

# Make Your Own Seed Paper



## Supplies

- Cardboard and paper (about 1 cup of torn material for each card)
- Large bowl
- Blender\*
- Flower seeds (about 1/8 teaspoon for each card—or just use what you have)
- Rubber spatula
- Wax paper or strainer
- Absorbent material, like terry cloth or a microfiber towel
- Cookie cutters
- Sponge
- Blank cardstock cards and envelopes
- Glue
- Ribbon or other decorations, if desired

*\*adult supervision required*



## Instructions

- 1) Tear or cut the cardboard and recycled paper into small pieces. If you have a paper shredder, use that for the paper.
  - 2) Put the torn cardboard and paper in a large bowl. Pour enough water into the bowl so that the cardboard is just covered. Soak overnight, stirring occasionally.
  - 3) Pour the mixture into the blender. Blend on low speed for 10 seconds, slowly adding water if necessary to create a texture like a thick soup. Blend on high speed for 30 seconds or until the cardboard has been thoroughly blended and no pieces are visible.
  - 4) Pour the mixture back into the large bowl. Sprinkle the flower seeds over the mixture and stir them in with a rubber spatula. (Don't put the seeds into the blender—they need to remain intact for them to grow.)
  - 5) Spread the mixture out on wax paper over a towel. Use a spatula or your hands to flatten. Dab with a sponge to strain as much water as possible. (Not pictured: You can also use a strainer or a screen to remove excess water.)
  - 6) Drape the towel (or fabric) on a flat surface. Place a small amount of the strained pulp directly onto the towel. Shape with your fingers or with a cookie cutter. If you use a cookie cutter, spread the pulp to the edges with your fingers.
  - 7) Press the shaped pulp firmly with a sponge to soak up more water. Repeat to make as many shapes as you like.
  - 8) Allow the shapes to dry completely by repeatedly turning them over. Make sure both sides are dry before continuing.
  - 9) Glue onto blank cards, taking care to dab glue on just a few points so as not to smother the seeds, and decorate with ribbon if desired.
- Alternative option:** If you prefer a more ungroomed look, make larger sheets of seed paper and tear them into shapes by hand.