



Live in the Season with “Slow” Flowers

Autumn is a favorite time for gathering the garden’s bounty into an arrangement for the dining table or fireplace mantel. Begin in your own backyard, the first step on the “slow flower” journey. Like the slow food movement, this approach encourages sustainability, and commitment to communities and the environment. Pick the season’s last hydrangeas, dahlias or rose blooms, cherished for their antique patinas. Clip branches, seed heads, pods and hips—seasonal gifts from nature to add textures you’ll never find in a

mixed bunch from the grocery store. Like a farm-to-table chef whose menu planning is connected to nearby farms and fields, your floral design can be similarly inspired. Visit the farmers’ market or U-Pick stand to source sunflowers, zinnias, and even crabapple branches direct from local growers. When we live in the moment, observing nature and our own garden surroundings, our designs reflect the true spirit of the season. Have fun making your own “field-to-vase” bouquet. It’s as sustainable and local as you can get.

Debra Prinzing is the author of *The 50 Mile Bouquet: Seasonal, Local and Sustainable Flowers* (St. Lynn’s Press, 2012) created with photographer David E. Perry. All photos (c) David E. Perry.



Fresh Pick

Embrace the season to create uncontrived, natural arrangements. Autumn has a burnished, saturated color palette, seen in old garden roses, voluptuous dahlias, ornamental grasses, and more. When you shop for flowers, ask where they came from and who grew them. Buying direct from the farmer means your blooms will be fresher and last far longer than imported alternatives.

