

How to Press Wildflowers

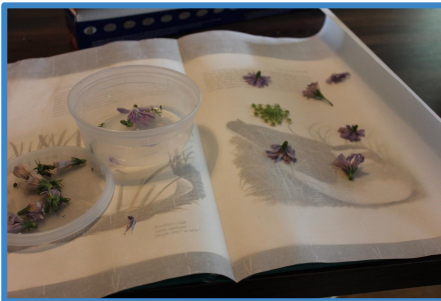
You'll need: wildflowers, scissors, heavy books, absorbent paper (newsprint, parchment paper, coffee filters)

Find some wildflowers!

- Flat flowers will press the best
- Wait until flowers are dry to collect them
- Don't pull the whole plant or take all your flowers from the same plant, leave some for wildlife!



We picked some Chicory and Queen Anne's Lace!



Press your flowers

- Open your book and cover the pages with the absorbent paper
- Lay out your flowers. You can spread out the petals, lay them on their sides, or even separate the petals (Hint: Cut parts of thicker flowers away to help them press cleanly)
- Carefully close the book without moving your flowers
- Place under something heavy for 2-4 weeks, depending on the thickness of your flowers



Use your pressed flowers to create!

- Slowly open the book and peel your flowers off the paper if they are completely dried
- Some ideas for projects are:
 - Make a bookmark
 - Decorate a treasure box
 - Nature notebook
- Hint: ModPodge works great to stick flowers to paper, glass, and other surfaces, and dries clear!

