



ROOTING FOR

your health

PLANT. WATER. GROW. ENJOY.

Use your plantable ASEBP seed papers in your home or in your school's community garden—or wherever you will enjoy them most! Plant your paper (and the instruction label too!) indoors or outside, depending on the temperature and conditions at the time of planting.

To start your garden:

1. Find a pot large enough for the paper size and some good potting soil
2. Fill your pot 2/3 full with soil so that it's firm but not packed
3. Cover the seeded paper with 1/8" of soil
4. Place in a sunny spot* and soak it well so that your seed paper and soil are damp
5. Water often during the first 10 days and keep the paper moist at all times, as water is necessary for germination
6. Continue to keep the seed paper moist but be careful not to overwater once sprouts appear
7. Water as needed once a sturdy plant appears



PAPER SHAPES

INSTRUCTION LABEL

* Keep in mind that some windows, while sunny, may also absorb cold weather from the outside.