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SEED PAPER FROM BULGARIA



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What is seed paper?

Seed paper is a special eco-friendly paper made from post-consumer (recycled) materials embedded with wildflower, herb or vegetable seeds.

When you plant the paper in a pot of soil or outside in a garden, the seeds in the paper germinate and grow into plants.



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Here is some information about seed paper to get you started:

Step 1

Gather recycled paper

Use newspaper, printer paper, toilet rolls, tissue paper and most other types of paper - just avoid anything glossy as it is difficult to pulp.



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Step 2

Tear paper into pieces and pour water

Tear the paper into small pieces and place it into the jar of the blender.

Add twice as much water as paper.





Step 3

Blend and squeeze

Blend the paper into a pulp, then transfer it to the mixing bowl. Squeeze the water from the pulp; all lumps should be removed at this stage and the paper pulp should be well-mixed.



Step 4

Add and mix the seeds to the paper pulp

Add a handful of seeds to the paper pulp. The number of seeds required will depend on the type of seeds used and the finished effect you are looking for. Mix the seeds well using your hands or a spoon. Do not use the blender or you will damage the seeds.



Step 5

Spread out the pulp

Place a cotton cloth on a smooth surface. Soak up as much water as it can. Then carefully pour the mixed seeds and paper into the cloth and spread out as evenly and thinly.



Step 6

Finished, waiting to dry

Place the seed paper in a warm but not hot environment and ensure that air can circulate around it. Let the paper dry for at least 24 hours.

Blowing the seed paper with a hairdryer on the cool setting will also help the paper to dry.



Step 7

A variety of shapes



Use cookie cutters as molds to make plantable seed paper, shaped in hearts, flowers, butterflies, trees and so on. Before planting, you can colour the seed paper, either.



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Step 8

How to plant seed paper

Fill your pot 2/3 full with good potting soil (Bulgarian compost). Tamp down the soil and add more if necessary. The paper can be planted indoors or outside, so you get to choose according to the temperature and conditions at the time of planting.



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Step 9

How to plant seed paper

Water the soil lightly and keep the seeds wet until they sprout and have a few days to grow roots. Once sprouts appear, continue to keep the paper moist but be careful not to overwater. Once sturdy plants appear, water as needed. Here's what the pot looks like after planting:



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Let's start together Supplies

Recycled paper, to make paper pulp Water

Blender Mixing bowl Mesh strainer Cloths

Cookie cutters to make tag shapes, if desired

Compost Pots Small flower seeds

A piece of plastic wrap or parchment paper

This is a messy and wet process; therefore, it is best to work on a well-protected work surface.

