

How to Make Plantable Seed Paper

Supplies:

- Paper – construction paper, newspaper, sale ads (non-glossy), printer paper, etc.
- Seeds
- Water
- Blender or food processor
- Strainer
- Cookie sheet or tray lined with parchment paper
- Cookie cutters (optional)
- Sponge or towel

Instructions:

1. Cut or tear the paper (we used construction paper) into small pieces. My 2.5-year-old loves his kid scissors so this was his favorite part, and it's a good way to practice fine motor skills!
2. Fill your blender or food processor cup about halfway with paper and then fill close to the top with warm water. Let the paper soak in the water for at least 30 minutes, or longer (if your kids will allow it!).
3. Blend the paper and water mixture until you can no longer see individual paper pieces.
4. Pour the mixture into a strainer to get the excess water out, and then pour into a bowl.
5. Stir in your seeds. Smaller seeds work best for this.
6. Scoop out a little bit of the paper pulp and seed mixture and spread it evenly into a cookie cutter on a parchment paper lined cookie sheet, or simply spread the mixture out on the parchment paper without the cookie cutter in the general shape you would like to make. Spread the mixture out so it is relatively thin and has no holes.
7. Take your sponge or towel and gently press on the paper pulp to flatten it and squeeze out the excess water. Keep doing this until you have a flattened piece of paper with no extra water. If using a cookie cutter, carefully remove the cookie cutter and then press one final time.
8. Allow the paper to dry completely, then store in a cool, dry place until ready to use.