

Blue flowers, what can be prettier? I enjoy these blossoms, in the garden, in arrangements, in yarn dying, on the dessert plate and so on. They are simply stunning. Cornflowers (*Centaurea cyanus*) are appropriately named as they tend to grow wild in corn fields. But it's not uncommon to see them in the garden or by the roadside either.

Fresh or dried flowers are always popular in floral arrangements. I like to add the flower petals to handmade papers and potpourri because of their beautiful color. Cornflowers are also one of my favorite flowers used to create a natural blue dye for yarn and cloth dyeing. You can achieve a wonderful blue from the petals; just mix with alum-water. The dye gives a lovely color to linen, but will eventually lose its color if over washed.

An edible blue dye can also be obtained from the flowers. Cornflowers are often used for coloring sugar and confections. Try using lavender infused sugar, tinted ever so slightly blue, in place of plain sugar on your favorite sugar cookie recipe. It's just yummy. Just mix sugar, lavender blossoms, and cornflower petals in a jar and allow to infuse for a week or two. Then strain away herbs, and store tightly sealed.

Enjoy this simple Spring potpourri recipe for refreshing your home.

Use equal parts of the following dried herbs and flowers:

- Cornflowers
- Rosebuds
- Rose geranium
- Lemon balm
- Lemon verbena
- Sage
- Hyssop
- Sweet Basil
- Rosemary
- Peppermint
- Lemon thyme
- Bay leaves
- Citrus rind

- 1 cinnamon stick, broken into smaller lengths
- 1 tbsp ground orris root

Just mix herbs and flowers, then add orris root fixative and essential oil if desired.

Put in to jar and leave to infuse for four to six weeks

Enjoy!

Look for dried cornflowers and other potpourri herbs in my Local Harvest Store.

As always, please email any questions to [herbalist@morganbotanicals.com](mailto:herbalist@morganbotanicals.com) .

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Jessica Morgan, M.H.