

### Seed and Fruit Metrics

Updated August 27, 2014 (updates highlighted in yellow)

| Species                             | Average Seeds/g | g/1,000 Seeds  | Average Seeds/Fruit | Average # of Fruit/L | Average # of Fruit/kg |
|-------------------------------------|-----------------|----------------|---------------------|----------------------|-----------------------|
| <i>Achillea millefolium</i>         | 6,250 to 8,333  | 0.12 to 0.16   |                     |                      |                       |
| <i>Acorus americanus</i>            | 1,084 to 1,901  | 0.526 to 0.922 |                     |                      |                       |
| <i>Actaea rubra</i>                 | 175             | 5.7            |                     |                      |                       |
| <i>Alnus incana ssp. Tenuifolia</i> | 2,013           | 0.51           |                     |                      |                       |
| <i>Alnus viridis ssp. Crispa</i>    | 5,582           | 0.1996         |                     |                      |                       |
| <i>Amelanchier alnifolia</i>        | 334             | 3.02           | 9                   | 1,590                | 3,350                 |
| <i>Anemone canadensis</i>           | 571             | 1.75           |                     |                      |                       |
| <i>Anemone multifida</i>            | 1,152           | 0.95           |                     |                      |                       |
| <i>Anemone patens</i>               | 1,136           | 1.08           |                     |                      |                       |
| <i>Anthoxanthum nitens</i>          | 833 to 2,439    | 0.41 to 1.2    |                     |                      |                       |
| <i>Apocynum androsaemifolium</i>    | 6,295           | 0.16           |                     |                      |                       |
| <i>Aralia nudicaulis</i>            | 198             | 0.90           | 5                   | 3,320                | 5,650                 |
| <i>Arctostaphylos uva-ursi</i>      | 168             | 6.31           | 6                   | 1,690                | 3,720                 |
| <i>Astragalus agrestis</i>          | 260             | 3.84           |                     |                      |                       |
| <i>Astragalus alpinus</i>           | 476 to 588      | 1.7 to 2.1     |                     |                      |                       |
| <i>Astragalus americanus</i>        | 943             | 1.06           |                     |                      |                       |
| <i>Astragalus canadensis</i>        | 600             | 1.67           |                     |                      |                       |
| <i>Betula nana</i>                  | 272             | 0.83 to 3.68   |                     |                      |                       |
| <i>Betula papyrifera</i>            | 6,375           | 0.17           |                     |                      |                       |

| Species                                       | Average Seeds/g | g/1,000 Seeds | Average Seeds/Fruit | Average # of Fruit/L | Average # of Fruit/kg |
|---|-----------------|---------------|---------------------|----------------------|-----------------------|
| <i>Bromus ciliatus</i>                        | 306 to 547      | 0.33 to 1.75  |                     |                      |                       |
| <i>Calamagrostis stricta</i>                  | 4,500 to 31,250 | 0.032 to 0.22 |                     |                      |                       |
| <i>Campanula rotundifolia</i>                 | 31,810          | 0.03          |                     |                      |                       |
| <i>Castilleja miniata</i>                     |                 |               |                     |                      |                       |
| <i>Castilleja raupii</i>                      | 13,970          | 0.07          |                     |                      |                       |
| <i>Cornus canadensis</i>                      | 151             | 6.65          | 1                   | 2,780                | 7,890                 |
| <i>Cornus sericea</i> ssp. <i>Sericea</i>     | 38              | 26.71         | 1                   | 2,460                | 4,900                 |
| <i>Corydalis aurea</i>                        | 917             | 1.09          |                     |                      |                       |
| <i>Corylus cornuta</i>                        | 1.2             | 833           |                     |                      |                       |
| <i>Cypripedium acaule</i>                     | 333,333         | 0.0030        | 14,000 to 54,000    |                      |                       |
| <i>Dasiphora fruticosa</i>                    | 5,353           | 0.20          |                     |                      |                       |
| <i>Deschampsia caespitosa</i>                 | 1,111 to 5,510  | 0.5 to 0.9    |                     |                      |                       |
| <i>Draba nemorosa</i>                         | 33,333          | 0.03          |                     |                      |                       |
| <i>Drosera rotundifolia</i>                   | 50,000          | 0.02          |                     |                      |                       |
| <i>Eleocharis acicularis</i>                  | 22,727          | 0.044         |                     |                      |                       |
| <i>Eleocharis palustris</i>                   | 1,315           | 0.76          |                     |                      |                       |
| <i>Fragaria virginiana</i> ssp. <i>Glauca</i> | 2,598           | 0.39          | 35                  | 2,370                | 3,940                 |
| <i>Galium boreale</i>                         | 2,469           | 0.405 to 0.6  |                     |                      |                       |
| <i>Geranium bicknellii</i>                    | 543             | 1.84          |                     |                      |                       |
| <i>Geum rivale</i>                            | 880             | 1.01          | 100 to 150          |                      |                       |

