

# Pressed flowers

Pressed flowers and leaves make beautiful cards and pictures. The traditional way is to take the leaves/flowers and place them between newspaper and between the pages of a heavy book and leave them there for some weeks to dry and flatten.

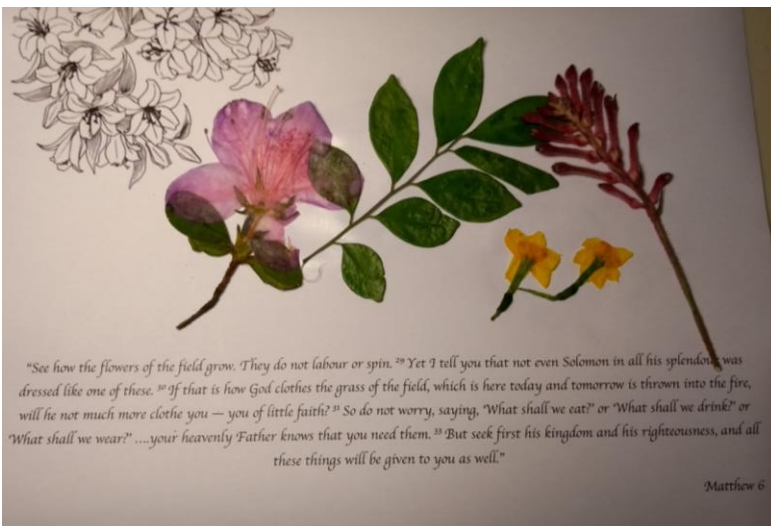
This way is much faster. Parent supervision is needed with the microwave.

## Instructions

1. Go outside and collect a selection of flowers and leaves that you would like to press. Avoid any that are too fleshy or fat (Please don't pick any flowers without asking your parents or the owner of the garden first!)
2. Place your flowers between two pieces of baking paper
3. Place the baking paper sandwich into the microwave with a heavy plate or microwave safe container on top. Think about the bottom of the plate. Often plates have a raised edge – you want something that will squash your flowers. We found that a Pyrex dish worked well.
4. Microwave the plants for 30 seconds on high.
5. Repeat this two of three times, checking each time until you have moisture forming on the inside of the baking paper.
6. Transfer your plants carefully to a piece of absorbent kitchen towel. Place another piece of kitchen towel on top and sandwich the kitchen towel between your baking paper.
7. Microwave this sandwich the same as before, checking every 30 seconds until your plants seem flat and dried out. The whole thing takes about 3-4 minutes.
8. Take the copy of the sheet following and arrange your flowers and plants on it. Then stick them with PVA glue into place.

### You will need:

- A selection of leaves and flowers
- 2 pieces of baking paper
- 2 pieces of absorbent paper towel
- Microwave
- A microwave safe plate or heavy container with a flat bottom
- PVA glue
- Page following





*“See how the flowers of the field grow. They do not labour or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendour was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you — you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ....your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*