



## FLOWER POWER

Seed balls are small clusters packed with wildflower seeds. They help bring beauty and attract pollinators to gardens and urban areas.

## WARNING!

Ask an adult's permission before using a blender.

# Plant seed balls for spring flowers

## What you'll need

- Six large sheets of recycled newspaper
- Wildflower seeds (choose native, non-invasive flowers)
- Large bowl to soak the paper
- Blender
- Colander
- Food coloring (optional)
- Wire cooling rack (optional, to dry the seed balls)

## Instructions

1. Tear newspaper into small pieces, 1 inch or smaller.
2. Place the ripped paper pieces in a bowl and cover them with water. Allow the paper to soak for at least 15 minutes.
3. With an adult's help, place the soaked paper into the blender pitcher until it's about one third full, then fill it up the rest of the way with water. (You can work in batches.) Blend well until it is a mushy pulp and there aren't visible pieces.
4. Pour the pulp into a colander and press out the water until it is still wet and moldable but not drippy. Repeat with the rest of the paper.
5. Optional: Add color. Divide the pulp into as many bowls as colors you would like. Add a drop of food coloring into the pulp and knead. You can add another drop or two for deeper color.
6. Grab a small handful—about 1½ inch—of the paper mixture and knead in 2 or 3 large seeds or 5 to 10 small seeds. Roll it into a ball.
7. Dry the seed balls on a wire rack or a few sheets of newspaper for 2 to 4 days. Store them in a cool, dark place until you are ready to plant them or give them to friends or family as gifts.
8. Plant the seed balls by poking them halfway into moist soil or tossing them into hard-to-reach spots in your garden (if you plan on tossing them, be sure to soak them first). You can expect to see plants sprouting as the weather warms in the spring. Makes about 10 seed balls.



## LIFE HACK

### CLEAN OUT YOUR WATER BOTTLE

Over time, water bottles can collect dirt and mold—even if you can't see it. To prevent this, give your bottle a thorough cleaning at least once a week. First, check to see if it's dishwasher safe. If it is, you can put it in the dishwasher's top rack, where temperatures are lower, to prevent plastic parts from melting. If it's not dishwasher safe, or you've decorated it with stickers and want to avoid damaging them, wash it by hand. Use dish soap, a soft sponge, and a long-handled brush to scrub inside. Clean any straws with a straw brush. If there is a sealing ring on the cap, remove it and give it a good scrub. Once you've rinsed all parts of the bottle thoroughly, it's ready for a refill.



Deep clean your bottle at least once a week.