



SPROUTS

Suitable for Ages 5+

WHAT'S HAPPENING?

Handmade Seed Paper

MISSION

Turn paper scraps from around the house into recycled paper with a new use!

CONTACT

Katie Job
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www.garddwest.com
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HANDMADE SEED PAPER

Materials + Setup

**SEEDS any seeds that you have on hand will work*

these items can be recycled from household materials

wire coat hanger bent into diamond shape

cheesecloth, old nylons or other “screen material”

recycled paper (newspaper, construction paper)

these items can be found in most homes

Mixing Spoon, Mixing Bowl, Tray, Water

2 Towels, Plastic Bag or Cover, Rolling Pin

optional

thread, cotton, yarn or other fibres

Setup

find a work surface that can be wiped clean

Bend a wire coat hanger to make a square

Pull one leg of nylons over the square to make a screen

Spread several layers of newspaper on a tray

Cover them with a layer or two of kitchen towels

for more information about SPROUTS

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or email Katie at garddwest@gmail.com



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Instructions

note: SPROUTS use their hands to tear (no blender)

Tear the paper into small pieces; place in a mixing bowl

Add enough water to cover the paper,
Let it soak for at least an hour, up to a day
Add more water if the paper soaks it all up

Use your fingers to break up the paper into smaller pieces until it becomes a thick mixture
Pour any extra water out of the bowl
or add more paper to soak it up

Optional: Stir in seeds or yarn and fibres to mixture

Put the screen on top of the towels on the tray
Spoon the mixture onto it and spread in a thin layer
Lay a plastic bag on top and roll over with a rolling pin

Even out the pulp and squeeze out extra water

Finishing

don't forget to wipe down your work surface!

Peel off the plastic bag and lift the screen

Lay the screen on fresh newspaper,
Dry for about 3 days

Peel your paper off the screen,
you will have a piece of recycled paper!

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SPROUTS

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WHAT'S HAPPENING?

at-home activities for youth
who want to Go Green

MISSION

Let's show Mother Nature some love!
Let's all learn about the many things we
can do to show the planet that we care!

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SPROUTS

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Here are some of the exciting things you will experience:

Make Recycled Paper

Plant Vegetable Seeds

Windowsill Salad Garden

Learn About Ecology and Soil Science

Nature-Based Storytime

and so much more!

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GARDDWEST ECO-EDUCATION

JOIN US ONLINE: March 18 - April 22

Here are some of the exciting things you will learn:

Simple Eco-Science Projects

Growing Vegetables and Flowers

Why you should say no to plastic...

How you can be Mother Nature's voice,

And so much more!

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