JÁ EXPERIMENTEI...

Na Cadeira da Papa

Cereais, sementes e leguminosas

Amaranto ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Arroz ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Aveia ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Centeio ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Cevada ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Espelta ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Kamut ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Milho ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Millet (milho painço) ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Quinoa ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Teff ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Trigo ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Trigo Sarraceno ☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Sementes de Abóbora ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Sementes de Cânhamo ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Sementes de Chia ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Sementes de Girassol ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Sementes de Linhaça ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Sementes de Sésamo ☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Ervilha ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Fava ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Azuki ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Branco ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Frade ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Mungo ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Preto ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Feijão Vermelho ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Grão-de-bico ☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Lentilha ☐☐☐☐☐☐☐☐☐☐☐☐☐☐