



Pressing flowers at home

- **Collect** flowers and leaves, making sure they are fresh, dry, at peak colour, flat and not too thick
- **Prepare** them by trimming the stem, place them face down on parchment paper, newspaper, etc. arranging them carefully so they don't touch each other. Place another piece of parchment paper or newspaper on top making sure not to disturb the flowers.
- **Pressing Methods**
 - **Book:** place the paper with the arranged flowers within the pages of a book, place other books or weights on top and leave to 2 or more weeks, check regularly to make sure they are not going moldy
 - **Microwave:** place the paper with the arranged flowers sandwiched between 2 microwave safe tiles or plates. Heat for 30 seconds at low to medium power, check flowers, if not fully pressed, continue at 15 seconds intervals. Cool.
 - **Flower press:** this is usually 2 boards with bolts and wing nuts at the corners to create pressure. Place the paper with the arranged flowers between the 2 boards and tighten the corners evenly to create pressure.
 - **Iron:** an iron on a medium to low temperature can be used to press and dry the flowers
- **Store** flowers once fully dry in a dark dry spot until needed, light can fade the colours over time
- **Use** pressed flowers in scrapbooks, greeting cards, bookmarks, framed art, etc