

Quick Bites & More...

Make Along Series



Materials List

November 7, 2013

Title: **Pressed Floral Designs**

Presenter: Lynette McDougald, Instructor & Manager
The University Florist

There are several good methods for pressing flowers.

Flower Preparation - For best results, collect flowers when no moisture on them; mid-afternoon is a great time. Thin petals and foliage will press best; avoid forms such as roses or mums. These dry best if you disassemble them.

Pressing Options –

Book Press - A telephone book is the best type paper to use for pressing. Don't use glossy paper. Place a few blossoms on a page, and then skip 6 to 8 pages. Start at the back of the phone book and work forward. Once the book is filled, put in a dark, dry space and place a weight on top of it. Leave 2 to 3 weeks.

Commercial Press – There are a number of commercial flower presses available on the market. You could make a similar one with 2 pieces of wood and a binding material.

Microwave Press - Though I haven't used these myself, I have read info that appears to give result. Here is some of that copied info:

“Microwave Pressing - For good results you can use a microwave flower press that has been designed specifically for the purpose. I prefer my botanical presses, made with no metal parts, because it allows greater air circulation.

When pressing in the microwave, be careful not to overdo it. Start out with short bursts at a medium setting, perhaps 30-60 seconds, then experiment with the timing. Let the plant material cool between zaps. I open the press to let the steam escape while cooling, then repeat until almost dry. To save time, consider working with 2 or 3 presses, just zap one while the others cool and alternate among them.

While still in the paper, place your flowers in a book or flower press to finish pressing. This normally takes anywhere from a few hours to a day depending on the particular flower."

Iron Press - Another process, that I have used, is ironing. I use 2 old cloth handkerchiefs. Lay the plant material on one handkerchief; cover with other. Press on medium heat; constantly moving the iron. This works very well with foliages.

Materials needed —

- Gathered flowers and foliage - from your yard or your neighbor's yard
- Press your flowers according to desired method
- Board, fabric, tray, etc. for mounting your pressed flowers