



## How to Make a Plant Press

### Materials:

- Cardboard
- Newspaper, magazines, or junk mail
- Scissors
- 4 rubber bands
- Leaves and flowers

1. Cut the cardboard into three squares or rectangles of similar size.
2. Cut or tear the paper into a similar size to the cardboard. You will need at least 12 pieces, but more is fine.
3. Gather your plants. Be sure to pick in your own yard or in a safe place. Look for delicate spring wildflowers like violets, interesting leaf shapes like clover, or overlooked plants like dandelion.
4. Start layering! You will be sandwiching leaves and flowers between layers of 3-5 pieces of newspaper on each side. This is the order:

Cardboard → Newspaper → Plants → Newspaper → Cardboard  
<Then repeat on the same stack>  
Newspaper → Plants → Newspaper → Cardboard

When you finish, you will have two layers of plants. Give your plants a little space and don't pile them on top of one another. If you have large flowers, you can pull off the petals to press separately.

5. Place two rubber bands going in one direction, then two crossing over in the other direction, like a '#' symbol.
6. Place under a stack of books for 2-4 weeks. Be gentle when you open your press, as the plants will now be delicate. Your plants are now ready to use for all sorts of activities and crafts!