

Food Oils

These 48 Oils derived from Seeds serve many purposes, from cooking to flavoring to helping paint dry.



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ALMOND	CORN	PINE NUT
APRICOT	COTTONSEED	PISTACHIO
ARTICHOKE	EVENING PRIMROSE	POPPYSEED
AVOCADO	FALSE FLAX	PRUNE KERNEL
BABASSU	HAZELNUT	PUMPKIN SEED
BLACKCURRANT SEED	HEMP	QUINOA
BORAGE SEED	KAPOK SEED	RAMTIL
BORNEO TALLOW NUT	LALLEMANTIA	RICE BRAN
BOTTLE GOURD	MEADOWFOAM SEED	SAFFLOWER
BUFFALO GOURD	MUSTARD	SESAME
CANOLA	OKRA SEED	SOYBEAN
CAROB	OLIVE	SUNFLOWER
CASHEW	PALM	THISTLE
COCONUT	PEANUT	WALNUT
COHUNE	PECAN	WATERMELON SEED
CORIANDER	PERILLA SEED	WHEAT GERM

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