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Flowers in the Kitchen: The Proven Pick-Me-Up

Each morning, many retreat to the kitchen in search of something to jump start the day. In addition to the daily cup of coffee, early birds should also consider indulging in another proven pick-me-up, fresh-cut flowers.

Researchers at Harvard University and Massachusetts General Hospital confirmed that study participants reported being happier and more energetic after seeing flowers first thing in the morning, especially in the kitchen. The overall study results showed that flowers positively impact people emotionally at home, causing them to feel less anxious and more compassionate. Participants even reported a boost of energy that lasted through the day.

Jill Slater, flower designer for flowerpossibilities.com, has some simple ways to bring flowers into the heart of the home.

“Flowers are a natural in the kitchen. Not only is it a place where families gather most often, but it’s also filled with unique flower containers,” said Slater. “For inspiration, look for everyday containers to showcase flowers as part of your daily routine.”

Slater offers up several flower recipes that are sure to enhance morning moods:

Petal Perk

Materials:

- Clear glass or acrylic coffee canister
- Whole coffee beans enough to fill the canister
- 1 Votive candle holder
- 16 Blooms (about 4 stems) yellow daisy chrysanthemums
- 3 Stems bear grass
- 1 Rubber band
- Floral clippers, knife and scissors
- Flower food/preservative

Directions:

1. Fill the canister three-quarters full with coffee beans.
2. Set the votive glass on top of the beans. Fill around the votive glass with more beans.
3. Pour water that has been treated with flower food/preservative into the votive glass.
4. Remove any leaves that lie below the water line.
5. If you are right handed, hold the flowers in your left hand (vice-versa if you are left handed). Hold the flowers just under their blooms.

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Petal Perk Directions Continued:

6. Each flower is added so that the blooms are at the same height. Try to make a round-shaped bouquet.
7. Rubber band the bouquet together and cut the stems to about 4-inches in length.
8. Cut bear grass into 8-inch lengths and begin making loops over the flowers, catching each end in the rubber band.

Tip: Check the water level in the votive glass daily. Add water as needed and don't forget to mix the water with flower food/preservative.



Store Some Stems

Materials:

- 3 Glass storage bowls with lids
- 2 condiments to fill bottom two stacked storage bowls – Pasta, coffee, cereal, beans etc.
- 3 Stems pink daisy chrysanthemums
- 2 Stems rosemary
- 1 Dracaena or tealeaf
- ½ Brick floral foam
- Floral clippers, scissors, knife and flower food/preservative

Directions:

1. Soak the floral foam for at least 30 minutes in water that has been treated with floral food/preservative.
2. Cut the foam to fit 1 glass storage bowl and then wrap the dracaena or tealeaf around the sides of the foam. Now, insert the wrapped foam into the storage bowl. Fill this bowl with more water that has been treated with floral food/preservative.
3. Cut the individual flower stems to about 4" in length. Insert the

first flower into the center of the floral foam. Now, begin encircling this flower with more blooms. Continue until the foam is covered with flowers.

4. Cut the rosemary to approximately 8" in length and insert them into the side of the arrangement.
5. Stack the storage bowls and place the floral display on top.
6. Keep the floral foam moist, adding water and flower food/preservative as needed.

Flower Promotion Organization

Founded in 1999, the Flower Promotion Organization is an alliance between United States and Colombian fresh-cut flower growers. Through multiple marketing channels, the FPO strives to increase awareness and education about flowers in the U.S.

**Consumers and media can find simple flower recipes updated monthly at flowerpossibilities.com*

*** Media, please contact Shawn Campbell-Zurawski at 815/730-1772 for more information and high-quality images.*

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