



Making Seed Balls

Summary: Want to make a recipe for something that isn't edible? We have just the recipe for you! Today you will learn how to make seed balls to spread the beauty of flowers; any place plants will grow.

Materials:

- A bucket or bowl
- Seeds
- Access to soil and potting mix
- All purpose flour
- Water
- Baking sheet or paper plate
- A container for measuring

WATCH: Go to <https://tinyurl.com/ESYseedball> to watch our instructional video on how to make seed balls. Watch the video and note the technique used in the video.

DO: Try making seed balls yourself! Follow this recipe:

Seed Balls Recipe

Ingredients:

- 5-parts soil
- 1-part flour
- 1-2 tsp flower seeds
- water

Directions:

- Using a cup to measure, mix 5-parts soil to 1-part flour. Add 1-2 tsp of seeds.
- Slowly add water a little at a time. Start with 1 part water and combine until it reaches the consistency you want. It should clump together when you squeeze the soil into your hands.
- Once you have the consistency you want, shape into golf-sized balls.
- Place the finished seed balls on a plate outside to dry. Once dry, place them in some soil, water and watch them grow!

Student Notes:

- Now that you have your seed balls think about the different places you can plant them. Place them anywhere there is soil, and you would like to see some flowers.
- Did you know that seed balls are used in guerilla gardening? To learn more about guerilla gardening, read this [quick article](#).

References:

Kwak-Hefferan, E. (2013, May 3). *Flower Power: Fighting the Man with guerrilla gardens*. Grist. Retrieved from <https://grist.org/living/flower-power-fighting-the-man-with-guerrilla-gardens/>

Rhoades, J. (n.d). *Seed Ball Recipe - How to Make Seed Balls with Kids*. Gardening Know How Retrieved from <https://www.gardeningknowhow.com/special/children/making-seed-balls.htm>

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Notes for Teachers and Parents

- This activity supports students in practicing *creating*: undertaking projects that have tangible results both in the kitchen and garden.
- This activity encourages students to feel that cooking and gardening are more accessible.
- This activity supports students to learn hard skills in growing and preparing food like knife technique, building a well-balanced compost pile, etc.
- This activity integrates experiences that support the development of relationships to food and the land.
- The recipe for seed balls uses flour. Seed balls work best when they are made with clay. See <https://climatekids.nasa.gov/seed-ball/> for a recipe.
 - We substituted flour for clay, given that many people won't have easy access to clay at home. If you have clay, feel free to use it and follow the recipe linked above.