

1.



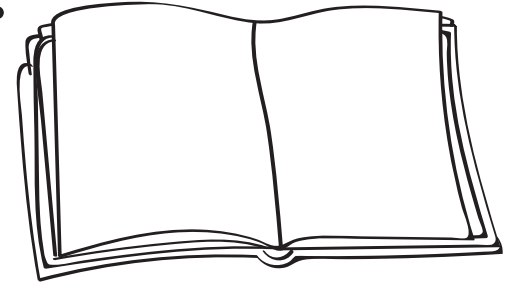
In your local green space, take some time to be with and around the plants. Do any of them stand out to you?

2.



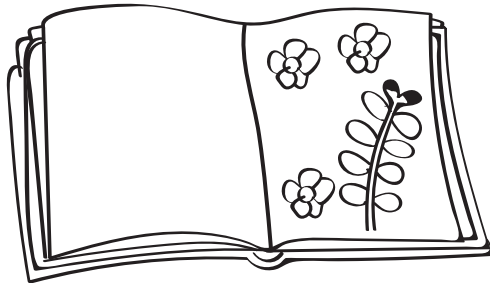
Choose a few specimens to press. It's generally very easy to press most plants, however, denser flowers may prove trickier. Try pressing with finer plants before you move on to the thicker ones.

3.



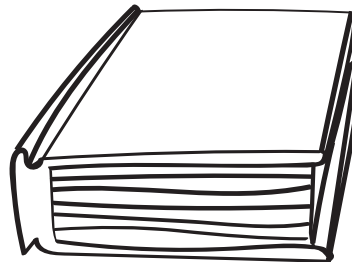
Once you have chosen them, prepare them for pressing. Do this by trimming them to size, small enough to fit into your heaviest book. You might want to choose a book that you don't mind becoming slightly crinkled from the moisture of the plants.

4.



Open the book and lay flat, place the plant on the paper and fold it so it will fit into the book. Make sure the plant is laying in the position you want, as once its dried it will become fragile.

5.



You can press several flowers in the same book, but space them out so the moisture from one doesn't contaminate the others.

6.



Carefully make sure the book stays shut, and let time do the work for you! You might want to secure your book under another heavy object. Most plants will dry in a few weeks. Don't forget to mark your calendar to remind you to discover your pressed flowers! You might want to put a brightly coloured note on the front with the 'open me' date on too!