

## Preserve Nature

### Press Flowers

'When one tugs at a single thing in nature, he finds it attached to the rest of the world'.

Quote by John Muir.





The flowers in the photographs could be described as 'weeds'.

They grow freely.



Perhaps you will pass a friend's garden or a wild patch of land where you can pick some wild flowers?

Flowers with a single layer of petals will work best.

Let's try pressing and drying them?!

Perhaps we can make them into a picture or a greetings card in 3 or 4 weeks' time?

Lay the flowers/leaves out carefully at one side of a sheet of absorbent paper, like kitchen paper or toilet paper.

Fold the paper over.

Carefully place your parcel within the pages of a heavy book.

Make sure you put extra paper within the pages to protect your book from staining.



'Handle a book as a bee does a flower, extract its sweetness but do not damage it'.

Quote by John Muir.

Have a really close look at your wild flowers as you work.

Enjoy!