

MAKE YOUR OWN

HAPA ZOME FLAG

by Daisy James



Hapa Zome is the transferring of natural pigments from flowers directly on to fabric.

As a printing process it is referred to as flower pounding because it is the activity of directly hammering plant materials onto a piece of cloth to reveal a botanically influenced image.

In this workshop, we are using Hapa Zome to create a print for a flag that can be hung up for the Make My Day @ Home Festival!

THINGS YOU WILL NEED

Flowers & leaves | A light coloured pillowcase (one that you don't use anymore!)
Ruler | Scissors | Hammer / Rolling pin | An Iron | Needle & Thread
A long stick / wooden pole | Plastic bags / cardboard

LET'S GET STARTED!

- 1** Take a nature walk around your local area, green space or in your garden and make a collection of flowers and leaves that you would like to use in your print.
- 2** On a flat surface, lay out a piece of cardboard or some plastic bags.
- 3** Take your pillowcase and rip it open at its seams so that you are left with a long rectangular piece of fabric. If it is creased sweep over it with a hot iron and lay it on to your flat surface.
- 4** With the flowers that you have collected, spread and arrange them over one half of the fabric. Think about the print that you want to create, will you make a pattern?



- 5 Once you have finished creating your arrangement, take the side of the fabric without any flowers laid on it and fold it over the layer of flowers.
- 6 Using a hammer or rolling pin, begin to bash your fabric. Pound your material until you can see your material becoming damp with the pigment from the flowers. You might need to hit your flowers quite hard!
- 7 When you think you have finished bashing the flowers, open the material up and your print will be revealed. If you are happy with your print, remove the flowers and dispose of them appropriately. Then hang your material up and allow it to dry (this shouldn't take longer than half an hour).
- 8 After your material has finished drying, iron the fabric on a low heat and pounded-side down to set the print.



LET'S TURN YOUR PRINT INTO A FLAG!

- 9 To turn your material into a flag, fold it in half and mark out a design for the shape that you would like it to be. You could cut it into a triangle, leave it as a square or make something from your own imagination. Something simple can be really effective!
- 10 Following the markings that you have made, cut through your fabric, you should cut through both layers but **make sure not to cut through the folded edge!**
- 11 As a final step, with a needle and thread make a running stitch along the open edges of your flag to combine both sides of your fabric. Leave about an inch from where you have folded your fabric to where you begin stitching so that you can insert a pole or stick to wave your flag with later.
- 12 Where you have left the gap, insert a pole or stick into your flag and hoist it into the air. Your flag is festival ready!



RUNNING STITCH

Begin the running stitch by poking your threaded needle up through the fabric.

Poke the needle back down through the fabric next to where you just came up, and pull the thread down into your first stitch.

Now poke your needle back up through the fabric, leaving a space from the previous stitch.

