

## *gARTening: Pound Flower Art*

Clarissa Chairez- Residential Horticulture Agent/MGV Coordinator, UF/IFAS Extension Orange County

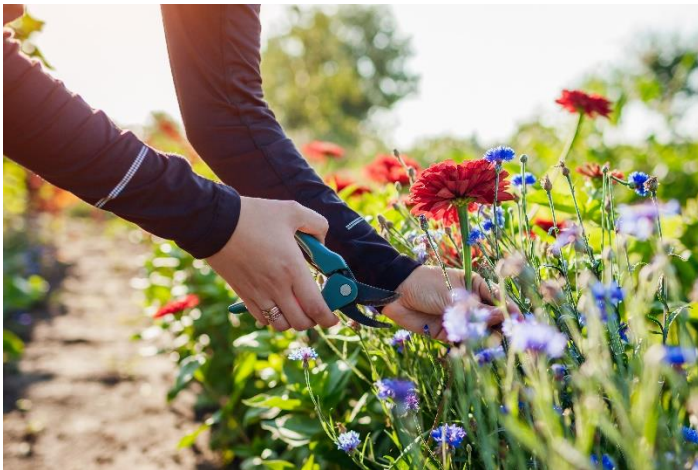
### Materials:

- Fresh Flowers/Foliage
- Hammer/Rubber Mallet
- Watercolor Paper or cloth item
- Paper Towels (without printed patterns)
- Tape
- Scissors/Pruning Sheers

### Tips:

- Fresh flowers/foilage works best. Thinner the better!
- **On paper:** Use a fine-tip marker to outline any flowers that don't have a defined outline
- **On fabric:** embroider accents (i.e. stems, pollen, etc.) to help define your flowers
  - Washing fabric will result in color fading

1. Gather fresh flowers and foliage. Younger leaves and newer blooms are best. Look for vibrant colors and interesting textures to add depth to your artwork.



2. Assess your flowers/foilage and start arranging your design. You can go through the process one flower at a time or your whole design.



3. When satisfied, begin flipping over your flower/foilage. It is helpful to gently tape them to prevent them from moving during the process.



4. Place a paper towel on top of them and begin pounding. (Hint- avoid paper towels that have impressions/patterns on them. The pattern may transfer.)





5. Using moderate force, continue pounding until pigment begins to bleed through your paper towel. This is an indication that the transfer is complete.



6. Gently, begin removing the paper towel. Some leaves/foilage may remove with it, that is okay. Begin peeling back the tape and peeling back remaining flowers/foilage.



7. Once all remaining petals and leaves are removed, your design is complete! Frame & enjoy!



Photo 1: AdobeStock\_448857553; Photo 2-7: Clarissa Chairez, UF/IFAS Extension Orange County