

How to Air Dry Flowers & Grasses

Throughout spring and summer plants are producing delightful flowers — we can enjoy choosing, cutting and drying these blooms to brighten up a drab Winter's day with a dried floral display of summer colour and textures. This is a light hearted, fun way to engage with nature through going outdoors & bringing the outdoors in: exercises large/core muscles; provides mindful interaction with plants; promotes hand-eye co-ordination and small muscle use; opportunities for social interaction and encourages creativity. A one person or whole team activity.

What you will need:

- **Scissors** to cut flowers & grass stems
- **Bag or basket** to gather stems into whilst outdoors
- **String or rubber bands** to tie bunches of stems together
- **Coat hanger** with horizontal bar to hang bunches up to dry
- **Warm, dry, shady place** to store stems whilst they are drying

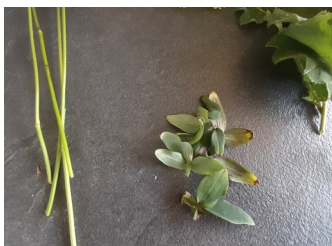


Materials required



Step 1

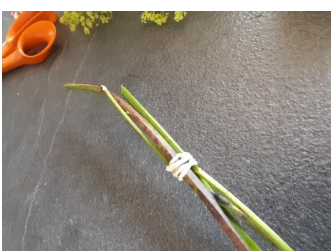
Step 1 Select and cut stems Choose dry weather to take a stroll around the garden with scissors and a bag. Choose a variety of unblemished blooms and grasses that you like the look of. Cut with as long a stalk as possible. You can also dry stems from bouquets and shop bought flowers.



Step 2

Step 2 Remove leaves from the length of the stems.

Step 3 Tie stems into bunches Using string or elastic bands tightly tie bunches of 3-5 stems together.



Step 3

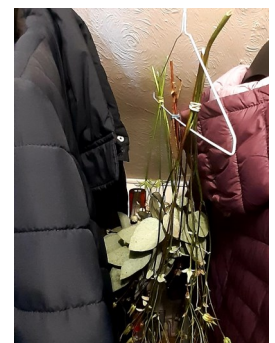
Step 4 Place bunches on hanger Hang the bunches over the arm of the coat hanger.

Step 5 Hang in a warm, dry place where air can circulate around the stems to dry them. Somewhere dark or with low light levels helps to preserve the colour in the stems and flowers. I've popped these in my coat cupboard! Check them weekly and observe how the plants change into their dried state.

When dry (usually takes 2-3 weeks) you can use the stems in other activities—make flower arrangements or wrap in paper and gift as a dried bouquet!



Step 4



Step 5