pressed flowers tutorial
Oshibana is an art form where artists create images solely with pressed flowers.

- It has been practiced in Japan and China since the 16th century.
- Some of the earliest artists were samurai, who made Oshibana art to achieve a state of calm and practice patience.
**MATERIALS**

- scissors
- flowers, foliage, & greenery
- scrap or copy paper (4–10 pgs)
- parchment or wax paper
- your heaviest book (phone book, dictionary, cook book, etc.)
- stackable heavy items like books or bricks
Gather fresh flowers that have a single layer of petals like DAISIES, PANSIES, and small WILDFLOWERS. Add variety to your mix by clipping greenery and foliage, too. FERNS are our favorite!

*For best results, collect your samples after the morning dew has already evaporated.
NOTE: the book's pages will trap moisture, so use a book you don't mind damaging.

STEP #2

PREPARE YOUR BOOK

- Open your book to a page towards the end (but do not use the last pages).
- Place parchment/wax paper on both of the open pages.
- Then, add a sheet of copy/scrap paper on top of each wax paper.
**STEP #3**

**PREPARE THE PLANTS**

- Shape and place flowers/greenery facedown on the scrap paper, leaving a little space in between each item.

**NEED MORE ROOM?**

- Skip a 1/2 inch worth of pages and repeat the process.

**REMEMBER:**

how they lie is how they'll dry
OPTIONAL: Use tape to secure the stems in place

STEP #4

PRACTICE PATIENCE

- Carefully close your book without moving your arrangement.
- Then, stack heavy items (books or bricks) on top.

LEAVE THE BOOK CLOSED FOR 7 DAYS!
**WITH YOUR PRESSSED FLOWERS**

SUSAN McCHESNEY, "FLOWER 17.19," 2019. PETALS ON PAPER, 7 × 5 INCHES. IMAGE COURTESY OF THE ARTIST & THE ASHEVILLE ART MUSEUM

#1 Consider making your own Oshibana artwork.

TATIANA BERDNIK (UKRAINIAN ARTIST-FLORIST), "ROAD," 2011. PRESSED FLOWER CRAFT OSHIBANA. IMAGE COURTESY OF WWW.ARTMAJEUR.COM/ @TATIANA BERDNIK
Find unique ways to display them around your house.

WITH YOUR PRESSED FLOWERS

#2

FLOATING GLASS FRAME

SHADOW BOX

BUNDLED BOUQUET
Decorate cards to give to your loved ones.

SHARE YOUR CREATIONS WITH US

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