

Pressed Flower Bookmarks

About: Pressing flowers has been a popular practice for hundreds of years. Lewis and Clark even collected and pressed flowers as they explored the western territory obtained in the Louisiana Purchase. At John Jay Homestead we still have books with collections of pressed flowers from when the Jay family still lived here.

Materials:

- Flowers
- A large/ heavy book or 2
- Paper (construction or card stock)
- Scissors
- Glue/ mod podge
- Paint brush (optional)
- Paper towel (optional, see step 3)

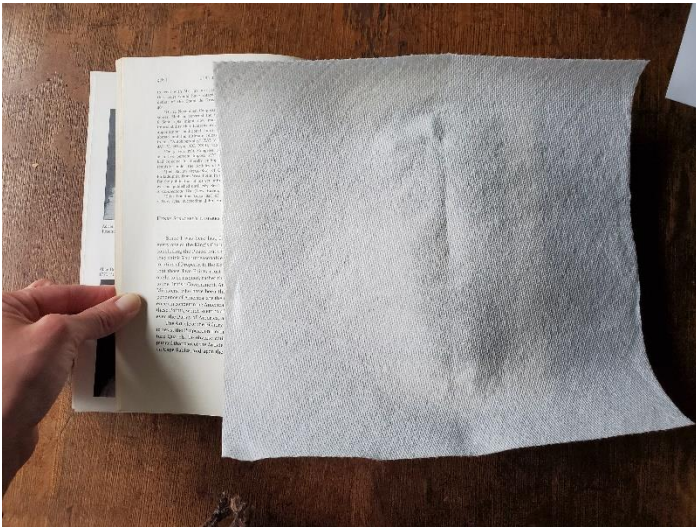


Instructions:

1. Pick some flowers! Make sure they are small enough to fit on your bookmark



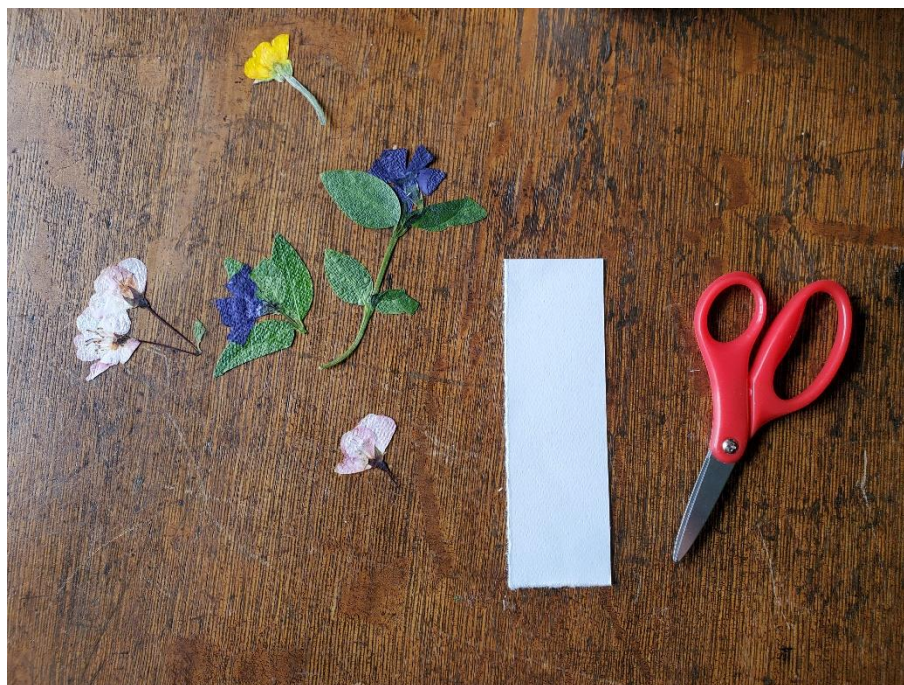
2. Once you have some flowers you would like to press, place them between the middle pages of a big book. If you don't have a large book, you can put your flower in a smaller book and stack others on top of it.
3. If your flowers are very fresh, you may want to fold a paper towel/ other piece of paper over them before placing them in your book. This will help soak up moisture and help protect your book.



4. After about 2-3 days, open the book and removed the pressed flowers.



5. Cut out a rectangle for your bookmark.



6. Find out where you want to place your flowers and paste them to the bookmark.
7. Optional step: Once pasted to the bookmark you can brush a thin layer of glue on top of the flowers for added security.



8. Allow them to dry and you are all set! Use your bookmark for your favorite book or give it as a gift to any bookworms you know!