

# Flowers and Colours

**Mighty Mega Saturday Morning Club activities by Renata Minoldo**

**Activity eight:** *Make a potion with sugar coated petals and leaves*

Hi everyone and welcome to this week's video activity!

It is so easy to make your own sugar coated petals and leaves, just make sure that all the flowers you are using are edible. I've used roses, lavender, rosemary and mint, but there are more edible flowers you could collect and use like pansies, violets, magnolias, cherry blossoms, elderflowers...there are more edible flowers than we would have imagined! You could go for a sensorial walk and forage them or get them at a shop. Make sure to give them a nice rinse with water and pat them dry before you start sugar coating them. Once dried and ready, keep them in a dry, dark place and they will last for up to a year.

**You will need:** *some edible flowers, herbs and leaves, 1 egg white, caster sugar, a brush, 2 small containers, a small tray, a box with a lid and parchment paper.*



**Please have a look at the video for very easy peasy step by step instructions!**

I hope you have lots of fun making these potions and that all your wishes and intentions come true.

With love and care,  
Renata