
<i>Ocimum tenuiflorum</i>	Tulsi, Tropical	2,200 seeds per gram
<i>Oenothera biennis</i>	Evening primrose	400 seeds per gram
<i>Origanum majorana</i>	Marjoram	5,000 seeds per gram
<i>Origanum vulgare</i>	Oregano, Common	9,500 seeds per gram
<i>Paeonia sp.</i>	Peony, Garden	9 seeds per gram
<i>Panax quinquefolius</i>	Ginseng, American	14 seeds per gram
<i>Papaver rhoeas</i>	Poppy, Flanders	10,000 seeds per gram
<i>Papaver somniferum</i>	Poppy, somniferum	2,000 seeds per gram
<i>Parthenium integrifolium</i>	Wild Quinine	340 seeds per gram
<i>Passiflora incarnata</i>	Passionflower	30 seeds per gram
<i>Perilla frutescens</i>	Shiso	900 seeds per gram
<i>Petasites palmatus</i>	Butterbur	3,000 seeds per gram
<i>Petroselinum crispum</i>	Parsley	500 seeds per gram
<i>Phaseolus vulgaris</i>	Bean	6 seeds per gram
<i>Phytolacca americana</i>	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 lanceolata</i>	Plantain, Narrow-leaved	500 seeds per gram
<i>Plantago coronopus</i>	Herba stella	5,000 seeds per gram
<i>Plantago major</i>	Plantain, Broadleaf	4,000 seeds per gram
<i>Plantago psyllium</i>	Psyllium	1,000 seeds per gram
<i>Platycodon grandiflorus</i>	Balloonflower	1,000 seeds per gram
<i>Portulacca oleracea</i>	Purslane	2,600 seeds per gram

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<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>Pycnanthemum virginianun</i>	Mint, Mountain	7,000 seeds per gram
<i>Raphanus sativus</i>	Radish	115 seeds per gram
<i>Rheum palmatum</i>	Rhubarb, Turkey	60 seeds per gram
<i>Rheum rhabarbarum</i>	Rhubarb, Garden	80 seeds per gram
<i>Rhodiola rosea</i>	Rhodiola, Rose Root	7,500 seeds per gram
Rhubarb, Official	<i>Rheum officinarum</i>	135 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 acetosella</i>	Sorrel, Sheep	900 seeds per gram
<i>Rumex crispus</i>	Dock, Yellow	340 seeds per gram
<i>Ruta graveolens</i>	Rue	500 seeds per gram
<i>Salvia apiana</i>	Sage, White	600 seeds per gram
<i>Salvia columbariae</i>	Chia, Golden, Desert	1,200 seeds per gram
<i>Salvia hispanica</i>	Chia, Mexican	1,000 seeds per gram
<i>Salvia miltiorrhiza</i>	Sage, Dan-shen	540 seeds per gram
<i>Salvia officinalis</i>	Sage, Garden	95 seeds per gram
<i>Salvia przewalskii</i>	Sage, Dan-shen Gansu	160 seeds per gram
<i>Salvia sclarea</i>	Sage, Clary	200 seeds per gram
<i>Salvia spathacea</i>	Pitcher Sage	40 seeds per gram
<i>Sanguinaria canadensis</i>	Bloodroot	70 seeds per gram
<i>Saponaria officinalis</i>	Soapwort	600 seeds per gram
<i>Saposhnikovia divaricata</i>	Fang-feng	250 seeds per gram
<i>Satureja hortensis</i>	Savory, Summer	2,000 seeds per gram
<i>Satureja montana</i>	Savory, Winter	2,100 seeds per gram
<i>Scutellaria baicalensis</i>	Skullcap, Baical	560 seeds per gram
<i>Scutellaria lateriflora</i>	Skullcap, official	2,500 seeds per gram

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<i>Secale cereal</i>	Rye, Winter	46 seeds per gram
<i>Sideritis syriaca</i>	Greek Mountain tea	600 seeds per gram
<i>Silybum marianum</i>	Thistle, Milk	36 seeds per gram
<i>Simmondsia chinensis</i>	Joboba	1.6 seeds per gram
<i>Sinapis alba</i>	Mustard, White	170 seeds per gram
<i>Solidago virgaurea</i>	Goldenrod, European	2,000 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 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	40 seeds per gram
<i>Symphytum officinale</i>	Comfrey, True	90 seeds per gram
<i>Tagates erecta</i>	Marigold, African	460 seeds per gram
<i>Tagates lucida</i>	Tarragon, Mexican	1,200 seeds per gram
<i>Talinum paniculatum</i>	Fame Flower, Tu-ren-shen	3,000 seeds per gram
<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>Thymus vulgaris</i>	Thyme	3,800 seeds per gram
<i>Trichosanthes kirilowii</i>	Gourd, Snake	5 seeds per gram
<i>Triconella foenum-graecum</i>	Fenugreek	72 seeds per gram
<i>Trifolium incarnatum</i>	Clover, Crimson	265 seeds per gram
<i>Trifolium pratense</i>	Clover, Red	1,400 seeds per gram
<i>Trillium spp</i>	Trillium	180 seeds per gram
<i>Tropaeolum majus</i>	Nasturium	7 seeds per gram
<i>Ulmus rubra</i>	Elm, Slippery	105 seeds per gram
<i>Urtica dioica</i>	Nettles, Stinging	7,000 seeds per gram
<i>Valerianella locusta</i>	Mache	450 seeds per gram

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<i>Verbascum thapsus</i>	Mullein, Common	1,300 seeds per gram
<i>Verbascum olympicum</i>	Mullein, Greek	8,000 seeds per gram
<i>Verbena hastata</i>	Vervain, Blue	3,500 seeds per gram
<i>Verbena officinalis</i>	Vervain, European	2,800 seeds per gram
<i>Vicia faba</i>	Bean, Fava	1 seed per gram
<i>Viola tricolor</i>	Violet, Heartsease	1,200 seeds per gram
<i>Withania somnifera</i>	Ashwagandha	700 seeds per gram
<i>Xerophyllum tenax</i>	Bear Grass	500 seeds per gram
<i>Zea mays</i>	Corn	5 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 herbalist Richard A (Richo) Cech. ©2019