

CORBAN ESTATE ARTS CENTRE

**The Simple Art of  
Pressing Flowers**

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# THE SIMPLE ART OF PRESSING FLOWERS



Kia Ora Everyone,

Eilis here again and the warmer season is here. Yaiyy it's time for jandals and iceblocks!!!

Something else we see a lot at this time and over the following months is beautiful flowers of all colours. These colourful beauties make summertime magical. Have you ever tried to press them and keep their beauty lasting longer? This adventure shows you a simple way to press flowers and shares ideas of what you can use them for. So come along and let's get going .....



The first step is to pick some flowers for pressing. Here I have a bunch of buttercups which grow all over the place in my little garden. I love how yellow they are. Have you ever held them under your chin to see if you like butter? I remember doing that as a child with my siblings and it seems we all like butter.

### **Next gather up the following items:**

- A newspaper, like the Western Leader in the photo
- Either paper towels, toilet paper, plain paper or lunch-wrap paper



Open the newspaper and place some of the paper towels, toilet paper, plain paper or lunch-wrap on the newspaper. Decide if you are pressing just the flower heads or the whole flower complete with stem and leaves. Maybe you are pressing individual petals. This is where you can experiment and try some or all of these ways to see how things turn out.

Ellis Galuszewski (2020).



Once you have them laid out like the above images, you need to cover them in the same paper and then close up your newspaper. You may have enough flowers to do a few pages in the newspaper, remembering to place them as previously described.



Once the flowers are all in place and the newspaper is closed up, it is time to add some weight on top of them for the pressing to begin. Below you will see that I have placed a heavy container on top of mine.

Ellis Galuszewski (2020).



Here we leave the flowers to press for between 3 – 4 weeks and no peeking!!

It's a good idea to write on your calendar when you started pressing and when you want to open it up so as you don't forget about the flowers.

So 4 weeks later and I opened my newspaper press to find these .....





My beautiful buttercups are still lovely and yellow.

You can see I pressed some individual flowers and some with their leaves and stems. I wonder what yours have turned out like? Did the colour of the flower stay the same or change? Did it keep its shape?

Below I have included some more images of other flowers and leaves that I have pressed and am storing to create artworks with.

Ellis Galuszewski (2020).



Pick them when the sun has been out and shining on them for a while to dry off the morning dew. It is really important for your leaves or flowers to not be wet if you are going to press them as they may go mouldy.

In years gone by, botanists would sail with explorers to many different lands collecting samples for pressing. This enabled them to study many different plants. Pressing flowers became an art form in the 1800's. Now in 2020 it is making another comeback, with artists exploring the natural world in many forms. Two artists I recommend you look up are, Helen Ahpornsiriri and Jennie Ashmore. They both create art using pressed flowers, leaves, mosses and even seaweed.

Below are a few examples of things I created using some of the flowers I pressed. See if you can spot any buttercups.

Ellis Galuszewski (2020).



A Book Mark



A Greeting Card



A colourful artwork inspired by Helen Ahpornsirri.

I hope you get a chance to press some flowers or leaves over the summer months.

Please feel free to share your amazing art with us on instagram by adding #ceacadventures. We would love to see them!

Happy Summer Season and enjoy the holidays. Stay safe and well till next time.

Arohanui,  
Eilis





Eilis is an Irish Kiwi who is a Mum to 3 adult kids and a Mhamo (aka grandmother) to 1 gorgeous little boy. She lives in West Auckland with her husband, daughter and two crazy cats, Morrigan and Boudicca. Eilis loves trees and eating mangoes, blueberries and passionfruit.



2 Mt Lebanon Lane  
PO Box 21 526  
Henderson  
Auckland, 0650  
New Zealand

Info@ceac.org.nz  
(09) 838 4455  
www.ceac.org.nz

facebook.com/Corban.Estate  
instagram.com/corbanestate