

SUMMER
READING
FAMILIES
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Hapa Zome (Japanese Flower Pounding)

What you need:

- Flowers and leafy green garden material
- Chopping board or a hard surface
- Hammer
- Paper or plain fabric

Instructions:



Step1: Take a walk around your garden with a small basket or paper bag. Observe the colourful flowers and leaves and pick a small selection to take back to the house to do your first round of experiments.

Try to include some pink, red, purple and blue flowers (these tend to have stronger pigments) and some leaves with interesting shapes. Be on particular look out for any red-coloured leaves.

Remember to:

- Only use plants you can identify as not being poisonous. Particularly stay away from anything that has white sap.
- Watch out for bees!

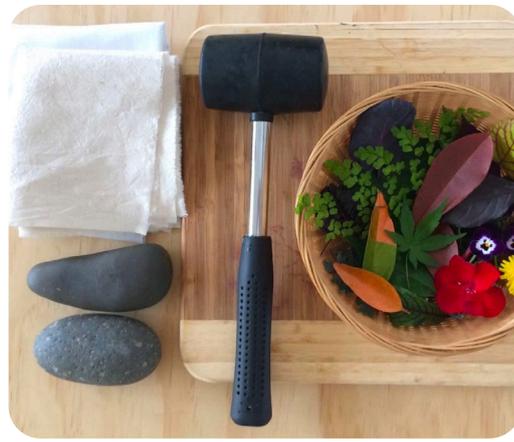
Some leaves and flowers that work particularly well include:

- Violas and pansies
- Red veined sorrel
- Geraniums
- The red new growth of photinia leaves
- Poppy petals
- Ferns
- sage leaves
- Tomato leaves
- wild rocket leaves
- Autumn leaves
- fuchsias
- Nasturtium flowers and leaves



Step 2: Place a piece of paper on the board then arrange your flowers and leaves on top. You can leave flowers whole or break up petals individually. Once you are happy with your design layer your cloth over the top.

Alternatively you can create a butterfly or mirror effect by folding a piece of fabric in half and placing the flowers and leaves in between. I like this technique because you get a slightly different effect on each side.



Step 3: Tap the cloth with your hammer and watch the dye come through and colour the cloth. Experiment with how firmly you need to tap to obtain the desired effect. Most flowers require steady firm taps but some leaves with less moisture in them may need more of a whack.

It can help to hold the flowers and leaves in place using your other hand, but be careful not to hit your fingers.

Another option is to hold the flowers and leaves in place by cutting out a simple cardboard frame from a cardboard box. Or you can use small pieces of masking tape or biodegradable sticky tape to stop the items moving.



Step 4: Have fun with colour and patterns when creating your Hapa Zome.

When you are finished, leave them to dry flat on a table or peg them up. As these are natural dyes, they will fade over time, but can be steam pressed with an iron to help the dyes set. To ensure you do not damage your iron, place several layers of cotton in between your cloth and iron.

Resources to help with Printing & Nature:

Books & Call Numbers:

- Gardening: 635
- Craft in Home & Garden: 688.2
- Textiles in Home & Garden: 746.62
- Stamping & Printing in House & Garden 745.54, 745.73, 761

Magazines & eMagazines:

- Mollie Makes Magazine
- Creative Artist
- Frankie
- Marie Claire Idées (French)
- Fashion Magazines for textiles patterns
- Wallpaper (Design Magazine)

Youtube Video

Hapa Zome, with Wildly Curious

https://www.youtube.com/watch?v=GYooM517_gl