

# Plant HUGGERS

*Items you will need to make plant hugger paper pots:*

- flower pot shape empty yogurt cups (single serving size)
- four sheets of used colored copy paper
- one cup water at room temperature
- two gallon or larger tub dishpan
- blender with ice-crushing setting
- long-handled stirring spoon
- old pair of nylon stockings
- potting soil
- seeds



*Instructions:*

1. Cut off 1 ft. section of old nylons (avoid holes). If not using the foot section, tie a knot at one end. Set aside. This will be used as a strainer.



2. Tear colored copy paper into 2 inch (or smaller) square pieces.



3. Measure water and paper in a 2:1 ratio (i.e., mix 2 cups of water with 1 cup of paper). Put in blender & gently stir with long spoon until all paper is loose & wet.



Tightly secure lid on blender. Run blender starting on low speed for 5-10 seconds, and then blend on high speed until all contents have turned to pulp, about 20-30 seconds. It should look like cooked oatmeal.



4. Remove lid & stretch the nylon section snug over top of blender. Over a tub dishpan, slowly pour pulp into the attached nylon strainer. Gently squeeze out excess water until paper is not dripping, but is still moist. Save water for reuse.



5. To create the plant hugger, use the yogurt container as a mold and fill with about  $\frac{1}{2}$  cup of the pulp. Use fingers to mold and press pulp to the sides of wall and base,  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Be sure to fill in any gaps and press the pulp against all sides and bottom to remove as much water as possible. Pour off any excess water into dishpan.



6. Invert the yogurt cup upside down on a drying surface. Lightly tap on bottom and gently squeeze sides until plant hugger releases from mold. Depending on moisture content of plant hugger, drying may take 4-7 days.



7. When plant hugger is completely dry, gently fill with soil and make hole in center with finger at depth according to seed packet directions. Place seed in bottom of hole and gently fill in hole with soil. Place on a reusable drainage tray and water until soil is moist.

8. When plant sprouts and it is well above freezing, dig a hole outdoors slightly larger than the plant hugger and place plant hugger into the soil. Be sure to gently cover base of plant with soil and then water until soil is well moistened. Over time the plant hugger will break down into compost.

