



Slow Flowers

Written by LINDSEY M. ROBERTS



Slow Flowers (St. Lynn's Press, 2013) started as something of a dare: Seattle-based outdoor living expert **Debra Prinzing** was tired of hearing that locally grown floral bouquets couldn't be done year round in the Northwest. (After all, isn't it only moss that thrives in our winters?) So at the beginning of a dreary November, she decided to make a bouquet a week with whatever she could find in her garden or grown by local flower farmers; she would show the world what beauty could be found here. Over the course of a year, she used snips from trees, shrubs, herbs, such as conifer branches, hydrangeas, and lavender, "just looking at everything that grows as a potential growing element," she says. The documentation of her experiment became her "floral manifesto" and the bouquets speak for themselves of her success. But don't be intimidated. Though the book is new, Prinzing intends for it to inspire readers to go back to the old, by growing personal gardens, supporting local flower farmers, and having the confidence to arrange their own bouquets. "This is what our grandmothers did," she says. "They just cut a few sprigs of this and that and put it in a jar on a windowsill." Step away from the supermarket blooms covered in cellophane, and try 52 weeks of your own bouquets. ✱