

**Herb Gardening: Collecting Herbs for Potpourri and Sachet**

A potpourri (pronounced po'-poo-re') is a jar of dried herbs and scented flowers that is opened for a little while when you want to freshen the air in a room. A sachet is a small amount of potpourri used to scent clothes or sheets. A gift of a sachet, potpourri, or a jar of homegrown herbs will please just about anyone on a special occasion.

Good herbs to use in potpourri and sachets are:

- lavender
- rose petals
- rosemary
- lemon verbena
- orange peels
- mint
- thyme
- cloves



Herbs and flowers used to make potpourri should be completely dry. Some herbs can be purchased. You can also grow and collect your own herbs and flowers or work with an older friend who grows them.

To dry the herbs, gather the stems into small bundles and tie the ends together with string. Hang the bundles upside down in a warm, well-ventilated location out of the direct sun. Sunlight will spoil the colors and the oils that make the herbs fragrant or tasty. Be patient because it may take up to 2 or 3 weeks for the herbs to dry. Take this time to decorate the outside of your bottle or jar.

What herbs have you collected for your potpourri? Measure how much you have of each and write this beside it. \_\_\_\_\_

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