

## Materials needed to press flower

- *a book,*
- *something heavy (to place on top),*
- *paper (blotting paper ideal, but not necessary),*
- *a range of flowers, petals and leaves*

## Top 10 Flower Pressing tips:



Time needed: 20 minutes.

### 1. ***Press your flower as soon as possible***

This is to avoid any drooping or wilting. In practical terms, this means picking flowers on your WAY HOME from a walk or to have a notebook with some elastic with you. You can then start pressing the flowers on your way back from where you are and then place the notebook under heavy items at home.

If they have started drooping, revive them a little by placing them in a small vase of water. But don't get the petals wet.

## 2. ***Your flower must be DRY***

If you press a wet flower, you run the risk of it getting mouldy – the simplest would be small mouldy spots, the worst would be a smelly mouldy page inside your book.

## 3. ***Place your flower face down***

This is a very simply and almost “obvious” tip – but it is easier to not squish any petals if you put the flower face down and place the second sheet of paper on top, than it is to place the flower right side up and put the paper on top – you are more likely to crease it that way.

Similarly, you get a different effect by pressing the same flower side ways. The simple Daisy looks sweet both “face down” and sidewise. Some “fat” flowers press surprisingly well, others don’t – e.g. for a big rose, you may consider pressing just the petals.

You can also use your finger to gently press it flat first – help get it into position.

## 4. ***Use books and notebooks***

You really don’t need “fancy” equipment to press flowers, notebooks on your travels and books when you get home are perfect. Just make sure your flowers don’t fall out!

## 5. ***Don’t forget leaves and grasses***

Do press some leaves and grasses too – they make a nice compliment for any final pressed flower arrangement.

## 6. ***Leave for 2-4 weeks***

Most flowers will take 2-4 to press and dry fully. Be patient.

## 7. ***Use Tissue Paper***

If you want to become “more professional” at pressing your flowers... add a layer of tissue paper between your flowers and the paper. Then after 3-4 days, remove the the flowers in the tissue paper and gently place between two new sheets of paper and a new book.

The reason for doing this, is to let moisture escape better and for the

flowers to dry completely. This step is particularly useful when drying bigger “fatter” flowers.

## 8. ***Microwave pressing***

Did you know you can *speed* the process up in the microwave? Make sure you have a plain book (no gold embossing).

Place your flowers between two sheets of paper in the book.

Close firmly... and then zap in short 30-40 second bursts. Open the page gently to let the vapour escape. Let the book cool.

Then repeat about 10x. The book will start getting very warm. So do let it cool down. Now put the flowers in another book and press “normally” for 2-3 days.

## 9. ***Fading with time & preserving***

Pressed flowers do lose their colour as they are exposed to the elements – particularly light. In order to preserve them for as long as possible, it is helpful to seal them.

There are preserving sprays out there. But a simpler “low tech” one (and not perfect, but fine for crafting with kids), is a simple **Mod Podge** varnish! Mod Podge is fabulous, as it comes in so many different finishes – matt, gloss etc. But a similar effect can be achieved with water down PVA glue (water it down to a milk consistency).

The main thing though is to avoid direct sunlight and humid rooms (e.g. bathrooms).

## 10. ***Experiment***

Just keep experimenting with what flowers press well and which don't. We found that tiny forget me nots, are adorable when pressed, but have little colour. Dandelion's, ahem, looked dreadful (but Red Ted really wanted to try it). Rose petals are great for crafting and collages etc etc