

Flower Pressing



Brief description

A simple way to create beautiful natural pieces of art from the flowers and leaves in your garden or outdoor space.

What you may need

- Flowers and leaves that can be pressed – please note wild flowers should not be picked from public places.
- Sheets of paper
- Flower press: this could be something like a telephone directory.
- A weight such as bricks, other books, blocks of wood etc.
- Alternatively invest in a flower press, small ones are available from around £10 from craft retailers.

Benefits

- This is a great activity not just because it stimulates creative and artistic responses but it can also result in an end product – a source of pride and self esteem.
- Flower pressing is very hard to get wrong and the results can look very beautiful.
- This is a very cost effective activity requiring little in the way of expensive resources.



Things to remember

- Be aware of the types of flowers that you are using and avoid any that might be poisonous.
- Glue should be used carefully and any spillages cleared up immediately.



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Flowers for pressing are best picked when they are fresh and dry so ideally after any morning dew has evaporated.

Good flowers for pressing that are easily sourced, include:

Buttercups, Apple or Cherry blossom, Aster, Bougainvillea, Clematis, Columbine, Chives, Verbena, Snapdragon, Roses, Primroses, Lavender, Daffodils, Crocuses, Clover, Larkspur and Pansies.

If the leaves that you are using are dry and crunchy then spray them lightly with small amount of fabric conditioner dissolved in water, then allow to dry before pressing.

You can store flowers in a sealable bag in a refrigerator if you're not going to use them straight away. If you blow into the bag before sealing then the carbon dioxide in your breath will help to keep them fresher for longer.

Once you are ready to press your flowers, arrange them on a piece of paper (a good tip is to place the paper into your book and then arrange the flowers on top).

Don't overlap the items you are pressing (unless this is a part of your design) as you will damage them when separating.

Place another sheet of paper on top and close the book. If you do more than one pressing make sure you space them out throughout your book, leaving about a centimetre's worth of pages between each pressing.

Weigh the book down and leave for a few days checking periodically until the flowers or leaves are fully flat and dry. At this point they can be peeled off and used.

Once pressed your flowers can be arranged on to paper or card or even onto pottery or tiles and fixed using PVA glue. Brushing over the top of the design with PVA will also help to preserve your design. Allow the glue to dry to a clear finish.

**To find out more visit: www.dementiagarden.org.uk
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