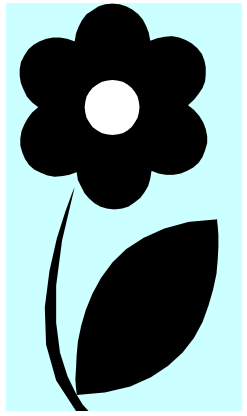


## Flower Pounding

The art of hammering a flower until you have art

### Materials needed:

- Prepared Fabric
  - 100% plain, cotton fabric (muslin recommended)
  - alum (found in your local pharmacy or artist's store, you may need to call around)
  - washing soda (found in the laundry aisle at the grocery store)
  - water and a bucket
- Fresh flowers and leaves
- Hammer
- Pounding board (cutting board or other hard, flat surface)
- Wax paper
  - Masking tape



### Preparing the fabric:

- 1.) Prewash your fabric to remove the sizing, using regular laundry detergent and 2 tablespoons of washing soda. Rinse several times to ensure that all the washing soda is rinsed out.
- 2.) Soak the fabric in a bucket for two hours, in a mixture of 2 cups of hot water, and ¼ cup alum, per yard of fabric.
- 3.) Add 1 tsp washing soda in ½ cup hot water (dissolve in the hot water before adding to bucket) per yard. Let this set overnight (at least 8 hours).
- 4.) Wring out the fabric, and let it dry naturally. **DO NOT RINSE OUT.** Your fabric can now be ironed and cut into whatever size you would like to work with.

### Now the fun part! Pounding flowers:



- 1.) Gather flowers of whatever shape, size, and color you would like to work with. Remember, some flowers will change color as you pound them (example: Queen Anne's Lace turns green/yellow, pink hydrangea turn blue).
- 2.) Tape wax paper to your board. This will prevent the bleeding colors of the flowers from staining your board, and allow you to use your pounding board repetitively. Taping the fabric to the board will help keep it from sliding.
- 3.) Select your flowers, and lay them on your fabric, placing the face of the flower on the fabric. If your blossom has a large center, or lots of petals, you will want to pull off the petals and place each one separately.
- 4.) Once you have the flowers laid out in a design, tape each flower down to the fabric, completely covering the blossoms.
- 5.) Begin hammering the flowers. Hammer evenly over the whole flower. You can peel back the fabric from the wax paper to check on how well the flowers are bleeding through onto the fabric.
- 6.) When you are done pounding, peel the tape, with the mashed flowers, off the fabric. Leave the fabric out to dry. After your design has dried, you can scrape off any leftover bits of mashed flower with a fingernail or old credit card.
- 7.) Heat set your design by laying a sheet of paper over your design, and iron the paper and fabric. You may want to add some definition to your design by outlining the flowers with a fabric pen.

Unfortunately, these designs will fade with washing and in the sun, but dry cleaning may be an option. You can scan your image and print the scanned image onto transfer paper to make a more permanent iron-on image. Experiment with different flowers and leaves, in various designs, and have fun!

### For more ideas, try these fun sources:



Flower Pounding by Ann Frischkorn & Amy Sandrin. ISBN 1571201165

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