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Making Potpourri

Today on Gardening in a Minute: making potpourri.

Potpourri is a dried mixture of fragrant herbs, flowers, spices, and essential oils. These natural air fresheners are enjoying renewed popularity today.

You can get started by finding a potpourri recipe that you like, and then grow or purchase the ingredients. Save the flower petals of marigolds, black-eyed susan, and other flowers, and pick or buy fresh rosemary, mint, and lemon balm. Then hang them to dry in bunches or on screens in a warm, dry, shady place.

Essential oils make the scent of your potpourri stronger. Rose and lavender oil are only two of the many available. Use oils sparingly.

When your plant materials are dry, combine all your ingredients in a bowl, and store for a few weeks. Then you can perfume your living room, linens, and kitchen.

For more information about natural household crafts, contact your local Extension office or visit Gardening in a Minute dot com.

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