

# FLOWER POUNDING

Flower Pounding is a fun way to extract beautiful colors from plants. You can use the colors found in flowers or leaves and make amazing natural designs on any piece of fabric. All you need is a piece of fabric and a hammer, or a mallet to release the flower pigments into the fabric. It's so amazing to see how the pigments soaks through the fabric leaving beautiful designs!



How to do flower pounding:

1. Pick flowers or leaves from your backyard or during a nature walk.
2. Cut a piece of fabric (cotton is the best)
3. Place the flowers and leaves on the fabric, fold the fabric in half then start hitting the fabric firmly repeatedly with the hammer or mallet to transfer the color pigments into the fabric.