



Arranging Flowers

Pressed Flowers and a Fresh Hand Tied Bouquet

Date 30 June
10am - 4 pm

Fee: £70 includes some great tuition, a stunning venue, a tasty two course lunch with home-baked bread and cake. Tea and Coffee throughout the day.

Additional fee of £32 includes a flower press to keep, a wide choice of pressed flowers, 'unlimited' card and labels to use on the day, a wide selection of fresh, locally grown flowers and foliage, wrapping tissue and brown paper, jute string and natural colour raffia. A selection of ribbons, brown craft paper/card bags (with jute handles) available at an additional cost

If you have any special access/food allergies or disability requirements, please contact us by email: info@cowshedcreative.co.uk

Course Description:

In the morning you will create a stunning bouquet using local & seasonal flowers and foliage with a spirit of 'just picked in the Lakes'! The aim is to inspire you and give you confidence to create very natural, fresh hand-tied bouquets both on the day and working with material you can find in your own gardens. After lunch, perfect the art of flower pressing and create a range of art-work including pictures, cards and gift tags using pre-pressed flowers. A great way to celebrate flowers in the Lake District!

You will learn how to choose materials for arranging flowers, considering more unusual 'ingredients' and discover how to bring different elements together to achieve a natural look, considering colour, texture and shape. Peppy will invite you to wander into the garden and beyond on our traditional Lakeland farm, to select your own material to add, if you wish. You will also be shown how to condition your stems, create a relaxed, unstudied arrangement and how to care for your flowers. Wrap your bouquet in a natural, eco-friendly way using waxed tissue and brown paper (no cellophane!), and tie it off with raffia or ribbon. The freshest seasonal and local flowers and foliage will be provided.

Suitable for beginners or any flower lovers.

To make the best pressed flowers, Peppy will guide you through the techniques, giving a fresh and updated approach to a much loved and time-honoured craft. Learn how to select and prepare your flowers for pressing through the seasons. Choose a variety of flowers to press in your own flower press, which is yours to keep at the end of the workshop. Peppy will provide an abundance of pre-pressed flowers along with a variety of hand-made papers and materials for you create a your own artwork. Peppy will also show you techniques for mounting and framing.

Pepy Keegan studied Horticulture at Myerscough College after a career in International Development. She started her own business, Backyard Blooms, after building a prolific garden in Cumbria. She is interested in creating a garden by finding the best plant for the best place – working out what is happiest here and working with the seasons. Trained with a florist in Hereford (Wild Bunch Flowers) her style is very naturalistic and intuitive. In her own designs she uses flowers, herbs, foliage (both fresh and dried), twigs, bulbs and moss grown in abundance in her garden flower farm and foraged from the surrounding meadows. As well as selling her own bouquets and running workshops, she is the in-house florist for the Black Bull Inn in Sedbergh.

What to bring

- *You may like to bring an apron and with the opportunity to forage in the garden and beyond please bring wellies or boots and don't wear your Sunday best!*
- *A pair of secateurs for foraging in the garden (we have a couple of pairs)*
- *You are welcome to bring your own flowers to press but make sure they are as fresh as possible!*
- *Material fee to be paid in cash to the tutor*