

How to make a Plant Press

Items Needed:

1. a large piece of cardboard
2. four thick rubber bands
3. sheets of old newspaper
4. scissors
5. flowers and leaves

Making the Plant Press:

1. Cut the cardboard into four 4" x 4" squares.
2. Cut the newspaper into twelve 4" x 4" squares.
3. Place four sheets of newspaper in between each cardboard piece.
4. Place the four rubber bands around the outside of the cardboard, so that the contents are secure and tight.

Pressing the plants:

1. Gather the flowers and leaves that you would like to press.
2. Cut the plants so that they are no bigger than 4" x 4".
3. Separate the sheets of newspaper and neatly place the plant in between four sheets of paper (2 Sheets on top, 2 on the bottom). Spread out the flower petals and leaves.
F.Y.I.: Newspaper absorbs excess plant moisture.
4. Place the newspaper between two pieces of cardboard.
5. Repeat this process until the plant press is full.
6. Secure the press with rubber bands. The tighter the press, the better.
7. Place the press in a dry place and do not open for at least 48 hours. (More time would be better).
8. After 48 hours, you may remove the plants and mount them on paper using glue or tape.