

MAKE YOUR OWN: SEEDED HEART

*Create this fabulous handmade paper heart, filled with flower seeds.
Simply attach the heart to the postcard in your February WI Life.*

This project was made by Kirstie Phipps, NFWI Craft Committee

YOU'LL NEED...

Scraps of green coloured paper (6 pieces of non-glossy A4 paper will make around 5 hearts)

Green food colouring (optional)

Heart-shaped cookie cutter

Packet of wild flower seeds, or seeds of your choice

Blender

Mixing bowl

Sieve

Old towel or newspaper

Safety pin

Double sided sellotape



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INSTRUCTIONS



Step 1: Tear the paper into small pieces.

Step 2: Put paper into a bowl, fill with water, ensuring all of the paper is covered and leave for 10-15 minutes.

Step 3: Drain the water a little, but leave the paper still moist for blending.



Step 4: Place the paper into the blender (add a couple of drops of food colouring if required) and blend until paper is pulp-like and fairly smooth.

Step 5: Sieve again, squeezing out most of the excess water.



Step 6: Transfer mixture to bowl and stir in seeds.



Step 7: On an old towel or newspaper, fill a heart-shaped cookie cutter with the pulp to create a heart of approximately 0.5cm thickness.

Step 8: Leave to dry above a radiator or somewhere warm until they are hard and solid (this may take 48 hours.)



Step 9: Attach a safety pin to the back of the heart with sellotape or use double sided sellotape to attach the heart to the postcard in your February WI Life. Leave the postcard somewhere in your community, like your local bus stop or café for someone to find or send directly to your MP.

