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
STEP #1

PICK THE RIGHT FLOWERS

- 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
PRESSED 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
WITH YOUR
PRESSED FLOWERS

Find unique ways to display them around your house.

FLOATING GLASS FRAME

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DIGITAL EDUCATION
MISSISSIPPI MUSEUM of ART

BUNDLED BOUQUET
WITH YOUR
PRESSED FLOWERS

#3

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