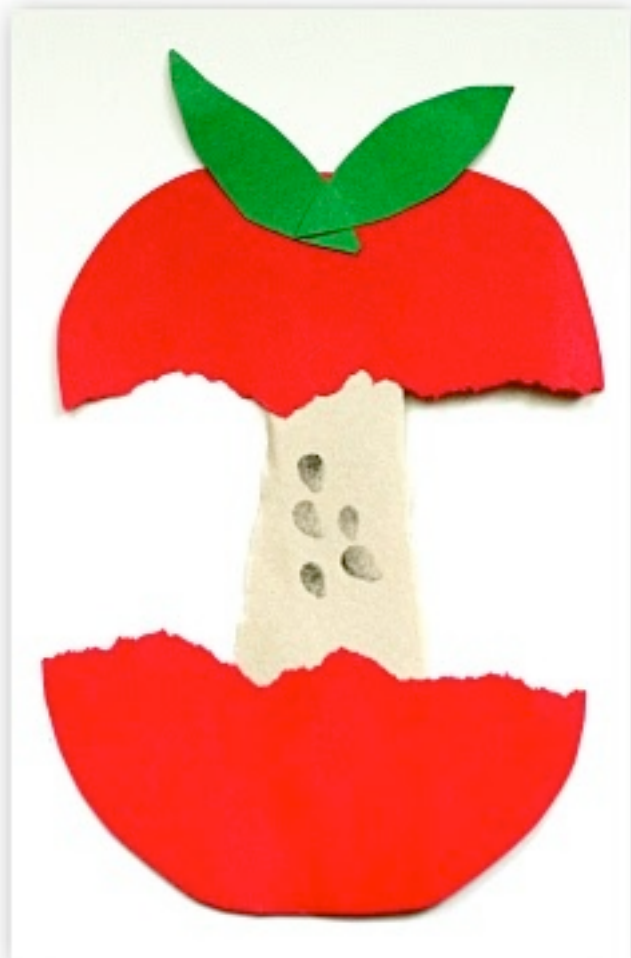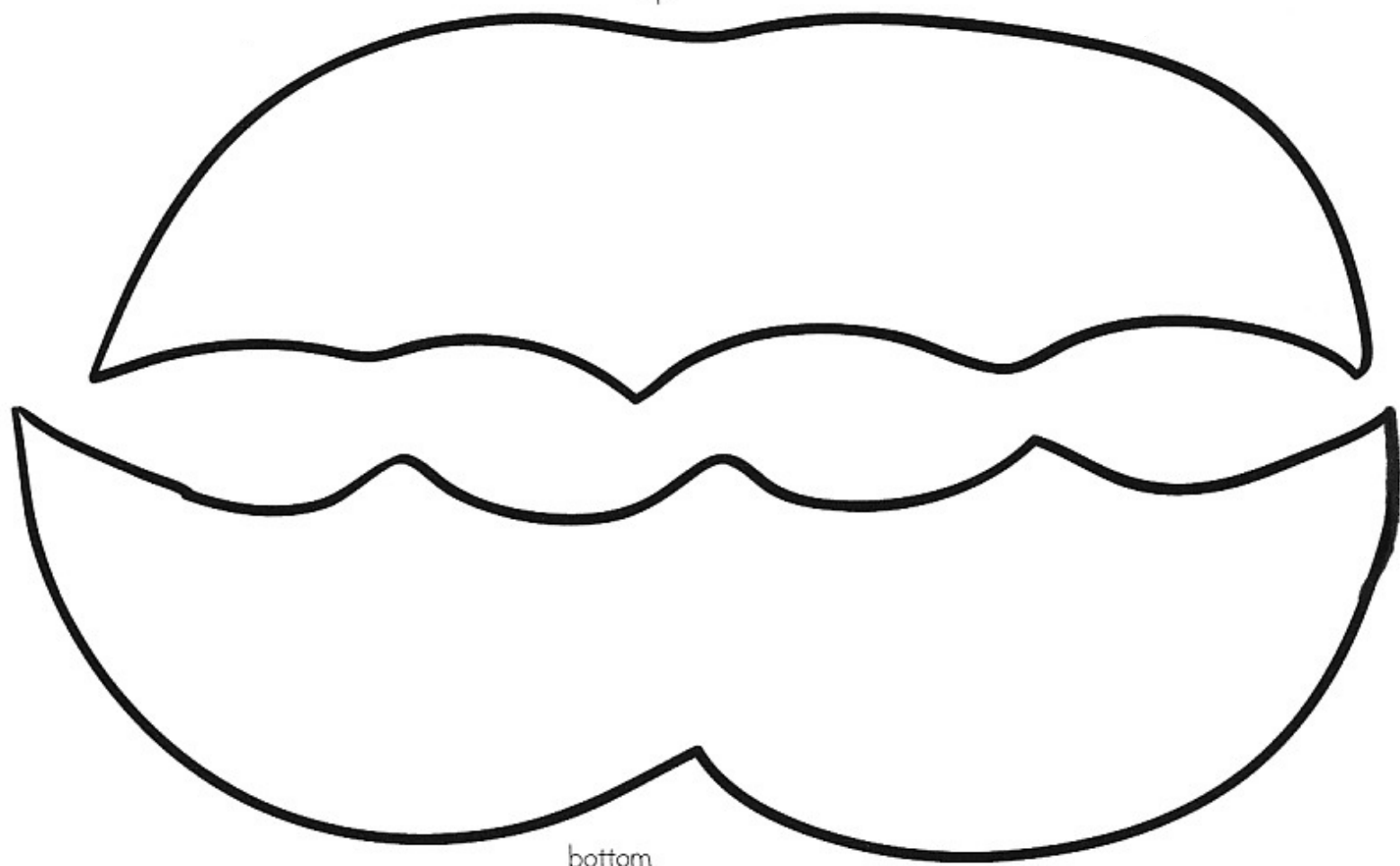Could be a ''P'' for pomme.

