

Sending Seeds



We're going to think about where paper comes from, how the natural world helped global communication and one way to recycle some of the paper that we use day to day.

We are going to make some seed paper using old receipts, letters, thin paper packaging or any paper you might usually put in the recycling bin. You will also need a bowl; a tea towel and a cloth; scissors; greaseproof paper; a rolling pin; seeds, petals and herbs; and you can use food colouring.

This activity will take about half an hour but soaking and drying your paper may take a couple of days.

1. Once we have a stack of used paper, tear it into smaller pieces into a large bowl or container and soak the paper in water at least an hour (leave it over night if possible).
2. When the paper has turned very soft and almost pulp-like we are going to give it a helping hand by either pulping it further with our hands or a wooden spoon. You may need to add or pour water away to get the consistency of thick porridge.
3. Once the pulp is fully blended then you can have fun with adding things. A few drops of food colouring and natural materials can make for some lovely paper. You can then add some seeds either wild from the garden or park or from a shop (you can even use seeds from tomatoes). This way we can turn our paper into 'seed paper'.
4. Lay a tea towel on a flat surface, then place a sheet of greaseproof paper on top and put a fist-sized ball of the pulp onto the centre of the sheet. Sandwich the pulp between another sheet of greaseproof paper and roll it out to size and shape you like using a rolling pin. Remove the top layer of greaseproof paper and replace with a cloth and roll again to soak up some of the water.
5. Allow the rolled paper pulp to dry in a warm place. It might take a day or two depending on how thinly you rolled the pulp out.
6. Once the sheet of paper has dried we can then use the paper to write to a friend or family member. When they have read the letter they can then plant it. They can either bury the whole sheet by sprinkling a thin layer of soil over the sheet in a sunny area, keeping it moist, or it could be cut up and planted in pots.

We love to see your creative outcomes - please share images by e mailing them to vanessa@jhg.art or tagging [@johnhansardgallery](https://www.instagram.com/johnhansardgallery) on instagram.

This resource was developed by artist Abi Gilchrist.