



## ***Come and learn how to make “Indigenous plant seed balls.”***

**This is a great event for adults and children.**

**Hands on event creating your own plant seed balls to take home. Very easy to make!**

Sunday 2<sup>nd</sup> October 2022 - Time - 9.30am to 12.00pm

Venue – Newham Mechanics Hall

**RSVP to Howard Stirling – [howardjanine01@gmail.com](mailto:howardjanine01@gmail.com)**

Seed balls have been used for centuries as a means of sowing seeds. The Japanese farmer and philosopher Masanobu Fukuoka used them to reclaim land degraded by poor farming practices in rural Japan.

Why seed balls?

Seed balls make gardening easy, fun, and accessible!

- Seed balls help pollinators and can help grow wildflowers, trees, shrubs, grasses
- Garden with seed balls all year!
- Protects seeds from wind, birds, and other critters.
- Easy dispersal.
- **They're simply good fun and can help our environment!**