



GARDENING AND RECYCLING FUN WITH PAPER POTS!

The very first 4-H Clubs focused on growing tomatoes and corn, and many youth and volunteers still enjoy gardening projects today. Gardening enriches your life, promotes good health, and saves money, and it is easy to get started with paper pots that you can make at home or during your next 4-H Club meeting. Paper pots are fun and inexpensive to make, and they are perfect for starting a spring or fall vegetable or herb garden. For beginners, we recommend growing tomatoes, peppers, eggplant, okra, beans, basil, chives, parsley, and lettuce.

Items you will need

- Newspaper strips (not glossy inserts)
- Bottle (not glass) or can to wrap paper around
- Seeds and Soil

Resources

Florida Vegetable Gardening Guide <http://edis.ifas.ufl.edu/pdf/VH/VH02100.pdf>
 Calendar by Region http://solutionsforyourlife.ufl.edu/lawn_and_garden/calendar/
 Florida AG in the Classroom www.flagintheclassroom.com
 Junior Master Gardener Program <http://jmgkids.us/>

Steps in making a paper pot

1 Cut strips of newspaper about 4" wide.

2 Wrap strip of newspaper around an empty juice bottle and roll; try to keep the paper wrapped tightly. Half of the strip of paper should overlap the open end of the bottle.



3 Fold the ends of the paper against the bottom of the bottle.



4 Push the bottom of the bottle against a flat, hard surface (such as a table) to seal the bottom of your pot.



5 Pull the bottle out and you have a finished paper pot. Fill with soil and plant your seeds.



6 When the seedling is ready to transplant, simply drop the entire pot into the ground. The newspaper will biodegrade in your garden, and your plant will never be uprooted. Make sure paper is not sticking out of ground— it will wick water away from the plant if not underground.