

Herb Gardening: Making Potpourri and Sachet

To make potpourri you will need:

- a plastic container with tight lid to hold at least 6 cups (1 1/2 quart)
- a small clean glass jar or bottle, with a lid
- ribbon, yarn, cloth, paint to decorate jar, glue
- dried herbs and flowers according to recipe
- orris root - a *fixative* made from the powdered root of the Florentine iris



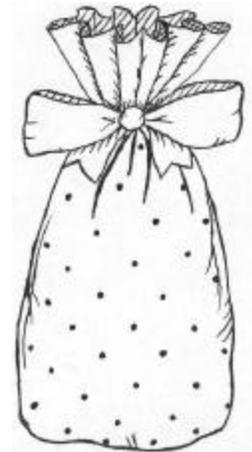
Use one of the following potpourri recipes, or **ask** someone to help you find another one (at the library or a health food store). **Make** just half or a quarter of the recipe for a smaller amount of potpourri.

A. Herb Garden Mixture

- 2 c. thyme leaves
- 1 c. rosemary leaves
- 1/2 c. lavender leaves
- 1 c. mint leaves
- 1/4 c. tansy leaves
- 1/4 c. whole cloves
- 1/2 oz. orris root powder

B. Special Spice

- 1 c. lemon balm leaves
- 1/2 c. thyme leaves
- 1/2 c. nutmeg, coarsely ground
- 1/4 oz. orris root powder



Break the dried herbs or flowers into coarse pieces (about 1/8-1/4 inch across), and **mix** them together. **Add** the orris root. **Put** the mixture in your large plastic container, and **close** the lid tightly. **Place** the container in a cool, dark place for three weeks so the smells blend together. **Take** out your container, and gently shake it. **Open** the lid, and **take** a smell! When you want to freshen the air, **take** the lid off your container for 1/2 hour. **Close** the lid tightly. Fill the small glass container you decorated with potpourri as a gift.

Sachet: To make a sachet with some of your potpourri, crush some of the potpourri mixture with a rolling pin. **Make** a sachet using a frilly handkerchief or any 6-inch square piece of cloth with all the sides hemmed. **Place** 2 to 3 tablespoons of crushed potpourri in the center of the material. **Pull** the corners of the cloth together into a small pouch. **Tie** it up with ribbon or lace. **Put** the sachet in a drawer to make clothes or sheets smell good. What did you do with your potpourri and sachet? _____

Which herb smells the best to you? _____