Child's name in flax seeds along core. I used a template but they can just be torn also.
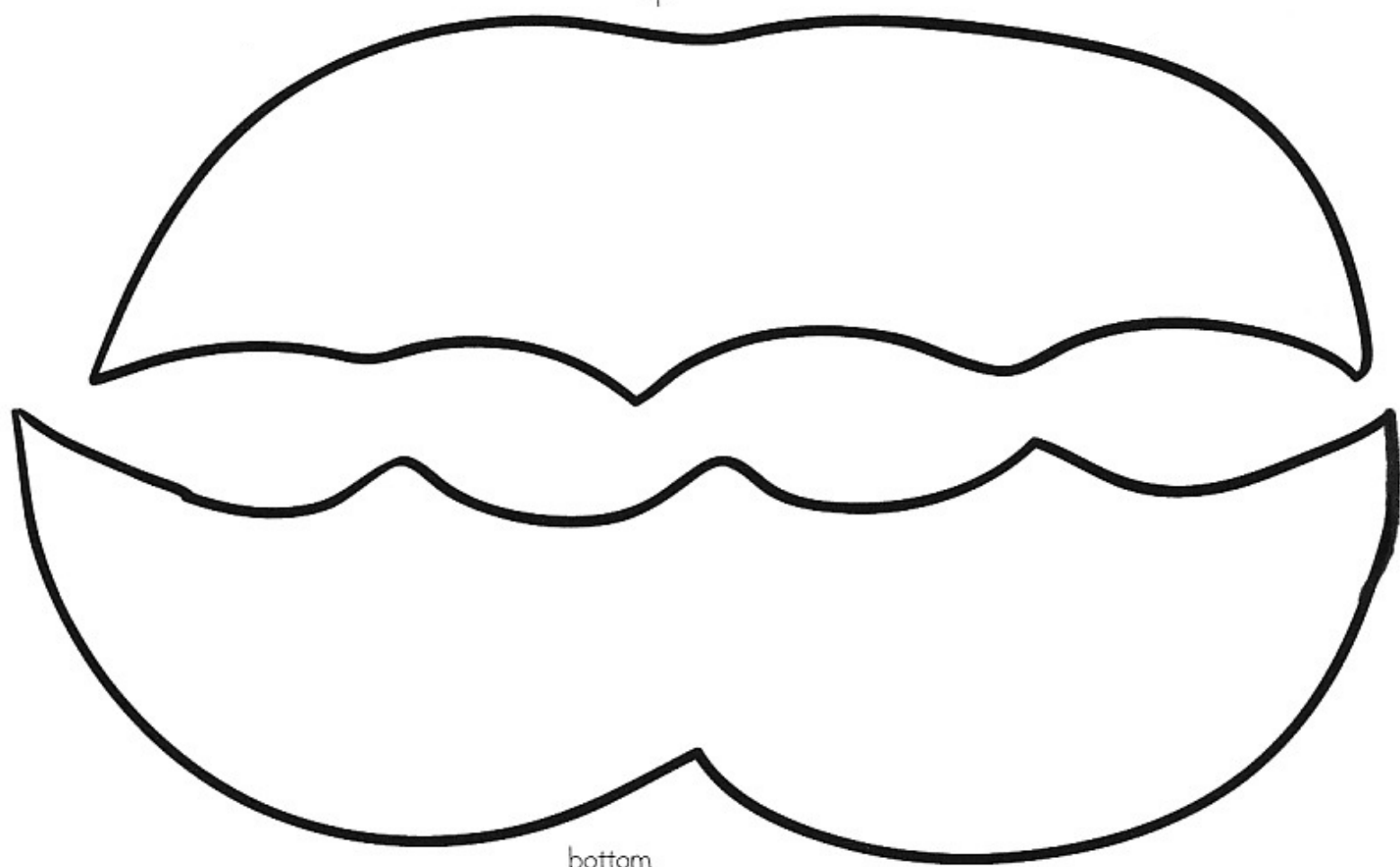
top

bottom

top

bottom

la tige
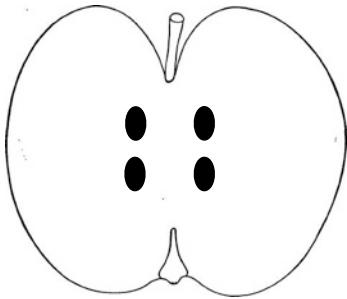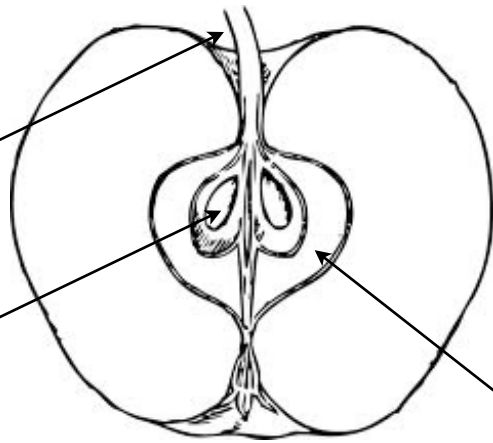
les graines

le trognon

la pelure

4 quatre