



How to make and use seed tape

Seed tape is a lightweight paper with seeds attached at the proper spacing. It's intended to be planted directly into the garden to help gardeners stretch their seed supply and reduce the need for thinning extra seedlings. It's a fun pre-season activity for all ages.

Materials:

- Equal parts flour (most types of flour work fine) and water (1 Tbs of each is usually plenty)
- small bowl
- small paintbrush or cotton swab
- lightweight paper such as toilet paper or paper towel
- packet of seeds of any small-seeded crop (carrots, lettuce, radish, dill, etc.)
- ruler and pen or marker

Seed Tape Instructions

1. Make a paste by mixing equal parts flour and water in a small bowl.
2. Lay out paper on a clean, dry table.
3. Read the seed packet to determine proper spacing; dot with pen where seeds are to go.
4. Using a paintbrush or swab, dab flour "paste" on each dot.
5. While paste is still wet, carefully place 2-3 seeds on each dot.
6. Cover with another layer of lightweight paper.
7. Allow paste to dry before *carefully* storing in a cool, dry location.

Planting Instructions:

1. When you're ready to plant*, find a sunny location – at least 8 hours of sun/day – with good drainage.
2. Loosen up soil to a depth of 6-8 inches; remove weeds, rocks, and sticks.
3. Completely cover the seed tape with ¼ inch of fine soil (screened of small stones, hard clumps of soil, sticks and other debris) and water thoroughly.
4. It's very important to keep the soil moist as seeds are germinating, but not soaking wet. One way to keep the soil moist is to lay a board over your newly planted seed tape for *up to a week*. Remember to remove the board so seeds can get needed sunlight.
5. Label your plot with the type of seed and date planted.

* Wait for the soil to warm up to the proper temperature. Click [here](#) for crop-specific recommendations.

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