DIY (Do It Yourself) Newspaper Seedling Pots

After the seeds from your pantry have begun to grow, these easy-to-make pots are perfect for **transplanting** your new seedlings into a larger growing space (removing the plants from one place, and planting them in a more spacious place).

Then, once your seedlings are big and strong enough to be transplanted outside in the garden, they can be transplanted directly in these pots because newspaper is **biodegradable** (can be broken down into very small and harmless parts through the action of living things like microorganisms).

Using a biodegradable newspaper pot is a good way to prevent **transplant shock**—when the roots of your recently-transplanted seedlings are disturbed and the plant experiences stress.

**Materials:**
- Black-and-white newspaper (do not use color newspaper because it may contain unsafe heavy metals)
- 16 oz. Mason jar or glass
- Scissors

**How-To:**

Cut sheets of newspaper in half or thirds, depending on the size of pot you want to make.
Align your Mason jar or glass with the newspaper so that a few inches of paper are above the opening of the cup. Roll the newspaper so it circles the cup. Push the sides of the paper that are above the cup’s rim inside, so they are wrapped inside the top of the glass.

Remove the cup gently, while still keeping the pot’s shape.

Use the bottom of the cup to reinforce the pot’s bottom by inserting it inside the newspaper pot.

Tamp down the inverted ends, so it seals the bottom of the pot.

Add soil, then gently transplant your seedlings!

When your seedlings are big and strong enough to transplant outside—look for at least 3 sets of true leaves—they can be planted directly into the garden - newspaper pot and all!

Activity and images adapted from *Home Sweet Home Grown* by Robyn Jasko