

Flower Pounding Instructions

Preparing Fabric/Watercolor Paper

- Select 100% cotton fabric
- Rinse fabric in cold water
- Soak the fabric in a mixture of water and alum powder for 20 minutes
- The ratio of water to alum powder is 16 parts water to 1 part alum
- Alum helps to bind the pigments to the fabric
- Rinse fabric in cold water to remove excess alum
- Air dry the fabric
- Or paint the watercolor paper with the alum solution

Materials

- Treated fabric or watercolor paper
- Fresh flowers
- Hammer / Mallet
- Wax paper / paper towels
- Cardboard
- Painter's Tape
- Scissors

Flower Pounding

- Tape cardboard to a flat surface
- Tape fabric / watercolor paper onto cardboard
- Select, cut and arrange flowers
- Remove stamens and pollen from flowers
- Gently place flowers onto fabric
- Place wax paper over flowers
- Begin pounding with mallet
- Pound until you can see the flower pigment on the wax paper
- Remove tape, wax paper and flower remnants
- Touch up design with watercolor pencil