

Make Your Own Potpourris

You can use almost anything in your garden to make an aromatic potpourri mixture. Traditionally, potpourri is a mixture of dried flowers and other ingredients, placed in open containers, like small bowls or cups and placed to allow their aroma to delicately scent the room. Sachets are usually small cloth "pillows" containing potpourri, which can be used almost anywhere. Sachets have the advantage of being portable, you can place them in drawers, pin them to pillows, or carry them in your purse wherever you go.



Generally, potpourri ingredients should not be finely ground, petals of flowers should be lightly crushed. Ingredients such as cinnamon sticks or orange peels should be broken into small pieces or finely chopped.

Some flowers that are especially good to use in potpourri are roses, carnations, hibiscus, violets, sunflowers, and lavender. Some herbs that work well in potpourri are chamomile, lavender, thyme, sage and rosemary. Eucalyptus leaves are a nice addition to any potpourri. You shouldn't limit yourself to this list however. Experiment; use your imagination and whatever you have at hand.

For all the following recipes, start with bone-dry flowers, leaves, herbs and spices.

Recipes:

Essence of Rose

Ingredients

- 1 cup pink rose petals
- ½ cup red rose petals
- ½ cup white rose petals
- ¼ cup chamomile flowers
- ½ cup crushed statice (blue or white)
- ¼ cup eucalyptus leaves
- ¼ cup oakmoss
- 20 drops rose oil

Preparation

Gently combine petals and leaves in a large bowl. Scatter drops of rose oil over the mixture using an eyedropper. Stir gently. Place mixture in a brown paper bag lined with wax paper. Fold and seal the bag with a paper clip and leave in a dry, dark, cool place for 2 weeks. Every other day, stir the contents gently to blend and disperse ingredients and scents. Place in glass bowls or candy dishes. Top with small white or pink rose buds.

Essence of Lavender

Combine ¾ cup calamus root, ½ cup caraway seeds, ¼ cup ground cloves, 2 cups lavender flowers, 1 cup marjoram, 1 cup mint, 2 cups rose leaves, ½ cup rosemary and ¼ cup thyme. Mix well.