

# How to make wildflower seed dumplings



## STEP 1

In a bowl, mix together 1 cup of wildflower seeds and 3 cups of compost.



## We used:

- Bee-friendly wildflower seeds (some shops sell ready-made packs, otherwise you could try poppies, cornflower, forget-me-not and campion for a good mix)
- Compost • Flour • Water
- 2 mixing bowls and a cup (that you don't mind getting dirty!)

## STEP 2

In a second bowl, pour 1 cup of flour. Add water and stir until the flour becomes like a gloopy glue.



## STEP 3

Pour the compost and seed mixture into the flour glue and mix it all together (it's fun to get your hands dirty with this!)



## TOP TIP

If you don't want birds eating your seeds, mix a teaspoon of paprika in with the mixture. It won't harm the birds but they don't like the taste)

## STEP 4

Roll the mixture into even size balls, or dumplings (about the size of a golf ball).



## STEP 5

Place the dumplings in a tray and leave to dry overnight.

## STEP 6

Head outside to throw, toss, fling and catapult your dumplings! (Make sure you have permission from whoever owns the land).



## For best results...

It's best to make seed dumplings the day before rain and throw them before the rain starts. Don't worry if the rain doesn't come, the seeds will still work in their dumplings after a few days.

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