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|---|-----------------|----------------|---------------------|----------------------|-----------------------|
| <i>Hedysarum alpinum</i>                          | 200 to 229      | 4.35           |                     |                      |                       |
| <i>Hedysarum boreale</i>                          | 70 to 260       | 4.35 to 5.8    |                     |                      |                       |
| <i>Heracleum sphondylium</i> ssp. <i>Montanum</i> | 105             | 6.0 to 14.6    |                     |                      |                       |
| <i>Hesperostipa curtisetata</i>                   | 81              | 12.38          |                     |                      |                       |
| <i>Hudsonia tomentosa</i>                         | 416             | 2.4            |                     |                      |                       |
| <i>Juniperus communis</i>                         | 80              | 23.3           | 1 to 3              |                      |                       |
| <i>Larix laricina</i>                             | 500 to 699      | 1.43 to 2      |                     |                      |                       |
| <i>Lathyrus ochroleucus</i>                       | 60              | 16.4           |                     |                      |                       |
| <i>Leymus innovatus</i>                           | 55 to 392       | 18             |                     |                      |                       |
| <i>Lilium philadelphicum</i>                      | 1,340           | 1.21           |                     |                      |                       |
| <i>Linnaea borealis</i>                           | 699             | 2              | 1                   |                      |                       |
| <i>Lonicera caerulea</i>                          | 1,900           | 0.54           | 10                  | 2,450                | 4,350                 |
| <i>Lonicera dioica</i> var. <i>glaucescens</i>    | 20              | 50             |                     |                      |                       |
| <i>Lonicera involucrata</i>                       | 720             | 1.33 to 1.39   |                     |                      |                       |
| <i>Maianthemum canadense</i>                      | 111             | 9.05           | 1.3                 | 8,370                | 14,700                |
| <i>Melampyrum lineare</i>                         | 414             | 2.414          | 1 to 4              |                      |                       |
| <i>Mentha arvensis</i>                            | 9,433 to 10,101 | 0.099 to 0.106 |                     |                      |                       |
| <i>Mertensia paniculata</i>                       |                 |                |                     |                      |                       |
| <i>Mitella nuda</i>                               | 3,606           | 0.28           |                     |                      |                       |
| <i>Oxytropis splendens</i>                        | 770             | 1.3            |                     |                      |                       |

