

Pressed Flower Cards



This plant pressing activity can be enjoyed by all ages.
A small amount of supplies and a little imagination can create memorable gifts and keepsakes.

Pressed flowers can be used to create custom cards, bookmarks and even framed artwork.

If you collect flowers during Earth Week the flowers should be ready for Mother's Day, so explore your backyards to look for a variety of leaves and flowers of all shapes and sizes.



Materials needed to get started:

Newspaper

Cardboard

Construction Paper

Heavy Books

Straps or Large Rubber Band

Flower and leaves



Collect flowers and leaves found in your backyard or even from your houseplants. Try to get a variety of shapes, sizes and colors.

Dandelions and violets are common finds in early spring.

Make sure that you leave some plants growing because they provide valuable food to wildlife. A general rule of thumb is to only collect flowers from a place where there are at least 20 other plants of the same species, nearby.



Instructions:

Creating dried, pressed flowers is like creating a lasagna.

It's all about the layers:

Heavy Book

Cardboard (provide airflow to help dry plants)

Construction Paper (helps absorb the moisture)

Newspaper (with plants between the sheets)

Construction Paper

Cardboard (continue layers until done)

Heavy Book

Strap it together

Leave your bundle in a dry warm place for 3 weeks

After that, the plants should be preserved and craft ready.





Flowers and leaves should be placed between newspaper sheets (10 sheets should work well). You may want to label the date, location of collection and plant name if known on the newspaper for future reference.

Don't overcrowd the paper with plant material. Spread them out and try to have the flowers/leaves lie flat on the sheet so they dry in the form you want.



Make as many layers as you like, just remember the layering rules: Cardboard, Construction Paper, Newspaper, Construction Paper and then begin again with another layer of cardboard. When finished, put another heavy book on top and tightly strap it together.

After three weeks, you can unstrap your bundle and check out your plants. To help speed up the process, you can place your bundle near a radiator or somewhere else warm in your house. The plants should be dry to the touch. Additional suggestions include: Create your natural artworks by gluing, not taping, your dried plants. You can also consider creating your own herbarium by labeling sheets with the date, location and plant identification of what was collected.

