

## How to Make Seed Tape and Seed Mats

### **Supplies:**

- Seeds – this is meant for tiny seeds rather than large seeds like beans or peas
- Newspaper or sale ads (non glossy), toilet paper, or paper napkins
- Flour
- Water
- Toothpick
- Tape measure or ruler
- Pen, pencil, marker, etc.

### **Instructions:**

1. Begin by preparing your tape or mat.
  - a. For a seed tape, cut 1-inch wide strips of newspaper, or tear off a piece of toilet paper as long as you wish your tape to be, and then fold in half length-wise.
  - b. For a seed mat, unfold a paper napkin and lay flat, or cut a piece of newspaper to the size you want your seed mat to be.
2. Prepare your paste. Place a spoonful of flour in a small bowl and slowly add in water and stir until a liquid paste forms.
3. Lay your tape measure or ruler out next to your tape or mat. Look at the back of your seed packet to see the proper spacing and mark out the spacing on your tape or mat, and label it with what seeds you'll be using.
4. Pour some seeds onto a flat surface. Take your toothpick and dip it in the paste. Once a small bead of paste is on the toothpick, touch it to a seed to pick up the seed and then dab it on the tape or mat at each of the markings to place the seed with the paste.
5. Let your tape or mat lay flat to dry. Once the paste has dried, carefully roll up tape/fold up mat, and place in an airtight container or bag to keep dry until ready to plant. Place extra seeds in a container to reference when it is time to plant.