

Microwaved pressed flowers



Supplies

Included: 4 x 6 picture frame, card stock for mounting.

Not Included: Flowers, paper towel, heavy microwavable object (I used a brick from my yard)

1. Stroll through your yard or any public area and pick small flowers or leaves that you feel will make a nice arrangement. Dark colored plants will retain their color better than lighter shades. Thick flowers will take longer to dry as they retain more moisture. Dainty flowers take approximately 30 seconds to 1 minute to microwave, however they can become very fragile.
2. Place a sheet of paper towel on a paper plate, place flowers or leaves of similar thickness on the paper towel, cover with another sheet of paper towel. Place the plate in the microwave, set a heavy microwavable dish or brick on top to weigh down the flowers.



3. Microwave the flowers 30 seconds to 1 minute at a time. Check to see how dry the pieces are, they may need another minute or so depending how much moisture was in the plants. **Special Note: Please be very careful when**

*removing your items from the microwave as the “weight” you used could be quite **HOT**.*

4. Repeat steps 2 & 3 for plants of different thicknesses than the original ones.
5. Take the picture frame apart, cut the card stock to the size of the glass. Put the glass back in the frame, arrange the dried flowers, prettiest side down, against the glass, in whatever configuration you like.
6. Very gingerly, lay the card stock on top of the flowers. Insert the back of the frame and secure.

Be Creative and Enjoy !