Flower Seed Pods

MATERIALS
1 cup compost or potting soil & compost mixture.
½ cup flour
1 tablespoon of seeds

INSTRUCTIONS
Mix compost and flour together thoroughly
Then add seeds and gently mix together
Add water one tablespoon at a time so that the mixture bonds together like good dough. (Add additional compost if it gets too wet.)
Once the mixture is a good consistency, divide into small pieces and roll into a ball (size of a quarter).
Let dry overnight or 24 hours. (You will see it turn a lighter color when dry.)
When putting into the environment, toss with a gently under arch to avoid crumbling the pod.