

Power of Plants

Plant, Pick, Preserve, Pamper



HOW WE STARTED.

Power of Plants began in September 2020 as a set of 6 workshops at Seeds & Weeds allotment. It had two aims, to get people out and about again and to show them what you can make with herbs, fruit and flowers that you can grow yourself or buy at the local supermarket.

We made bath salts and body scrubs, soothing pillows, room fresheners and at participants request insect repellants.



This Year

In 2021 Seeds & Weeds kindly allowed us to use one of their raised planters to grow our herbs and flowers. We had dill, lavender, marigolds, nasturtiums, sage and spinach beet.

We also used mint, rosemary, thyme and hyssop from the other raised beds preserved them and made our bath treats, room fresheners and pillows. But that's not all.

We also got creative using leaves, weeds and veggie peelings to make all sorts from upcycling old mugs and empty video cassettes using leaf printing.

Making stains and dyes from veggie peel. Smashing art, taking a hammer to weeds! We also painted glass jars ready for our body scrubs and bath salts and painted our fabric pillow cases.



Next Year and Beyond

In 2022 we are hoping to add some new plants to our new planter.

These include, Bergamot, Coriander and Chamomile.

We are hoping to set up a Power of Plants Group, but we need your ideas. We have some below, but if you would like to add something please let us know.

We are a really friendly group, we have lovely chats while we are creating and growing with a cup of tea and sometimes a bit of cake.

Ideas for 2022

Herb and Flower oils

Tussie Mussies (Nosegay/posies) meaning of flowers.

Preserving herbs and flowers for food

Recipe Sharing

Smashing art

Natural Shower and Bath Floats

Dyeing using plants

Flower confetti

Leaf printing on different mediums.

For more details please contact Annie on

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<https://www.instagram.com/craftyannie42/> on Instagram.

Check out our website www.Craftyise.org

Power of Plants Young Growers Group



Following the success of some taster sessions that we ran during the summer holidays we are trying to set up a Young Growers group within Power of Plants.

There would be a weekly workshop during the school holidays starting with February half term.

We are looking for ideas on things that we can do, but to get you started here are a few that our taster session participants came up with.

Digging, prepping and sowing

Bug Hunting

Pond Sweeping

Growing competitions with runner beans,

tomatoes, sunflowers and mustard and cress.

Smashing Art – a very popular Craftyannie activity.

Leaf printing.

We will also be running a competition to find a better name for the Young Growers group.

Please let us know your ideas via Facebook @craftyannieshomepage or on our website www.Craftyise.org