



# MAKE YOUR OWN SEED PAPER

## ACTIVITY



**BACKGROUND:** You can up-cycle used paper into "seed paper" for your garden. The embedded seeds will grow when the paper is planted. It is a great lesson about reducing waste and recycling nutrients back into the garden.

### MATERIALS NEEDED:

- 8-10 sheets of paper, shredded
- Packet of seeds
- Heaping tablespoon of dried flowers
- Old towels
- Blender
- Scissors
- Large mixing bowl
- Strainer
- Rolling pin (*optional*)

### INSTRUCTIONS:

1. Place shredded paper in a large bowl and soak in warm water for 45-60 minutes. Save water used for next step.
2. Place soaked paper and 1 cup of water into a blender. Pulse until you get a mushy pulp.
3. Pour the pulp through a strainer to remove some of the moisture (but don't squeeze it).
4. Add the seeds and dried flowers and gently mix.
5. Set up towels on a flat surface where you can leave the paper for a day or more to dry. Pour the pulp onto the towel and spread it out gently. If you're having trouble getting it flat, try using a rolling pin.
6. Once your seed paper is dry, cut it into any desired shape.
7. Spread paper throughout the garden or in a pot. Cover with 1" of soil and water regularly.

