



GARDENING & RECYCLING FUN WITH MAKING PAPER Grow Cards!



The very first 4-H Clubs focused on growing tomatoes and corn, and many youth and volunteers still enjoy gardening projects today. Gardening enriches your life, promotes good health, saves money, and it is easy to get started with pre-seeded cards that you can make at home or during your next 4-H Club meeting. Paper cards with seeds embedded are fun, inexpensive to make, and they are perfect for starting a spring or fall vegetable or herb garden or for sharing with friends. For beginners, we recommend growing basil, chives, parsley, cosmos, marigolds, zinnias, tomatoes and lettuce. This activity is from JMG and other similar activities can be found under the resource sites listed below.

Items you will need

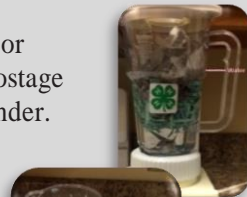
- Newspaper/scrap or construction paper pieces (not glossy inserts)
- Screen
- Blender, Bowl, Cookie Cutter
- Water
- Sponge or Towel
- Seeds

Resources

- Florida Vegetable Gardening Guide <http://edis.ifas.ufl.edu/pdffiles/VH/VH02100.pdf>
- Calendar by Region http://solutionsforyourlife.ufl.edu/lawn_and_garden/calendar/
- Florida AG in the Classroom www.flagintheclassroom.com
- Junior Master Gardener Program <http://jmgkids.us/>

Steps in making a paper shape for Grow Cards

- 1 Cut or tear strips of newspaper or colored scrap paper to about postage stamp size. Place paper in blender. Put in enough to make the blender ½ full. Then add ¾ full of water.



- 2 Blend at high speed until it forms an oatmeal consistency. Pour blender contents into bowl.



- 3 Place screen over a tub, sink or other vessel to collect excess water. Select cookie cutter and place on screen. Pour paper slurry into cookie cutter.

- 4 Press excess water out with sponge or towel.



- 5 Add seeds.



- 6 Add a little more paper mixture to cover seeds then press with towel or sponge and remove excess water.



- 7 Remove cookie cutter gently press to remove any remaining water.



- 8 Let dry. Then at next meeting you can decorate cards, include the grow card and give them for others to enjoy planting.



Notes When you send the card be sure to tell the person, they can plant the paper shape and grow plants by simply dropping the entire shape into a container or ground, covering lightly with soil and watering. The paper will biodegrade in your garden. Make sure paper is not sticking out of ground—it will wick water away from the plant if not underground.