

Pressing - A method of preserving flowers

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Flower preservation is an easy and popular hobby that can be enjoyed by everyone. Pressing is a very easy way to preserve flowers although the relief is lost and the flowers are flat. For pressing choose flowers that offer vivid colours with thin petals. Before cutting flowers, make sure to leave about a half-inch of the stem. Handle them very carefully so as to not damage or bruise the petals. When collecting, try to keep them from touching each other at this point. Put the fresh-cut blooms in the refrigerator until start pressing to avoid wilting. Book method and wood press are a few methods for pressing flowers that are simple and very effective. In book method, flowers are placed in between the pages of thick heavy books in a layer of paper towels not touching with each other, by closing the book carefully. Stack more heavy books or objects on top of the pressing book for maximum pressure to dry. Whereas in wood press method flowers are placed in between two squares of wood by tightening each wood corner using long bolts and wing nuts to secure the two pieces together for evenly pressure on flowers. Then leave the wooden frame for few days to dry. Once the flowers are dried and pressed, spray them with a gentle mist of hairspray to help preserve them. Some common flowers used for pressing are aster, bleeding heart, buttercup, chrysanthemum, columbine, cosmos, dahlia, dogwood, English daisy, geranium, larkspur, lily-of-the-valley, marigold, pansy, poppy, rose, sweet pea, violet, and zinnia.

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