



Seed Balls

Seed balls are small bundles of seeds, clay, and soil. Although seed balls have been around since ancient times, they were rediscovered in the 1930s by the Guerilla Gardening movement as a way to introduce vegetation by simply tossing the seed balls. Seed balls are fun to make and offer an inexpensive way to sow native plants and flowers.

Materials:

- Clay (available from craft stores)
- potting soil
- Seeds (wildflowers, native varieties)
- water
- mixing bowl

Instructions:

1. Divide your materials so you have:

- 5 parts clay
- 1 part potting soil
- 1 part seeds

2. Combine the clay and potting soil in your mixing bowl. Add a little water. The mixture should be moist but not dripping wet into puddles; similar to the consistency of cookie dough.

3. Add the seeds to the clay and potting soil. Thoroughly work the materials together with your hands.

4. Shape the mixture into balls about the size of a ping pong ball.

5. You can plant the seed balls while they're still moist, or allow them to air dry. Spring, summer, or fall!

6. Find areas in your yard and surrounding community that could use a little green. Toss or place your seed balls directly onto soil or even concrete. As long as they are watered (either by hand or by rain), the clay will break down and the seeds will grow.

Choose Your Seeds:

Wildflowers are good choice of seeds for seed balls because in nature they are self-planted and their seedlings are hardy, requiring little care. Seeds of native wildflowers work especially well because they are adapted for your climate, and they also provide a food source for local pollinators.

Some Niagara Region Native Wildflower Seed Suggestions:

Rudbeckia hirta (Brown eyed susan)

Penstemon digitalis (foxglove beardtongue)

Penstemon hirsutus (hairy beardtongue)

Solidago ptarmicoides (upland white aster, upland white goldenrod)

Heliopsis helianthoides (sweet ox eye daisy)

Symphyotrichum leave (smooth aster)

Verbena hastata (blue vervain)

Monarda fistulosa (wild bergamot)