

Leaf Pressing

This simple activity offers students, residents, and staff an opportunity to express themselves artistically or simply meditate on the beauty of the natural world. They watch as you harvest fresh herbs, then they select an assortment of stems/flowers to press into a heavy book. After 2 weeks, the group can reconvene to glue the stems/flowers to high-quality paper or add to a floating frame.



Prep Time: 15 minutes

Activity Time: 10-15 minutes

Supplies

- 1 zone of herbs/flowers
- Gloves
- Sanitized scissors
- 1 hotel pan or tub
- Heavy books*
- Parchment or Wax paper
- Paper towels
- Linen paper (optional)
- Clear glue
- [Floating frames](#)* (optional)

Prep

1. Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain

Activity - Part 1

1. Carefully remove trays and place on table
2. Wearing gloves, snip the stems/flowers and place in hotel pan or tub
3. Your group can lay wax or parchment paper across both pages of an open book, then place a paper towel on the right-hand side of the book
4. Pat dry freshly harvested leaves/flowers, then place on paper towel in book
5. Carefully fold the wax or parchment paper over stems/flowers, then close book
6. Place other books or heavy objects on top of book

Wrap up

1. Discard any growth medium from fully harvested herbs/flowers
2. Return trays to farm
3. Turn AutoFarmer back on
4. Share online and tag #babylonmicrofarms

2 WEEKS LATER

Activity - Part 2

1. Carefully open book, revealing dried stems/flowers
2. Arrange together in a creative way
3. Glue to paper, make a bookmark, or place in a floating frame for display

