

PRESSING OF FLOWERS

1. Cut or pick flowers that you have permission to use after the morning dew has evaporated and the plants are dry.

2. Position the flower in a folded sheet of paper, and then place the paper between the pages of your book. (The moisture of the flowers might wrinkle the pages of the book, so choose your book carefully)

3. You can press multiple flowers in the same book, but make sure that they are spaced out well enough that the moisture from one flower cannot reach the others

4. Once the book is closed, do not open it again! Stack more books or other heavy objects on top of your closed book full of flowers and leave it somewhere dry.

5. Every 2-3 days, change out the folded paper around your flowers. The flowers will become more fragile as they dry, so you may need to use tweezers when moving them.

6. After 3 weeks you should have perfectly pressed flowers! Try putting them behind glass in a picture frame, tucking them into a diary, or using them to decorate a card or other craft project, as people of the late 1800s would have.

