

Lavender and hop bags – scented oils from plants

Today you can:

- Learn how to make an easy way to capture the scents of flowers and leaves by scrunching them in small pieces of thin fabric.

About lavender and hops

- Lavender is widely used, including in aromatherapy, for its scented oils. We have a mix of bought dried lavender and harvested from a local garden.
- Hops are used for beer making but its dried flowers, which have a strong scent, are also claimed to be good for insomnia and are often mixed with lavender. We have one hop plant in the community garden but this is bought from a farm in Kent.



In the garden:

1. Find a space on or near the table.
2. Let Rebecca know you are ready.
3. Choose some fabric squares -they are all thin so you can feel the flowers and to make it easy.
4. Choose some ribbon. We have ricrac, recycled saris, strips from a scarf and various bits and pieces.
5. We have some patterned silk and man-made fabric and some new cotton muslin that you can draw on. Mostly from a charity shop or stash.
6. Make any drawings with the pens and pencils that we know work well on fabric (but they won't be washable). Woody 3 crayons are 'buttery' and in good colours.
7. Put a small amount of the lavender and/or hops in the centre. Scrunch the plant material a bit and remove any stalks.
8. Draw up the middles of the sides of the squares and then the points.
9. Use a small piece of strong thread to wrap around and tie its neck. Cut off the ends.
10. Choose some ribbon to cover the thread and make it attractive. With a knot or bow. You are done!

When you get home:

1. If you like, swap the ribbon for one you prefer.
2. Use it to scent drawers or just have by your bed or laptop to sniff.
3. When the scent goes, you can refresh it with more lavender oil (or just compost the contents). You could even grow your own lavender and hops, harvest the flowers and use them when dried.
4. Think about making more of them – you could experiment with:
 - a. The plant material – try different dried herbs like lemon verbena, sage, thyme or rosemary.
 - b. Trying adding essential oils to them to change the scent.
 - c. The fabric:
 - i. Try different sizes and shapes: for example circles, or bags with handles.
 - ii. You could dye the fabric, including using plant-dyes.
 - iii. Try different decorations – you could hapa zome or embroider or applique designs.
 - iv. You could hem the edges to make them last longer.
 - v. You could make a sewn 'teabag' with the flowers to place it in an outer bag.