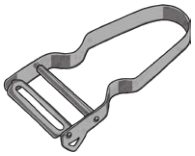
Potpourri

You will need:

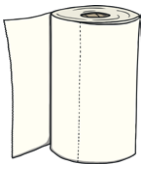
flowers

an orange

cinnamon stick



vegtable peeler



paper towel

Method:

1. Remove the petals from your chosen flowers.
2. Gently brush any dirt off the petals.
3. Wash and dry the orange.
4. Use the vegetable peeler to remove strips of orange peel. Try to take off only the orange coloured peel and not the white pith.
5. Place the petals and peel onto pieces of paper towel. Make sure you spread them out, so they can dry.
6. Place the petals and peel in a dry place that has air flow and leave them for a few days to dry out. Turn them over once or twice a day.
7. The petals are ready to use when they are dry and crinkly. The peel will feel hard when it is ready.
8. Finally, break the cinnamon stick into 2 or 3 pieces and mix it in a bowl with the petals and peel.

Safety Note:

Throw out any petals or peel that look strange or don't smell right. If this happens, something has gone wrong in the drying process.

Changes:

Add other dried flowers such as lavender.

Add a few drops of essential oils to make your potpourri smell even better.

Dry some nice smelling leaves or herbs and add them to your potpourri.

Explanation

Drying is a way of preserving plants. Botanists even use this process to keep scientific specimens. By removing the moisture, it creates an environment that is less favourable for mould.

Different parts of the plants have been used to make the potpourri. These include the cinnamon bark, petals being part of a flower and peel being part of a fruit.

The scent of fruit attracts both animals and humans to eat it. When animals eat fruit they usually spread the seeds that are inside it making another plant grow.

The scent of flowers attract animals as well. When they have spread their pollen and receive pollen from other flowers, the plant will try to take back nutrients from the flower petals. Eventually, the petals turn brown and don't smell. Drying the petals before this process finishes helps keep the colour and smell chemicals in the petals.

Cinnamon is a special bark because it smells and has the chemical cinnamaldehyde. The chemical protects the plant from some insects and other animals. It is also a fungicide.