



collaborative
summer library program™

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Adult

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ITEMS TO BE PRINTER FRIENDLY.**

Common Threads

Write It | Thank You Notes

What you need:

- pens, pencils
- writing paper
- computers
- stamps

Many workers on the frontline have been putting their lives at risk during this time of uncertainty, especially grocery store staff. Your local and state government officials have been making difficult decisions for citizens. These are both difficult jobs to do during a stressful time. Consider writing a note to a government official, local grocery store, health professional, or other essential worker to thank them for their service.

Design It | Literary Character

Do you have a favorite character in a book? How do they dress? What do they look like? Draw a sketch of what your character looks like. You can take it one step further and dress as that character yourself!

Make It | Potpourri

Potpourri is something that people have been using in their homes for a long time. You could say it is a common thread to our past. Make your own with the Instructions attached.

Wellness | Challenges to Change Your Life

What you need:

- paper or notebook
- pencil

Many people have a list of the things they want to do with their lives. Some lists are vague mental ideas, and other lists are specific and enumerated. Brainstorm the general topic of “things you want to accomplish or experience in life.” Journal over the summer about the activities you have completed from your list.

Examples for your list:

- read every day for an hour
- call an old friend or two . . . or more
- write a letter to a family member
- give up TV for a week
- introduce yourself to a new person each day
- laugh until you cry
- go to a local art or historical museum
- memorize a poem and share it with someone
- visit a relative’s grave
- learn to cook one good meal
- kayak



Making Potpourri

Marco Polo (1254–1324 A.D.) was a man of the Middle Ages. He was an Italian traveler and author, born in Venice, Italy. Marco Polo went with his father and uncle on many business trips, one of which was to China. He brought many wondrous items back to Italy from his travels, and, in particular, spices. This activity can be a celebration of the spices and scents that could have been aboard his ships. Centuries ago, royal cooks boiled rosewater and sugar to scent kings' quarters. Even today, roses remain the preferred ingredient for potpourri.

As we all spend more time at home now, why not make it smell good?! Use ingredients you already have at home, in your garden, or that can be ordered online to create delightful smelling potpourri!

This is the basic formula to create original blends:

- 1 cup fragrant flowers
- 1/2 cup herbs
- 1/4 cup whole or broken spices or citrus peel
- 2 Tablespoons chipped orris root
- 5–10 drops essential oil

You can vary this to your liking, of course. You may not have some of these ingredients at home or you may not care for a particular scent.

Potpourri has become a term for many aromatic mixtures. There is the older, moist method of making potpourri out of pickled flowers and leaves. The moist method gives a longer lasting perfume, but is more difficult to do. The dry method is popular, fun and easy.

Information about Potpourri:

The basic ingredients fall into four categories:

1. Flowers: for scent and color.
2. Aromatic leaves: Typically a stronger scent than the flowers. Crush some of the leaves to release the scent, and leave some intact for attractiveness.
3. Spices and peels: Use these sparingly, as the aroma can be quite strong. (One Tablespoon each to each cup of flower/leaf mixture is appropriate.)
4. Fixative/essential oils: Fixatives are designed to absorb scents and release them more slowly. The most commonly used fixative is orris root, with a sweet violet scent that doesn't affect a blend strongly; use one teaspoon per cup of flowers and leaves. Essential oils create a stronger scent than any of the other items on this list. Just be careful not to dominate the subtler scents of your aromatic mixture.

What you do:

1. Mix the dry ingredients in a locking plastic gallon bag. You can also use a large bowl or plastic container with a lid, such as a large butter tub.
2. Add essential oil to the potpourri mix with a dropper, and stir continually while adding the fragrance. Suggested use is approximately 1/4 to 1/2 oz. per pound (or a half-teaspoon for every 6–8 cups of potpourri) depending on desired scent strength. There is no hard rule on this, so just scent to your liking. You can also use a commercial liquid spray potpourri scent and apply to dry potpourri with a spray bottle, continually spraying and mixing around until evenly distributed.
3. Attractive scent-absorbing fixatives, such as oak moss, can be mixed into the blend later if desired. If adding any dyed ingredients to the mix (colored shavings, petals, leaves, etc.), add them later after the essential oil has been added and given time to absorb to prevent color bleeding.
4. After all ingredients are mixed, lock the plastic bag or cover the container tightly. Do not fill to the top. Leave some air space. Store it in a cool dark place, and allow the blend to cure for a couple of weeks before using. You will need to shake the bag or container a couple of times during the curing process to help the fragrance meld.
5. Decorate jam jars to display the finished potpourri. Using hot glue, add ribbon or raffia around the top or stones or beads to the sides. Your potpourri needs two weeks to cure before it is put in the jam jar.



