

Hope Jahren devotes a whole (two-page) chapter in “Lab Girl” to the seed: to its astonishing ability to wait for long periods until conditions are just right for it to grow; to their diversity, from tiny orchid seeds to giant coconuts.

Most seeds on earth never grow into anything, and one reason is because we eat them.

This recipe, from *marthastewart.com*, contains fully five kinds of seeds (including pistachios), mixed with other ingredients and baked into crunchy clusters.

Hail to the mighty (yummy) seed!

## Mixed Seed Clusters

Makes about 3 cups

½ cup plus 2 tablespoons  
old-fashioned rolled oats  
½ cup chopped pistachios  
¼ cup packed brown sugar  
2 tablespoons white sesame  
seeds  
1 tablespoon anise seeds (see  
note)  
¼ cup pumpkin seeds  
¼ cup ground flax seeds (flax  
meal)  
½ teaspoon coarse salt  
2 ½ tablespoons honey  
2 tablespoons extra-virgin olive



Preheat oven to 300 degrees.

In a medium bowl, combine all ingredients until well-coated.

Spread mixture on a rimmed baking sheet, patting into an even ¼-inch-thick layer.

Bake in preheated oven 33 minutes. Use a wide spatula to flip in sections. Flatten back into a single layer and bake 8 to 10 minutes more. Loosen with a spatula but leave on pan. Set on a wire rack until cool.

Scrape up baked seed mixture with a spatula and break into chunks. Clusters can be stored in a closed container at room temperature up to 1 week.

Serve on ice cream, pudding or yogurt.

**Notes:** If you don't like licorice, reduce or leave out the anise seeds, as they do impart a discernible anise flavor.

Recipe can be doubled.