



# trellis

## *How to collect and process seeds*

*This is an activity that encourages people outdoors! It explores creativity and encourages the handling of plants. It will stimulate conversation and increase physical activity of participants., including hand-eye co-ordination, small and large motor skills.*

### **What you will need:**

Paper bags /Envelopes

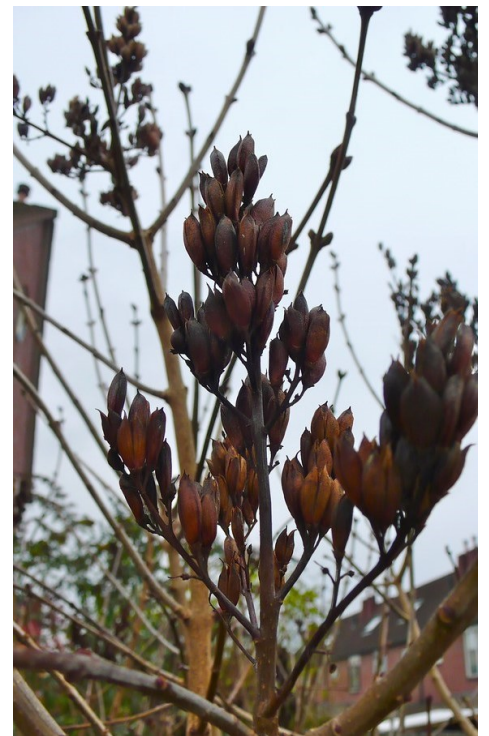
### **Step 1: Collecting plant material**

On outings to parks and gardens or even around the locality of the centre, look for wildflower seed that is easy to collect – dried brown seed heads are the best clue that the seed is ready.

Avoid fluffy seeds (disperse too readily) or fleshy seeds, (rot easily).

Always collect in dry weather.

Always leave some seeds in any one patch for the birds.



### **Step 2 Processing seed heads**



These can be left in their separate paper bags in a cool dry place until required.

You will find that most seed heads will shed the seed from the husk by themselves over a week or so.

The paper bag allows moisture to escape from the seeds and should prevent moulds forming. Large envelopes will serve the same purpose. Remember to write the name of the seed on the bag/envelope.

If you can leave the bag/envelope open at the top, this will help the drying process.

When the seeds are dry, store in a cool dark place .

*There are many activities in which you can use dried leaves, flowers and seeds - word games to stimulate thinking, greetings cards, seed displays, seed bombs and gift tags - see further activity sheets.*

For more gardening activity ideas visit [www.trellisScotland.org.uk/activities](http://www.trellisScotland.org.uk/activities)  
Need help, advice, or further information? visit our website or call 01738 624348