

# Plant and Flower Press

Pressing or preserving leaves and flowers is a great way to remember your adventures and learn about Nebraska's native plants. Try making this simple plant and flower press before you head out on an adventure. When you find a cool leaf or an amazing flower, try preserving it with your press. After it is dry, you can make a bookmark with it!

## Materials Needed:

- left-over corrugated cardboard from boxes
- newspaper
- straps or thick rubber bands
- plants or flowers... find them in your backyard, local park or state park area.
- colored card stock or thick paper (regular paper will work, too)
- clear packing tape



## Step #1:

Cut five pieces of corrugated cardboard to approximately 5in. x 7in. Cut newspaper to the same size. Layer cardboard and newspaper - cardboard, newspaper, newspaper, cardboard, newspaper, newspaper, cardboard. Start and end with a piece of cardboard. Place two or three thick rubber bands around your stack of cardboard/newspaper. Now your plant press is complete!

## Step 2:

Head out on an adventure. Collect leaves and flowers along your way. Place the leaves and flowers you collect between the two sheets of newspaper. Let the plants dry for 7-10 days.

## Step #3:

Take out your flattened, dry plants and place them on a narrow piece of card stock (approximately 6 in. x 2 in). Once you have the plants and flowers arranged just as you like, cover the paper with a long strip of clear packing tape. Turn the bookmark over and cover this side with a long strip of clear packing tape, too. Now your book mark is complete!