| Species  | Average Seeds/g | g/1,000 Seeds | Average Seeds/Fruit | Average # of Fruit/L | Average # of Fruit/kg |
|--|-----------------|---------------|---------------------|----------------------|-----------------------|
| <i>Phragmites australis</i>                      | 9,090           | 0.11          |                     |                      |                       |
| <i>Picea glauca</i>                              | 6,250 to 8,333  | 0.12 to 0.16  |                     |                      |                       |
| <i>Pinus banksiana</i>                           | 288             | 3.47          |                     |                      |                       |
| <i>Populus balsamifera</i>                       | 4,166           | 0.24          |                     |                      |                       |
| <i>Populus tremuloides</i>                       | 10,000          | 0.1           |                     |                      |                       |
| <i>Primula pauciflora</i> var. <i>pauciflora</i> | 4,166           | 0.24          |                     |                      |                       |
| <i>Prunus pensylvanica</i>                       | 26              | 39.64         | 1                   | 1,620                | 3,310                 |
| <i>Prunus virginiana</i>                         | 15              | 69.67         | 1                   | 1,200                | 2,090                 |
| <i>Pyrola asarifolia</i>                         | 142,857         | 0.007         |                     |                      |                       |
| <i>Rhododendron groenlandicum</i>                | 53,230          | 0.03          |                     |                      |                       |
| <i>Ribes glandulosum</i>                         | 1,149           | 0.87          | 14                  |                      |                       |
| <i>Ribes hudsonianum</i>                         | 1,369 to 2,127  | 0.47 to 0.73  |                     |                      |                       |
| <i>Ribes lacustre</i>                            | 1,041 to 1,136  | 0.88 to 0.96  |                     |                      |                       |
| <i>Ribes triste</i>                              | 312             | 3.2           |                     |                      |                       |
| <i>Rosa acicularis</i>                           | 104             | 9.88          | 23                  | 630                  | 1,130                 |
| <i>Rubus arcticus</i> ssp. <i>Acaulis</i>        | 454 to 591      | 1.69 to 2.2   | 25                  |                      |                       |
| <i>Rubus idaeus</i>                              | 1,243           | 1.23          | 37                  | 808                  | 1,160                 |
| <i>Rubus pubescens</i>                           |                 |               |                     |                      |                       |
| <i>Rumex aquaticus</i>                           | 1,096           | 0.95          |                     |                      |                       |
| <i>Salix bebbiana</i>                            | 5,500           | 0.1818        |                     |                      |                       |

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|---|-----------------|-----------------|---------------------|----------------------|-----------------------|
| <i>Salix exigua</i>                                 | 22,026          | 0.0454          |                     |                      |                       |
| <i>Salix lucida</i>                                 | 5,780 to 25,316 | 0.0395 to 0.173 | 12 to 20            |                      |                       |
| <i>Schizachne purpurascens</i>                      | 591             | 1.70            |                     |                      |                       |
| <i>Scirpus microcarpus</i>                          | 6,250 to 16,666 | 0.06 to 0.16    |                     |                      |                       |
| <i>Shepherdia canadensis</i>                        | 165             | 6.13            | 1                   | 5,640                | 8,090                 |
| <i>Sibbaldiopsis tridentata</i>                     | 2,611           | 0.39            |                     |                      |                       |
| <i>Sisyrinchium montanum</i>                        | 1,234           | 0.81            |                     |                      |                       |
| <i>Solidago canadensis</i>                          | 11,740          | 0.11            |                     |                      |                       |
| <i>Solidago simplex</i> var. <i>spathulata</i>      | 10,020          | 0.13            |                     |                      |                       |
| <i>Symphoricarpos albus</i>                         | 208             | 4.89            | 2                   | 3 220                | 10,000                |
| <i>Symphyotrichum laeve</i>                         | 5,048           | 0.20            |                     |                      |                       |
| <i>Symphyotrichum puniceum</i> var. <i>puniceum</i> | 4,347 to 7,142  | 0.14 to 0.23    |                     |                      |                       |
| <i>Trientalis borealis</i>                          | 2,269           | 0.45            |                     |                      |                       |
| <i>Vaccinium myrtilloides</i>                       | 6,810           | 0.15            | 37                  | 2,540                | 5,240                 |
| <i>Vaccinium oxycoccos</i>                          | 1,018 to 1,666  | 0.6 to 0.982    | 8                   |                      |                       |
| <i>Vaccinium vitis-idaea</i>                        | 4,880           | 0.21            | 12                  | 3,190                | 7,050                 |
| <i>Viburnum edule</i>                               | 46              | 22.07           | 1                   | 1,770                | 3,030                 |
| <i>Vicia americana</i>                              | 60 to 77        | 13.13           |                     |                      |                       |

NOTE: *italicized values* in the Average Seeds/g are calculated based on the g/1,000 Seeds values taken from the literature. As such they should be taken as an estimate only.