

DIY SEED BALLS



Materials

- Shredded newspaper
- Wildflower or herb seeds (native seeds work best)
- Water
- Bowl
- Blender or food processor (optional but helpful)
- Tray or parchment paper for drying

Instructions

1. Soak the Paper: Place shredded newspaper in a bowl and cover with water. Let it soak for about 10–15 minutes until the paper becomes soft.
2. Make Paper Pulp: Mash the soaked paper with your hands or blend it briefly in a blender or food processor to create a thick pulp.
3. Remove Excess Water: Squeeze the pulp gently to remove extra water so the mixture is damp but still easy to shape.
4. Add Seeds: Sprinkle a small amount of seeds into the pulp and mix gently so the seeds are evenly distributed.
5. Form the Seed Balls: Take small amounts of the pulp and roll them between your hands to form balls about 1 inch wide.
6. Let Them Dry: Place the seed balls on a tray or parchment paper and allow them to dry for 24–48 hours.
7. Plant Your Seed Balls: Once dry, place or toss the seed balls onto soil in gardens or natural spaces. Rain will break down the paper and allow the seeds to sprout.

