



How to...

make a simple flower press

Level of difficulty: easy



What will you need:

- 2 heavy books (preferably ones you don't reach for often)
- a sheet of cardboard
- an old newspaper
- scissors
- a stanley knife
- a rough piece of wood to support your cutting



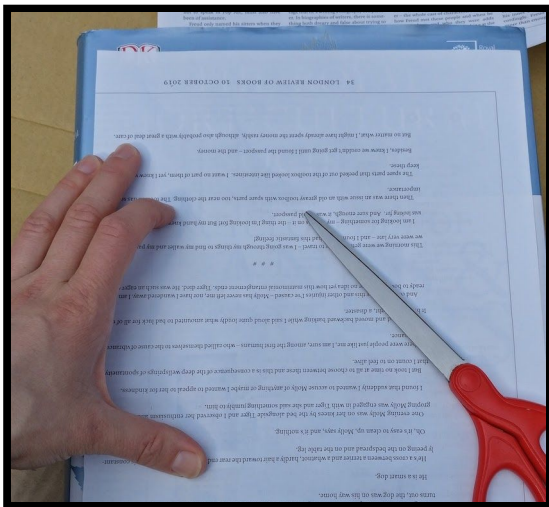


1



Choose 2 heavy books, preferably ones that you don't use too often.

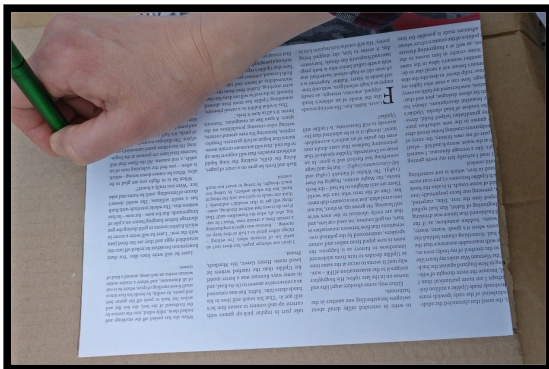
2



Start by cutting 2 newspaper sheets to the size of your book. Make them a little smaller so they fit between the book and won't stick out.

Choose newspaper sheets with white background and little text.

3



Draw an outline of your newspaper sheet onto the cardboard and cut out 2 cardboard sheets just a little bigger than your newspaper sheets.

Place your spare piece of wood under the cardboard as you cut to prevent the knife from cutting the floor or other surface.

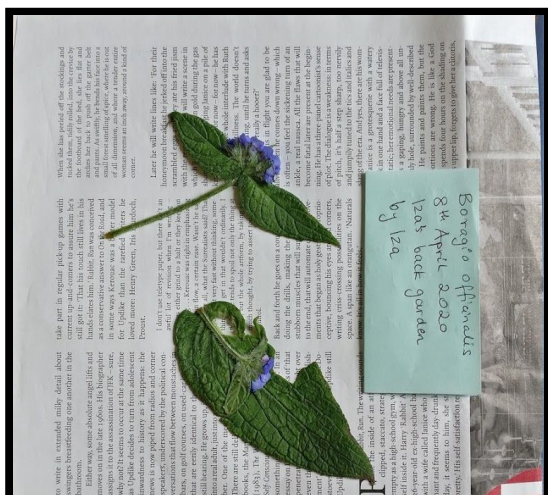


4



You should now have 2 pieces of newspaper and 2 pieces of cardboard both smaller in size than your 2 books.

5



Choose the plants that you'd like to press and then prepare a note with:

- The name of the flower
- Date picked
- Where picked
- By whom

6



Next the lighter book will be the bottom book. Place 1 cardboard sheet on the book and then 1 newspaper sheet.

Place your plant and your note (don't forget the note like I did here) on these 2 sheets and cover with 1 newspaper sheet and 1 cardboard sheet to create a press sandwich.

Place the heaviest book on top of your press sandwich.



7



Finally put your flower press where it will not be disturbed for 3 weeks.

After 3 weeks you can start using your pressed flowers for decoration or to make a herbarium!