

Flower Pressing

Downeast Lakes Land Trust Online Learning

The art of flower pressing is rumored to date as far back as the Egyptian Empire. During the Victorian Era, flower pressing was quite a popular pastime betwixt both men and women. This activity satisfied both scientific and artistic interest.

Pressed flowers have a number of different uses from decorative to functional in modern day settings:

- ◆ These specimens can be used as framed wall decorations.
- ◆ They can be used as bookmarks.
- ◆ If you've been looking for ways to spice up your pen pal notes, consider using a pressed and mounted flower as the post card.

- ◆ Start an herbarium collection as a field guide to share with your kids and grandkids so they can learn to identify plants.

No matter the reason for pressing flowers, below is a step-by-step guide to give you the perfectly preserved specimen every time.



Step-By-Step Guide to Flower Pressing

- ◇ Find a flower or plant of your choice. Please be mindful of the plants' health and harvest no more than one third of the plant.
- ◇ Cut the stem at an angle.
- ◇ Remove any parts that do not fit on the mounting. Split the thick portions.
- ◇ Lay flat on a piece of newspaper. Fold the other half of the newspaper over the top.
- ◇ Place a piece of thick paper on either side like bread slices on a sandwich.
- ◇ Repeat but with cardboard pieces.
- ◇ Place a book or other heavy object that will distribute a uniform weight over the flower.
- ◇ Wait a week to uncover flower pressing.
- ◇ Mount pressing on desired medium.