How to press flowers

Choosing the right flowers

It's important that you are using the correct flowers so that you get the best results. Some of this will be trial and error but following these rules will help. Try choosing a variety of flowers for a unique look.

Some things to consider when choosing your flowers:

- Pick flowers that are not wet from rain or dew. Wet plants are prone to mold.
- Choose different flowers to experiment with. Part of the fun is discovering which flowers press the best and which do not press very well.

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How to press flowers with a book

Everyone has old books lying around the house, so why not put them to use?

Materials:

- Flowers
- Heavy book (Large books like dictionaries and phone books work best for this because they are heavy and have many pages you can use. Make sure you choose a book that you don't mind getting damaged. There is a chance that the water from the flower may cause the book pages to wrinkle)
- Absorbent paper (paper towels, parchment paper, coffee filters, thin cardboard, printer paper, or notebook paper)
- Weight (this can just be more books)

Directions:

Step 1: Prepare your flower. Remove any unwanted leaves or thorns (be careful).

Step 2: Open the book to the back pages so that A LOT of pages are on the left and only a few pages are on the right.

Step 3: Place one piece of absorbent paper on top of the book pages on the right.

Step 4: Lay your flower flat on the absorbent paper.

Make sure the "face" of your flower is DOWN if your flower has petals that come to a center circle like this.

Make sure your WHOLE FLOWER is ON the absorbent paper

Make sure your WHOLE FLOWER is AWAY FROM the edges and the center crease of your book.

Credit Kathleen Johnson. Developed for Boston University GLOBE Mission Earth, 2020.

Step 5: Place a second piece of absorbent paper on top of your flower.

Step 6: Carefully close the book, making sure not to move the flowers.

Step 7: Place more books or other heavy objects on top of the book. Keep in a place that is out of the way and not likely to be knocked into.

Step 5: Let the flowers sit for 2 or 3 days (or up to 3 weeks). The longer you press the flowers, the less water will be left in them. Give them two to three days before removing from the book. When they feel papery that means they are dry and you can create things with the.

What to do with your pressed flowers:

These are just some ideas of what you can do. Please share your ideas if you think of something else because more ideas are always better!!!

Make a picture.

Materials:

○ Newspaper to cover your work surface ○ Construction paper or printer paper ○ Scissors	○ Liquid school glue or Mod Podge ○ A paint brush (or something else to spread the glue with) ○ Dried flowers

1. Cut big fun shapes out of paper to glue your flowers onto.
2. Spread a layer of liquid school glue (or Mod Podge) onto your construction paper.
3. Place your dried flower on top of the glue-covered construction paper.
4. Spread another layer of liquid school glue (or Mod Podge) over your flower and construction paper.
5. Set in a safe place to dry for at least 1 day.

Make a bookmark.

Materials:

○ Newspaper to cover your work surface ○ Card stock or construction paper ○ Scissors	○ Liquid school glue or Mod Podge ○ A paint brush (or something else to spread the glue with) ○ Dried flowers

1. **Lay your paper sideways so it is LONGEST from left to right.**

2. **Fold your paper.** Pick up the RIGHT side of your paper and bring it over so it touches the LEFT side of your paper. Press down on the center to fold your paper in half.

3. **Fold your paper again.** Pick up the RIGHT side of your folded paper and bring it over so it touches the LEFT side of your folded paper. Press down on the center to fold your paper in half again. You should now have a thin piece of folded paper.

4. **Unfold your paper.** You should have 3 CREASES on your paper when you unfold your paper.

5. **Cut your paper along the CREASES**. You should now have 4 strips of paper.

6. Spread a layer of liquid school glue (or Mod Podge) onto one strip of paper.

7. Place your dried flower on top of the glue-covered strip of paper.

8. Spread another layer of liquid school glue (or Mod Podge) over your flower and the strip of paper.

9. Set in a safe place to dry for at least 1 day.

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