

How To Press Wildflowers

Supplies Needed:

- A sturdy, large book
- Something that can provide weight on top of the book
- Paper that can absorb moisture, such as parchment paper, thin cardboard, blotting paper, or coffee filters
- Wildflowers

Instructions:

1. Choose flowers in full bloom and allow them to partially dry before pressing them. * * *Note: The best kind of flower to press is one with a single layer of petals and a flat face, such as the buttercup.
2. Remove any unwanted leaves.
3. Open the book to the middle pages. Lay out the bottom sheet of absorbent material on the right-hand side of the book.
4. Arrange the flowers on the absorbent material. Keep these guidelines in mind:
 - Choose flowers of similar thickness to press on the same page.
 - Arrange the petals in the shape you want for the finished project before pressing.
 - Leave at least $\frac{3}{4}$ inch between each flower.
5. Place another piece of your absorbent material on top of the flowers and close the book.

6. Set weighted items on top of the book. You want heavy, even pressure across the book.
7. Wait two to four weeks for your flowers to dry. This time may vary depending on how thick your flowers are. They will be delicate, so be careful when handling them!

Don't want to wait weeks to dry and press your wildflowers?

You can speed up the drying process one of two ways.

* * *Note: Both of these speed methods require adult supervision.

1. With an iron: Lay your wildflowers in between your absorbent material in the middle of a book as described in the first method. Press the flowers flat in the book; then remove the flowers along with the absorbent material. Place the flowers within the absorbent paper between two pieces of parchment paper and set it on an ironing board. Press the flowers (inside the layers of absorbent material and parchment paper) with a warm iron for 15 seconds.
2. In the microwave: Again press the wildflowers flat between the absorbent paper in a book. Remove the flowers within the absorbent paper and place them between two pieces of parchment paper. Then place the layers between two flat-bottomed, microwave-safe plates. Set the plates in the microwave along with a heavier microwave-safe dish on top to weigh it down. Microwave your wildflowers on low for 30–60 seconds.