



## **Therapeutic Horticulture Activity Microwave Flower Drying**

Source: multiple internet sources

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Overview: Quick pressing and drying flowers and greenery to be used for other activities.

Precautions:

1. Hot surfaces

Completion Time: 30-60 minutes

Materials: (10 participants)

1. Various greenery and flowers; thinner fresh material will dry quicker and likely retain more color (i.e., ferns, pansies) (varies in desired amount of finished product)
2. Paper towels (10-20)
3. Microwave (1+)
4. Microwave safe casserole dish that will allow turntable to operate (1)
5. Hot pads (2+)
6. Envelopes (1 for each variety of plant material being dried)
7. Pen/pencil (1+)

Pre-Session Prep:

1. Collect plant specimens (as close to time of drying as possible)
2. Collect remaining materials.

## Step-By-Step Process/Instructions:

1. Trim plants.
2. Determine the size of the paper towel that will be completely covered by the casserole dish.
3. Place plant material on the designated surface of the paper towel.
4. Place another paper towel over plant material.
5. Place the paper towel in the microwave and place the casserole dish on top of it trying to cover all of the plant with the dish.
6. Microwave on defrost setting for 30 seconds to 1 minute; check material for dryness and continue 30 seconds at time until no moisture is detected; use caution as the dish will likely be hot.
7. Remove plant material from paper towel and place on a flat surface.
8. Continue the process until all the plant material has been dried; see Tip 1 below.
9. Write plant name and date of drying on the envelope.
10. Allow plant material to cool and then place in a paper envelope for storage.
11. Store in a cool, dry location on a flat surface.

## Tips:

1. The microwaving time needed will decrease the more you do because the dish retains heat.
2. Link to an article and video of the process [Microwave Pressed Flowers](#)
- 3.

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