

# HONOURING MEMORIES



## PLANTING HMPD SEED PAPER BOOKMARKS

Each Honouring Memories Planting Dreams bookmark is equipped with a heart shaped seed paper that you can remove to plant directly in soil, water and watch beautiful wild flowers bloom! Below is a list of supplies and steps to follow in order to care for your wildflowers so they grow proud and healthy.

### SUPPLIES

- a pot for planting or a designated area
- some good potting soil or garden soil
- heart shaped seed paper (removed from bookmark)
- water
- a sunny corner or area

### STEP 1

#### PREPARE YOUR PLANTING SPACE

Fill your pot 2/3 full with good potting soil. Tamp down the soil and add more if necessary. You want the pot to be firmly full, but not packed. For outside gardens, cover your area with soil as needed.

### STEP 2

#### PLANT YOUR SEED PAPER

Take your heart shaped seed paper and cover it in the soil in the prepared pot or outside space. You may want to tear the seed paper into several pieces to spread the seeds out across the pot or garden. Spread a thin layer (1/4 – 1/8 in) of soil over the seed paper, covering the area and tamp down gently.

### STEP 3

#### WATERING AND GERMINATION

After covering your seed paper with soil, give the seeds a good drink by watering the area generously. The soil should be damp but not drenched in water. Keep the soil (and therefore the seeds) moist at all times for the first 10 days. The water is necessary for germination.

### STEP 4

#### CARING FOR YOUR PLANTS

Once you see sprouts appear, continue to keep the area moist without drenching it. Once sturdy plants appear, you may water as needed.

### STEP 5

#### ENJOY YOUR HEART GARDEN

When the flowers start to blossom, enjoy them! Share photos on social media so that others can enjoy your heart garden as well! Use the hashtag **#TRCHeartGarden** and don't forget to register your activity at [honouringmemoriesplantingdreams.ca](https://honouringmemoriesplantingdreams.ca).