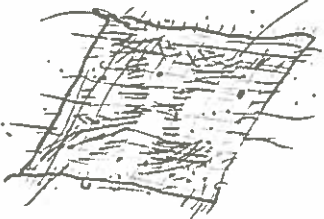


# LIVING TAPESTRIES

## MATERIALS:



BURLAP, CHEESE CLOTH,  
FABRIC W/ LOOSE WEAVE.



WATER + MINERAL SUPPLEMENT  
to ward of MOLD growth  
\* optional \*

## 1 DAY 1:

Soak one half cup seeds of choice (teff, red clover, alfalfa, kale, china Rose radish, Buckwheat, wheat, broccoli) for at least 8 hours.

## 2

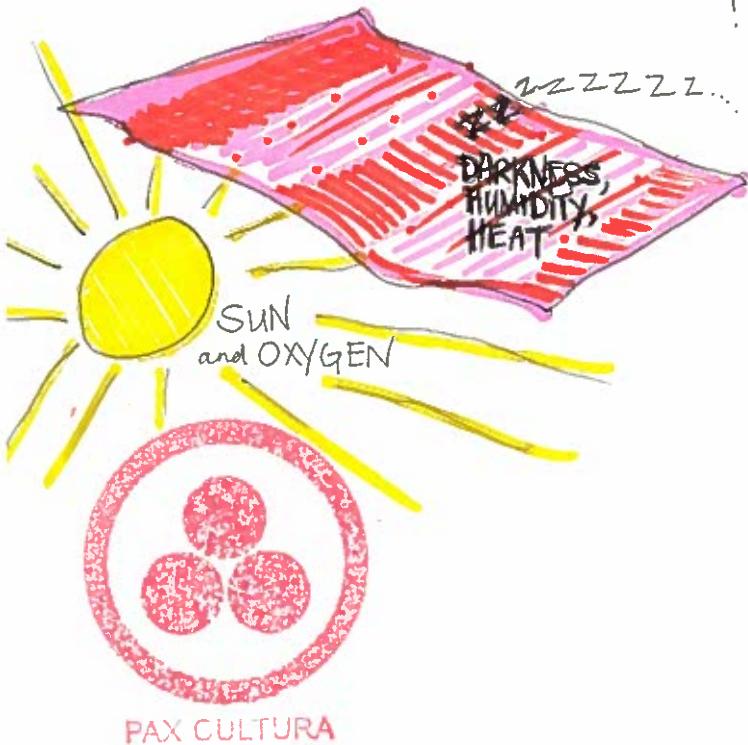
Drain and Rinse morning & night & morning one more time.

## 3

Place germinated seeds on wet, burlap surface. \*IMPORTANT= Leave room between individual seeds to breathe. Spread them out evenly to avoid mold growth.

## 4

Set up a dark + humid area for your tapestry to grow. for example: lay down a garbage bag or plastic sheet underneath and overtop to create a warm, humid greenhouse effect. \*IMPORTANT: Ensure that the tapestry does not "bathe" or is drenched in water, all the while ensuring that roots are humid.



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5 Towards the seventh day, when the sprouts begin to lift the plastic up, go ahead and uncover the plastic and expose the sprouts to the sun, for 2-4 days, all the while watering day + night. (enough to keep root system moist, but never too much water so there is a puddle).

6 When the tapestry seems ready + fully grown (or at its peak), stop watering it. It is now ready to be hung and dried!

7 Be attentive to the needs of your sprouts + let yourself be inspired by the creative process of living art. Enjoy!