



A19 Making a paper pot



This is a great way to save money and recycle old newspapers. Instead of buying plastic pots or trays to sow your seeds into, follow the instructions below to make your own paper pots. Seedlings will grow strongly and be perfect for planting outdoors or into larger containers. The whole pot can be planted as it will decompose and the roots grow through.

Resources

- Small yogurt drink pot
- Sheet of newspaper (approximately 39x30cm)
- Plastic container, eg recycled ice cream tub or fruit container
- Potting compost
- Seeds

Activity

- 1 Obtain seeds of your chosen plant varieties and prepare necessary equipment and materials.
- 2 Follow instructions on the next page, increasing the amount of materials for the number of pots required.
- 3 Once the seedlings are large enough to plant outside, plant the whole pot directly into the soil (see A22).

Extended activity

- 1 Experiment with sowing a range of seedlings and vegetable crops. Be guided by the following.
 - a Instructions on the seed packet
 - b Food Growing Instruction Cards

Health & Safety	Be careful when handling seed, compost and soil, washing hands afterwards. Ensure appropriate adult supervision. <i>See also Health and Safety Guidelines (Section B3.3)</i>
Further information	A18 Sowing seed A22 Transplanting young plants B5.2 Sowing seed Food Growing Instruction Cards Poster - Seeds and young plants

Instructions for making a paper pot

- 1 Place the sheet of newspaper flat on to a table, with the longest edge of the paper at the top of the table.



- 2 Fold the paper in half lengthways with the folded edge nearest to you.



- 3 Turn the paper so that the folded edge is to the left – this will be the top of your finished pot.



- 4 Place the yogurt pot on the newspaper with the opening of the pot to the left, leaving a gap between the bottom of the pot and right-hand edge of the newspaper.

Tightly roll away from you.



- 5 Place the pot upright with the opening of the pot placed downwards on to the table.



- 6 Fold the remaining paper in neatly and firmly to make the base of the pot.



- 7 Turn the pot over and, holding it tightly, push down firmly on to the table.



- 8 Clasp carefully and extract the yogurt pot.



- 9 Your pot is now complete. Make some more, fill with compost and place the filled pots in a recycled container to give support. Sow the seeds (A18) and watch your plants grow. When plants are larger enough, transplant the complete pot (A22).

