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Lift Your Spirits this Season *Fresh Flowers Add Beauty and Boost to Holidays*

From shopping and sending cards to wrapping and decorating, the sometimes overwhelming hustle and bustle of the holidays will soon be here. Rather than hide under the covers or adopt a “bah-humbug” attitude, researchers say there’s a simple yet beautiful way to boost spirits first thing in the morning.

Participants of a behavioral study conducted by researchers at Harvard University and Massachusetts General Hospital confirmed they feel least positive in the early hours but reported being happier and more energetic after looking at flowers first thing in the morning.

“The morning blahs, it turns out, is a real phenomenon, with positive moods – happiness, friendliness and warmth, for example – manifesting much later in the day,” says lead researcher Nancy Etcoff, Ph.D. “Interestingly, when we placed a small bouquet of flowers into their morning routines, people perked up.”

According to Jill Slater, designer for flowerpossibilities.com, adding flowers all around the home this season is simple. She offers a couple of simple flower recipes and suggests placing flowers in areas of the home such as the kitchen where they can be enjoyed by everyone first thing in the morning and throughout the day.

Kitchen Spice

Materials:

- Filled spice jars and rack
- 2 stems of each of the following: red gerbera daisies, red roses and red standard carnations
- Floral clippers and flower food/preservative

Directions:

1. Empty eight of the spice jars
2. Fill the jars with water that has been treated with flower food/preservative and place them randomly in the rack
3. Cut the flowers to the height of the jars - the flower bloom should sit on the rim of the jar - insert flowers into jars
4. Keep jars filled with water, adding water/flower food solution as needed





submerged in the water

Circle of Joy

Materials:

- Rimmed cake plate approximately, 10-inches in diameter. (A rim is important, as the cake plate is required to hold water.)
- 1 Large red candle
- 5 to 6 stems red roses
- 5 to 6 stems red snap dragons
- 5 to 6 stems leather fern
- Floral clippers and food/preservative

Directions:

1. Fill the cake plate half-full of water that has been treated with floral food/preservative
2. Set the candle in the center of the cake plate
3. Cut the flowers and foliage to about 6-inches in length and circle them around the candle making sure the stems are submerged in the water

Flower Promotion Organization

Founded in 1999, the Flower Promotion Organization is an alliance between United States and Colombian fresh-cut flower growers. Through multiple marketing channels, the FPO strives to increase awareness and education about flowers in the U.S.

**Consumers and media can find simple flower recipes updated monthly at flowerpossibilities.com*

*** Media, please contact Shawn Campbell-Zurawski at 815/730-1772 for more information and high-quality images.*

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