Notes from Floral Demonstration with Trish O'Sullivan

"Arranging with Grocery Store Flowers"

Purchasing the Flowers:
Whole Foods receives flower shipments Mondays and Wednesdays – best days for wide selection and freshness

1. Decide color scheme
2. Consider season
3. Consider texture

Depth – in colors and in texture is what makes an arrangement successful

Plant material purchased for the demonstration arrangement:

Base materials:
Kale
Eucalyptus
Wax
Beech branches with leaves (beautiful brown color)

Flowers:
Dianthus (for texture, use as a "push flower" pushes other colors and textures) (3)
Dahlias (5)
Hydrangea – limelight (3)
Salvia
Snow berries
Tulips (10, a market bunch)
Gomphrena
Orchids (4, placed near beech for contrast)

Conditioning tip – take all leaves off hydrangea (the leaves drink all the water) and put in fridge. Put a little color safe bleach in the water to increase longevity of arrangement. Base will last for much longer, you can freshen up with new flowers.

Starting the arrangement:

1. Make a grid over the top of the container with floral tape. After the grid is complete, put tape around the edge of the container to hold down edges of the grid.

2. Start in the square in the middle of the grid. Place a base material there and then place 4 more (for a total of 5) using mirror placement. Right, left, back, front

3. Continue with the same technique for the rest of the base materials. Using 5 or 3.

4. Start with your “push” flowers next – dianthus and hydrangea

5. Add flowers using same principle of mirroring placement.

6. With flowers, use your most precious “highlight” flower last. In this arrangement, that was the Dahlias. Put smaller ones towards the top.

7. You can add seasonal elements, like this small white pumpkin for interest and dimension

8. To preserve arrangement, flush out container with water in the sink until it overflows and replaces the existing water in the container. Place in the refrigerator or a cool spot at night or if you are away.