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## **SEED PAPER MAKING INSTRUCTABLE**

Most paper still comes from forest ecosystems, which function as long as they are intact. Forests clean our air, filter our water, and hold down soil. Trees, which come from forests, can be made into things as hard as a kitchen table and as soft as a sheet of paper.

Here is a good way to recycle used paper and make a beautiful card/coin for someone special!

Make your own seedpaper coins/postcards that has flower or herb seeds in it! Use natural colours to paint a design or message on it. Give it to someone special to plant in a pot or in the ground. Keep it wet and warm, and it will "recycle" into something far better than old, used paper.

What you need:

- Used printer paper, cross-cut into tiny pieces.
- Large bowl of lukewarm water
- Window screen material
- Old pictureframe or cookie cutters
- Natural colours (inspirational recipes here: )
- Blender
- Annual flowers or other seeds
- Bath towels or several layers of felt squares

What to do:

- Soak the paper pieces in the bowl for a 30minutes at least.
- Put the soaked paper into the blender, then fill the blender halfway with fresh water.
- Blend until the mixture is like a thick soup.
- Lay a towel on the table and put the cookie cutter/frame on it and put some blendend paper pulp/seed mixture in it.
- Pat with your hand and let the water drain off from the seedpapers

Let the paper dry for at least 24 hours.

If the paper does not lie flat, place a heavy object (like a book) on it for a few hours to flatten it.

Decorate it with natural colours.

To plant the paper:

When you plant the paper, lay it on the surface of the soil and sprinkle about one-quarter-inch thick layer of soil on top. Water the soil lightly and keep the seeds wet until they sprout and have a 10-14 days to grow roots.

Find out more here: [www.messzelato.hu/kikelo/en](http://www.messzelato.hu/kikelo/en)  
<https://www.youtube.com/watch?v=Zshq4Q8CueU>