

# Recycle paper for spring time planting

Here are some ideas to get your fingers green for spring. You can make biodegradable pots out of old newspaper that once planted, will gradually break down in the soil whilst the young plants get busy growing. A great way to use the compost you have been busy making over the last year.

Paper pots can be made in two ways:

## Yoghurt pots

Make paper pulp by soaking paper and then use a blender until it looks like porridge. After filling the pot with pulp, hollow it out with your fingers and remove as much water as possible. Once dry (this takes about two weeks) remove from the pot ready to fill with compost.

## Newspaper pots

Follow the instructions below for a quick and easy way to make paper pots.

You will need a sheet of newspaper and the bottom of a cut-off plastic bottle (you could use a jar or plastic pot).

## Instructions

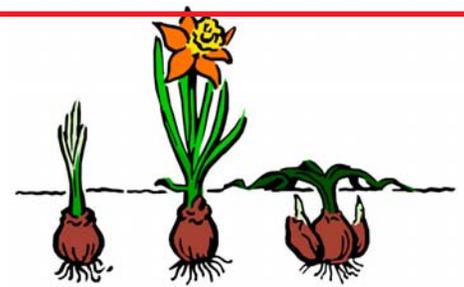
**1.** Lay a full sheet of newspaper flat.



**2.** Fold the paper in half lengthwise twice to form a long, narrow strip.



**3.** Lay plastic bottle on its side and place it on one end of the strip of paper. Roll the newspaper around the bottle, which is only there to support the paper. About 1/2 of the strip of paper should overlap the open end of the bottle.



**4.** Push all the ends of the paper into the open end of the bottle. Pull the bottle out of the newspaper pocket so you have the newspaper pot in your hand.



**5.** Push the bottom of the jar into the newspaper cup, squashing the folded bottom to flatten. This will seal the bottom of your pot prior to adding the compost.



**6.** Pull the jar out and you have a finished paper pot.

