

# *Wildflower Wander* with Stacie Satery

## **ALL CLASSES**

Nature notebook and journaling supplies

## **CLASS 1: SETTING UP A NATURE CORNER**

ALL of these are optional and simply ideas. We'll talk more about how to set up a nature corner in class. Students will then have two weeks to go scouting for the following nature items to set up their corner.

- Acorns, pine cones, seedpods and tree bark
- Dried leaves
- Seashells
- Rocks and crystals
- Fresh or dried wildflowers, grasses and herbs
- Driftwood, tree branch or other interesting pieces of wood
- Seasonal items you may want to use:
  - Cloth for table
  - Bouquet of seasonal flowers
  - Small felt or wooden animal figurines

## **CLASS 2: PLANT PRESS**

- Two ½ x 4 x 6 inch wooden boards (or any size you desire)
- Sandpaper
- Cardboard (cut just a bit smaller than your wood pieces)
- Watercolor paper (or other paper will work; to absorb the moisture from drying plants)
- Two 1-inch wide hook and loop straps, 18 inches long (assuming you are making a 4 x 6 press)

## **CLASS 3: HERBAL RICE PACK**

- 100% cotton or wool fabric
- Sewing pins
- Sewing needle and sturdy thread
- Chopstick or knitting needle (to help push the pack right side out and to form a neat square)
- Funnel
- ½ to 1 cup dry rice
- 1 Tbsp fragrant dried herbs (some of my favorites to include are lavender, yarrow, catnip)

## **CLASS 4: WILDFLOWER SEED BOMBS**

- Clay
- Compost
- Old dishpan, storage tub or mixing bowl
- Native, non-invasive flower or herb seeds (bee balm, yarrow, etc)
- Watering can

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## **CLASS 5: NATURAL DYE**

- Up to 6 undyed plain silks or other 100% silk or wool fabric OR 3 skeins of 100% wool or silk yarn
- 14 cups water, divided
- ½ cup table salt OR ½ tsp alum powder
- 2 to 4 cups fresh or dried elderberries, black walnut husks, or dry black beans OR 5 to 6 cups chopped leaves and/or flowers of your choice (most leaves and flowers yield a yellow dye)

## **CLASS 6: POTPOURRI**

- Dried flowers of your choice (lavender, roses, calendula, lemon balm, borage, red clovers are some of my favorites!)
- 1 teaspoon powdered or chopped orris root for every 1 cup of dried flower mix (calamus root may be substituted here)
- Essential oil of your choice