Here’s what you’ll need:

- Paper (preferably watercolor paper if you have it)
- Fresh flowers
- Hammer, mallet, stone, or block of wood
- Waxed paper or paper towel

Directions:

Step 1: Cut And Arrange Flowers

Start with a variety of bright flowers and greenery. Flowers with brighter pigments—like bright yellows and dark purples—transfer the best. Cut each flower at the base, close enough to remove the whole stem while still keeping the flower intact. When you have an assortment of cut flowers in different sizes and shapes, arrange them facedown on a piece of watercolor paper that is trimmed to your frame size.

Step 2: Pound Flowers

It may be helpful to try transferring a few flowers onto a scrap piece of paper to see how each flower transfers over; this will give you a good idea of how best to transfer the final design. Start by placing each flower facedown, then cover the arrangement with either waxed paper or a paper towel. Use the hammer to pound around the circumference of the flower, applying pressure to the petal area but avoiding the center (otherwise pollen and moisture will stick to the paper as well, which doesn’t look as pretty). Repeat this process until you’re happy with the way the hammered flower art looks—don’t forget, you can add accents and dimension by pounding leafy greenery, too!

Step 3

When you’re done hammering the flowers, carefully remove the waxed paper/paper towel and flowers from the paper. Set the paper in a cool, dry area; let dry completely.