

BARBIE'S POT POURRI SACHETS

Ingredients for pot pourri

A mixture of sweet smelling flowers e.g. roses, violets and carnations.

A mixture of strong smelling herbs e.g. rosemary, jasmine, cloves.

Some dried herbs and spices e.g. bay leaves, nutmeg, ginger, cinnamon.

A strong smelling flower oil or clove oil.

A fixative like dried, powdered orris root.

For the sachet

A piece of pretty material (finely woven material like muslin is best).
Some coloured ribbon for decoration.



Method

Dry the flowers and herbs (you can use the leaves and buds too) by spreading them out on brown paper and leaving them in a draught-free place, like in a drawer or under your bed. Then place them in a bowl and crush them slightly with your hands. Next, chop and crush the dried herbs and spices and add those to the bowl. Finally, add a drop of the flower oil to enhance the fragrance and the fixative to keep your pot pourri smelling nice. Mix it well, and it's all ready to be put into sachets.

To make the sachet

Using pinking scissors, cut out two heart shapes (or whatever shape you prefer) from the material, sew together with right sides facing outward, leaving a 2cm gap. Fill with the pot pourri then hand sew the gap, or seal it with a colourful ribbon bow.

