



**This news release from K-State Research and Extension is available online at <https://ksre-learn.com/gardening-seed-tape>

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Prepare seeds with seed tape

K-State horticulture experts says tape helps to decrease time spent planting seeds

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN, Kan. — Seed tape is a method of preparing seeds for planting that reduces the amount of time spent bending over the ground. Kansas State University horticulture expert Cynthia Domenghini said seed tape makes it easier to handle small seeds and get proper seed spacing.

To make a seed tape, cut a paper towel into strips two inches wide by 12 inches long. Create a paste by mixing ½ cup flour with water. Use a ruler and pencil to mark dots at the proper spacing for the type of seed being planted. The seed packet should contain recommended plant spacing guidelines.

“Put one seed on each dot on the paper towel, then put a small drop of the flour paste on top of each seed,” Domenghini said. “Allow the paste to dry before moving the seed tape.”

At the appropriate time, each seed tape can be planted at the proper depth in the garden. Domenghini said the seeds will germinate through the paste.

“Over time, the paper towel will dissolve into the garden. Toilet tissue and tissue paper are other options for making seed tape,” Domenghini said.

This activity is perfect for getting children involved, she added.

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly [Horticulture Newsletter](#) with tips for maintaining home landscapes and gardens. The newsletter is available to [view online](#) or can be delivered by email each week.

Interested persons can also send their garden and yard-related questions to Domenghini at cdom@ksu.edu, or contact your [local K-State Research and Extension office](#).

FOR PRINT PUBLICATIONS: Links used in this story

K-State Horticulture Newsletter, <https://hnr.k-state.edu/extension/info-center/newsletters/index.html>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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